



# Nutrition and Lifestyle



## Booklet 2

4 one-week sessions of practical tips to help apply healthy eating habits

# Practical tips to help apply healthy eating habits

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## Week 1

**Meals of the week:** Try these healthy meals and snack ideas once in a while as a possible alternative to your usual choices!

### **Breakfast of the week**

Porridge with frozen summer or forest fruits and added honey to sweeten to taste

### **Lunch of the week**

Jacket potato, tuna and sweet corn, green salad with chopped tomatoes and peppers

### **Evening meal of the week**

Prawn/chicken stir-fry with fresh chillies, ginger and vegetables on a bed of noodles

### **Snack of the week**

A handful of mixed nuts, seeds and dried fruit

**Healthy alternatives:** try swapping some common diet pitfalls for healthier options!

1) Chips : Roast new potatoes

Cut small new potatoes in half, sprinkle on a little olive oil with your favourite herbs such as rosemary, lemon thyme or mint and roast in the oven! Simple!

2) Burgers : Burgers!!!

Ever thought of swapping pre-packaged burgers for the homemade variety? Pre-packaged often consist of poorer quality meat high in saturated fat. Choose lean cuts of beef, lamb or turkey and opt for homemade burgers. They are relatively simple to make, you can make them with family or friends and providing you use lean cuts of meat, will be much healthier for you.

## **Nutrient of the week:** healthy sources of protein in the diet

Chicken breast

Turkey breast

Sirloin steak

Prawns

Oily fish (eg. sardines)

Salmon fillet

Chickpea's

Peanut butter

White fishes (eg. Cod/seabass)

Mixed beans

Milk/soya milk

Cheese (in moderation)

Yoghurt (low fat)

Pork joint (fat trimmed)

Lamb (lean & in moderation)

Low fat mince (lean)

Soya mince

Cottage cheese

Tinned fish inc. Tuna

Nuts and seeds

Ostrich meat (now available!)

Remember, the way you cook your meats and fish can affect how healthy it will be for you. Try grilling, baking, poaching or slow cooking as alternatives to deep fat fried, fried or burnt on the BBQ!

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## Week 2

**Meals of the week:** Try these healthy meals and snack ideas once in a while as a possible alternative to your usual choices!

### **Breakfast of the week**

Scrambled egg on a wholemeal bagel (add pepper and dashing of ketchup to taste)

### **Lunch of the week**

Salmon, low fat cheese, rocket and tomato sandwich in wholemeal bread

### **Evening meal of the week**

Sweet and Sour chicken and vegetables (peppers, broccoli, baby sweet corn etc) with brown rice

### **Snack of the week**

Low fat natural yoghurt with dried fruit and a little honey

**Healthier alternatives:** try swapping some common diet pitfalls for healthier options!

1) Pre-packaged Pizzas : Make your own pizza

To improve the good old common pizza and make your own healthier version is easy. You can buy pizza bases from most supermarkets and food stores. Simply smother in tomato puree, add vegetables of your choice and top with cheese (not too much though!) and fresh meat if you wish and bake in the oven until cooked.

2) Doner Kebab : Chicken breast and salad kebab

OK, so you've been out all night, arrived at the kebab van and simply can't resist something to eat. The Doner Kebab is packed with saturated fat. A much healthier option is to ask for grilled chicken breast and salad kebab, making sure to go easy on the sauces and mayonnaise as these are laden with calories!

**Nutrient of the week:** Carbohydrates are essential in the diet to provide energy

Brown rice

Long grain and basmati rice

Pasta

Wholewheat pasta

Sweet potato

Baked potato

Mash potato

Boiled potato

Fruit and Veggies

Wholemeal bread

Other breads

Oats (porridge)

Cereal(s)

Sugar and honey/syrup

Cous Cous

Gnocchi

Noodles

Sports drinks

*\*Make sure you include Carbohydrates from a variety of different sources every week*

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## Week 3

**Meals of the week:** Try these healthy meals and snack ideas once in a while as a possible alternative to your usual choices!

### **Breakfast of the week**

Unsweetened muesli with added fresh/dried fruit on top with semi-skimmed milk or natural yoghurt

### **Lunch of the week**

Chicken or turkey breast wrap/pita with large green side salad or tomato salad

### **Evening meal of the week**

Honey glazed salmon fillet, boiled new potatoes and 2 portions of veggies on the side

### **Snack of the week**

Simply a portion of fruit or a handful of dried fruits

**Healthier alternatives:** try swapping some common diet pitfalls for healthier options!

#### 1) Crisps : cereal bar or nuts and seeds

Crisps usually accompany a sandwich at lunch or are simply eaten as a quick snack. Often laden with fat and salt, both of which can increase chances of developing heart problems later in life, there are much wiser choices you can make. Try a natural cereal bar or wholewheat unsweetened biscuit or enjoy a handful of dried fruit, nuts and seeds. There are so many to choose from so you are bound to find some you enjoy the taste of.

#### 2) Chocolate bar : yoghurt coated cereal bar or raisins

Although the occasional chocolate bar won't do you any harm, too may soon rack up the calories, fat and sugar! If you have a sweet tooth, try yoghurt coated cereal bars, breakfast bars or yoghurt coated raisins or nuts as a healthier alternative. These still contain calories though so don't overdo them either.

**Nutrient of the week:** foods containing high levels of vitamins and anti-oxidants

Tomatoes (lycopene)

Red pepper (lycopene)

Chilies (capsicum)

Blueberries (vit C)

Lemons (vit C)

Oranges (vit C)

Avocado (vit A, C, E)

Grains (B vitamins)

Apples (vit C)

Rocket (A, C and iron)

Strawberries (vit C)

Potato (B vitamins)

*All of the above contain a variety of vits and minerals, not just the ones stated. Fruit, veggies, nuts and seeds, grains and animal/fish products all provide vital nutrients that keep our body healthy. Eat a wide variety of foods as naturally occurring as possible to supply the body with what it needs!*

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## Week 4

**Meals of the week:** Try these healthy meals and snack ideas once in a while as a possible alternative to your usual choices!

### **Breakfast of the week**

Fruit smoothie with natural yoghurt (handfuls of your favourite fruits blended with yoghurt)

### **Lunch of the week**

Tinned oily fish with cous cous, salad or mixed grilled veggies (such as pepper, onion, carrot, etc)

### **Evening meal of the week**

Sweet potato mash, 90% pork sausages, 2 of your favourite veggies with onion gravy. Yum!

### **Snack of the week**

Breakfast bars and cereal bars. Natural ingredients, unsweetened or with honey. Try the fruity ones

**Healthier alternatives:** try swapping some common diet pitfalls for healthier options!

1) Chinese take-away : Chinese homemade stir fry

It takes only a few minutes to knock-up a decent stir fry; probably less time than it takes to drive and pick up a take-away. Served with rice or noodles, a homemade oriental stir fry is packed with fresh veggies, healthy spices and chilli peppers and fresh meat or fish. Add soy sauce, sweet chilli dipping sauce or a sweet and sour/black bean sauce and it tastes great too.

2) BBQ sausage and burgers (burnt of course!) : fish, chicken kebab and sweetcorn

Burnt cheap sausages and burgers don't do anyone much good. Not only is burnt food carcinogenic but cheap meat is laden with fat and who knows what else! Wrap some of your favourite fish in tin foil with plenty of fresh lemon on top, make some chicken, red and green pepper and red onion skewer kebabs and whack on some fresh sweetcorn to make for a much healthier BBQ (in the sun hopefully).

**Nutrient of the week:** here are some sources of healthy *fats* to include in your diet

Avocado	Oily fish (salmon, herring, sardines, mackerel, trout)	
Olives	Olive oil	Almonds
Brazil nuts	Pumpkin seeds	Sesame oil
Peanut butter	Hazelnuts	Pecan nuts
Walnuts	Flaxseed	Fresh tuna

Make sure you read the Nutrition and Lifestyle Booklet 1 to help you understand why these sources of fat are healthier than other sources of fats.



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