

healthy eating 2

More tips and recipes for a healthy student lifestyle

Sandwiches, take aways, eating out and easy healthy meals to cook



Prepared by Justine Bold

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Introduction

You may have already seen our first healthy eating booklet giving tips and recipes for a healthy student lifestyle. If not you can find a copy on the web at www.worcester.ac.uk/howisitgoing. That booklet contains tips for new students on cooking for themselves and recipes for easy, healthy meals that will not break the student budget.

Sometimes it is not always possible to cook for yourself, or you might just fancy giving yourself a break or a treat. You can still eat healthily without avoiding tasty food. Here we give some tips and suggestions when buying freshly made sandwiches, ordering a take away or treating yourself to a meal in a restaurant. There are also some suggestions on healthy drinks to try instead of alcohol or sugary fizzy drinks.

These tips and recipes have been written for us by Justine Bold, a Nutritional Therapist. Justine runs a practice in Gloucestershire, Herefordshire and London as well as being a tutor and lecturer for The U.K. College of Nutrition & Health. She also works on community healthy eating initiatives for a London council and delivers corporate training.

We hope you enjoy the recipes and find the tips helpful.

Roger Prout
Head of Student Services
University of Worcester

When you want someone else to do the work.....

Tips when buying sandwiches in a café or at a snack bar

Choose wholegrain brown or malted breads - these are complex carbohydrates that help give you sustained energy.

Try to avoid mayonnaise (or have just a little) or look for fillings that haven't been pre-mixed with mayonnaise. Many sandwich shops will serve plain tuna if you ask. Or choose low-fat fillings such as cottage cheese, prawn, chicken, turkey or grilled vegetables. Other healthy vegetarian options are avocado and tomato, plain egg and salad, and houmous and tomato.

Ask for just a little butter or margarine or try it without and always try to incorporate some green salad or tomatoes.

Takeaways

A regular diet of takeaways can quickly gobble up your budget! So keep them for treats and special occasions.

With Chinese takeaways, you could try making your own brown basmati rice at home to help reduce the cost. To make the meal a healthy one, try to choose starters such as the dumplings and opt for vegetable-based sauces and vegetarian or low fat main courses. This means avoiding deep fried options such as fried pancakes or spring rolls, banana fritters as well as egg-fried rice.

With Indian takeaways it's best to pick tomato and onion sauces, dry cooked dishes such as a Tandoori or opt for vegetarian options with lentils and boiled rice. Try to avoid fried options such as bhajis, samosas and fried rice and rich creamy sauces such as kormas.

If ordering pizza, it's best to choose the vegetarian option and to have a side salad (you could even prepare this yourself). Generally try to avoid pizzas with lots of cheese or lots of cooked fatty meats

Eating out

In general, when you are eating out in a restaurant try to choose lean meats, fish and poultry and ask for them to be grilled, roasted or baked. Opt for steamed, boiled or roasted vegetables and salads. It's a good idea to ask for sauces to be served on the side and to ask for a little olive oil or lemon on salads rather than dressings. Look for tomato and vegetable based sauces rather than those made with cream or cheese. If rice or noodles are on the menu, pick boiled or steamed. Try to avoid deep-fried foods.

In Chinese restaurants, choose starters such as the grilled dumplings and opt for vegetable-based sauces and vegetarian or low fat main courses e.g. chicken, vegetables and tofu, or bean curd in black bean sauce. For desserts try fresh fruit such as lychees. Try to avoid deep fried options such as fried pancake, spring rolls or banana fritters as well as fried rice.

In Indian restaurants, it's best to pick tomato and onion sauces or dry cooked dishes e.g. tandoori, or opt for vegetarian options with lentils and boiled rice. Try to avoid fried options such as bhajis and rich creamy sauces such as kormas.

In Italian restaurants, choose pasta dishes with vegetables and tomato-based sauces, or fish with vegetables or salads. If you are having pizza, opt for vegetarian pizzas and salads. Generally try to avoid pasta with creamy or cheese sauces, or pizzas with lots of cheese or cooked fatty meats.

Fresh fruit juices and smoothies

Fresh juices are very healthy and an ideal way to help you eat more fruit. Fruits are packed with vitamins, minerals and fibre. Ideally we should aim for 2 portions a day.

Here are some examples of why certain fruits are good for you:

- Fresh orange juice - full of vitamin C and bioflavonoids, which are good for the immune system. Also contains B vitamins (for energy) and folic acid (important in energy and growth/repair).
- Orange & banana smoothie - bananas contain B vitamins, Vitamin E (protects cells), Vitamin C and potassium (helps nerve impulses). You can make this in a blender or look for shop made ones.
- Berries are a rich source of fibre and antioxidants (for immune function) - look out for smoothies/juices containing them.

More Really Easy Healthy Meals

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Breakfast

Scrambled Eggs

Ingredients (serves 2)

5 eggs
1/2 cup milk or soya milk
Pinch of sea salt
Black pepper to taste
A knob of butter

Beat eggs slightly with a fork. Add the sea salt, pepper and milk. Heat pan and add butter. When melted, turn in the egg mixture. Cook until of creamy consistency, stirring and scraping from bottom of the pan.

Easy Meals

Green Lentil and Spinach Soup

Lentils are high in protein and fibre as well as complex carbohydrates (this means they get broken down slowly and release glucose more slowly into the blood stream, so help give you sustained energy). They also contain many other useful vitamins and minerals (e.g. B vitamins, iron, magnesium and chromium).

Ingredients (serves 4)

250gms (8oz) green lentils (do not need to be soaked, but should be rinsed)
3 celery stalks, diced 500gms (1lb) spinach or Swiss chard coarsely chopped
2 medium potatoes diced (skins on) 1 onion chopped
4 cloves garlic crushed 1-2 tablespoons olive oil (to sauté onion & garlic)
1.5l (2.5 pts) of chicken or vegetable stock (or Kallo low salt stock cubes & water)
1 teaspoon cumin 2 tablespoons lemon juice
Sea salt or low sodium salt and pepper to taste

Sauté onion, garlic, celery, potato in the olive oil until soft, then add the cumin and sauté for a few minutes before adding the lentils and stock. Cover and simmer for 30 minutes until the lentils are tender. Add the spinach or chard and cook until wilted but still bright green (usually 3 mins). Add lemon juice and season to taste.

Baked trout with herbs

Baking fish can be really quick and easy. It can cook in 15 minutes and all you have to do is place it in the oven on top of a bed of herbs.

Trout is an oily fish (it has a lot of omega 3 oils as well as containing protein and iron). Some research by Sustain (an environmental group) shows it is less polluted than farmed salmon or tuna, and it is not as expensive as you might think! Omega 3 oils are good for brain and nervous system function and help keep hearts healthy. They are good for avoiding high blood pressure and heart disease and important for people who have diabetes or mood disorders such as depression. Ideally, we should eat un-polluted oily fish a couple of times a week.

Ingredients (serves 1)

1 trout fillet (you can find value packs in large supermarkets)
2-3 dried bay leaves
Knob of butter, salt and pepper

Place the trout on the dried bay leaves in a small roasting dish, add a knob of butter and bake in oven at 180 degrees Celsius for about 10-15 minutes until cooked. If your oven is very hot you could cover with foil. Serve with a slice of fresh lemon (to squeeze over the fish), a salad or steamed vegetables and rice or potatoes.

As an alternative to trout why not try a firm white fish such as haddock (white fish is good for you but remember that it isn't an oily fish, so it won't give you omega 3 oils).

Beany Burgers and Pitta Pockets

Ingredients

1 can of flageolet, kidney or haricot beans (rinsed & drained)
350gms of sweet potato or butternut squash
1 onion 1 clove of garlic
1 tablespoon of tomato puree and 1 tablespoon of plain flour
Olive oil and wholemeal pitta

Chop the onion and garlic and sauté in a little olive oil. Steam the sweet potato or squash and mash when cooked. Mash the beans with a fork or a masher and add the cooked onion, garlic and potato or squash and mix everything together well. Add the tomato puree and flour and use a spoon to pick up enough of the mixture to make into burgers or balls (then shape with your hands, coating lightly in flour). Sauté in oil until crisp and cooked through (do not burn). When burgers are ready serve in warmed pitta pockets with a little avocado dip (see side dishes).

Beans are an excellent source of protein, complex carbohydrates, fibre and many minerals. Sweet potato and squash are rich in betacarotene (this is good for skin and the immune system) and they also provide energy.

Pasta and tomato sauce with green bean salad

Here are the instructions for the sauce to mix with the pasta once it is cooked. You will need to cook the pasta in water ready to mix with the sauce.

Tomato Sauce

Ingredients (serves 2)

7-8 tomatoes (you can use tinned tomatoes but they are not as nice)

2 cloves of garlic and 1 small onion

Add sea salt, pepper, dried red chillies or basil as desired

Wash the tomatoes and roughly chop. Peel and chop the cloves of garlic and the onion. Sauté the garlic and onion in a little olive oil or butter for about 5-6 minutes (until it goes clear and see through). Add the tomatoes and cook slowly for about 20 minutes. Add sea salt, pepper, dried red chillies or basil as desired. Mix with the cooked pasta and serve with the steamed green beans (see below) for a balanced meal.

Steamed green beans with herbs

Green French beans (you can easily use frozen beans)

Crushed or chopped garlic

Olive oil

Lemon juice

Thyme

If you are using fresh beans, chop the tops and tails off the beans. Place them in a steamer and steam until tender (but still bright green). If you are using frozen beans, simply add to the steamer and cook until tender (but still bright green). When cooked place them in a bowl, mix in a little olive oil, the garlic and the herbs. Stir and then serve.

Why steam?

- Many vitamins and minerals are water-soluble
- Boiling can mean vitamins and minerals are lost into the water
- If you steam, more of the vitamins and minerals remain in the food

Side Dishes and Vegetables.....

Quinoa

A whole grain from South America, Quinoa is a slow burn complex carbohydrate to help give sustained energy and rich in minerals such as calcium. It also contains some protein and is one of the few vegan foods that contain all essential amino acids (these are the proteins that are normally found only in animal foods). You can find it in most supermarkets now as well as health food shops. It's a great alternative to rice or cous cous and cooks quickly in 15 minutes.

Ingredients (serves 2)

1 cup of quinoa 2 cups of water A dash of sea salt
Sprinkle of black pepper A few teaspoons of olive oil
A teaspoon of cumin or garlic (to flavour the quinoa)

Cook 2 parts water to 1 part quinoa with a dash of sea salt. Add the teaspoon of cumin. Bring to the boil then turn down and simmer until all of the water is absorbed (usually takes 10-15 minutes). When all of the water is gone and the grain is cooked add the 1 clove garlic (chopped or crushed) and a little olive oil. Stir well and season with black pepper to your taste.

Steamed broccoli

Broccoli is a great vegetable with many benefits - it is rich in fibre and many vitamins and minerals. It is also good for the liver! Steaming means you get more nutrients.

To find out more about a healthy balanced diet and cooking on a budget you can refer to:-

<http://www.eatwell.gov.uk/healthydiet/>

http://www.healthfirst.nhs.uk/publications/healthy_eating_tips.htm

<http://www.studentcook.co.uk/AboutOurSite.html>

Don't forget there is lots of information and advice on settling into student life at www.worcester.ac.uk/howsitgoing .

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