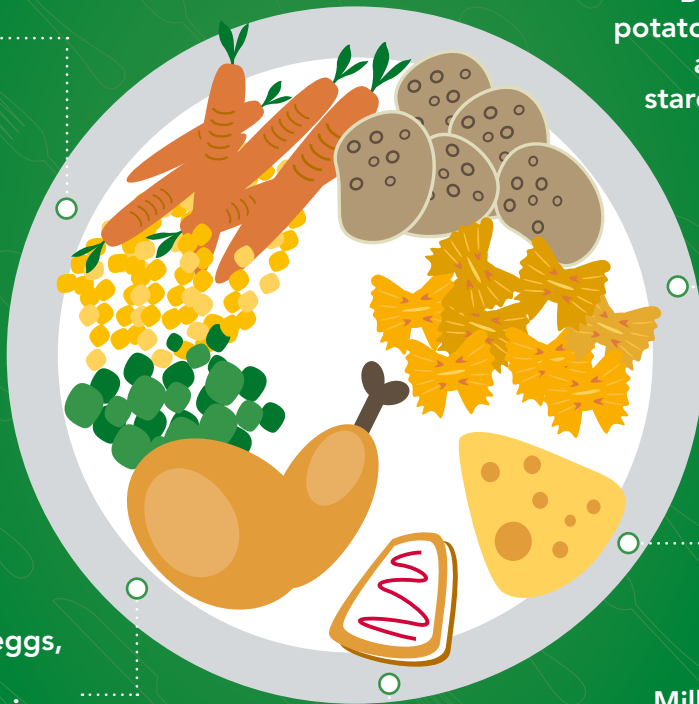


Food Planning

The plate below illustrates the different types of food groups that make up our diet, and shows the proportions of each food group we should eat in order to have a well balanced and healthy diet. It is not essential to achieve the balance shown at every meal, or even every day, although this could be a sensible approach. The balance could be achieved over a longer period, such as a week.

Fruit and vegetables

Bread, rice potatoes, pasta and other starchy foods



Meat, fish, eggs, beans and other non-dairy sources of protein

Milk and dairy foods

Foods and drinks high in fat and/or sugar



**Making life better,
together**
Belfast Strategic Partnership

Focusing on Life Inequalities

The best laid plans always pay off

Here are some tips to help plan shopping and cooking.

Shopping

- Avoid shopping when hungry or you will tend to buy more food on impulse
- Plan your meals for the week ahead – see meal planner in this pack
- Check your cupboards then make a shopping list and stick to it so that you only buy what you need
- Shop near closing times and grab yourself a bargain as food prices are often slashed
- Buy local fruit and vegetables in season, they can be better quality, more flavoursome and cheaper
- Choose value brands especially for pastas, rice and tinned fruit and vegetables
- Stock up on frozen vegetables; these are just as good as fresh and can be used to bulk up stews, casseroles and soups
- Check and compare prices between multi-packs and single items
- Compare prices per weight using information on the shelf labels.

Cooking

- Cook your own meals instead of buying ready meals
- Bulk up meals with beans, lentils and peas. These are great fibre providers, a good source of protein and a cheaper alternative to meat
- Freeze leftovers as they can be used for lunch or dinner on another day
- Bulk cook, divide up and freeze for individual meals if you are cooking for one.

Cook - it!

This is a six week practical 'hands on' nutrition education programme delivered in the community by trained facilitators.

Email: cookit@belfasttrust.hscni.net

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www.belfasttrust.hscni.net/livewell/HowCanWeHelp.htm