

## EATING WELL TIPS

- **Trim the fat**

Trim the fat from bacon and cuts of meat. Remove chicken skin

- **Choose your cooking method**

Dry fry, grill or bake are all healthier ways to cook instead of frying or deep frying

- **Plan your meals**

Planning meals helps you budget and also helps you to get a good variety of food from different food groups

- **Use low fat spreads and sauces**

Cut down on the spread used and try to avoid using full fat mayonnaise in sandwiches.

- **Increase your fibre**

Add plenty of veg/salad with every meal, try to use wholegrain/wholemeal breads, crackers etc. Try brown pasta and rice. Add fruit to breakfast



- **Choose low fat**

Yoghurts, cheeses, leaner cuts of meat. Measure your oil or use a spray oil to decrease the overall amount used. Try to cook using plant based oils rather than hard butter and lard.

- **Choose lower sugar**

Go for lower sugar yoghurt or fromage frais and add your own fruit. Reduce sugar in your tea

- **Get the flavour in**

Flavour with garlic, chilli, lemon, herbs and spices



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