

If you have any questions about healthy eating on a budget please contact:

Department of Nutrition and Dietetics

St George's Healthcare NHS Trust

St George's Hospital

Blackshaw Road

London

SW17 0QT

Tel: 020 8725 1950

Website: www.stgeorges.nhs.uk

For more information about healthy eating on a budget:

NHS choices:

<http://www.nhs.uk/Livewell/loseweight/Pages/Eatwellcheap.aspx>

<http://www.nhs.uk/video/pages/Eatingwellonabudget.aspx>

The British Heart Foundation:

<https://www.bhf.org.uk/heart-health/prevention/healthy-eating/healthy-eating-on-a-budget.aspx>

Love Food Hate Waste:

<http://england.lovefoodhatewaste.com/content/about-food-waste>

Eat Seasonably:

<http://eatseasonably.co.uk/>



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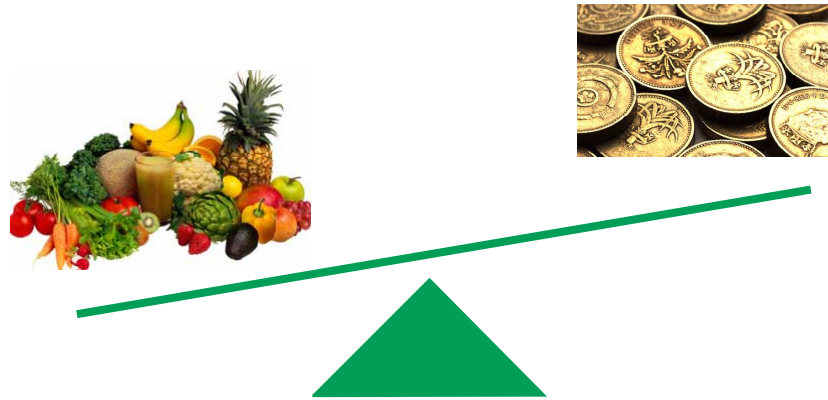
Healthy eating on a budget

Department of Nutrition and Dietetics



Information
for patients

Whether you are feeding a family or living alone, finance can seem like a barrier to healthy eating. However, eating healthily doesn't always have to be expensive. This booklet provides information and tips about how to eat well and spend less.



If you have any questions or concerns about the information that is given in this booklet please contact your Dietician:

Dietician:

Telephone:

Email:

Address:

Healthy eating



Eating healthily can help improve your health and general well-being. It can help you to control your weight and can reduce the risk of conditions including heart disease, stroke, certain cancers, diabetes and osteoporosis.

Eating healthily involves choosing a variety of foods in the right proportions. There are five food groups and “The eatwell plate” (above) shows how to balance them in order to eat healthily. Fruits and vegetables, and starchy carbohydrates should make up the largest part of your diet (about 1/3 each). Dairy products and protein sources e.g. meat should each make up just under 1/6 of your diet. Foods high in fat and sugar should make up the smallest remaining part.

Starchy foods

Starchy carbohydrates are good sources of slow release energy. Many breakfast cereals are fortified and can be a valuable source of vitamins and minerals particularly iron. Choose one of these foods at each meal. They should make up about one third of your plate. These foods can also be a good source of protein.

Where possible choose wholemeal starchy foods as these are higher in fibre (roughage) and B vitamins. Most starchy foods are filling but cheaper than meat so eating a starchy food source at each meal is a good way to feel satisfied after a meal.

Tips to make it cheaper:

- Buy dried foods such as pasta and rice in bulk as this will work out cheaper per portion.
- If there is an offer on buying multiple loaves of bread buy in bulk and store some loaves in the freezer to prevent them going off.
- Supermarket own brand products are often good quality and cheaper than branded products. E.g. buy supermarket pasta rather than the more expensive Italian brands.



Protein

Protein is an essential part of all living tissues. It is needed for energy levels, the immune system and tissue maintenance.

You should aim to have two servings of protein - meat, fish or alternatives - a day. Vegetarian alternatives include Quorn, tofu, pulses, lentils and eggs. One portion is 75-100g meat which is about the size of a pack of cards, two eggs, or 100-150g fish which is

approximately one fillet of salmon.

Current recommendations are to have fish twice a week, one portion of which should be oily fish for the beneficial omega-3 oils that they contain. This has been shown to protect against heart disease.

Tips to make it cheaper:

- Pulses and lentils are a cheap source of protein. Try using these to bulk up curries and stews.
- Canned fish such as sardines, pilchards, or salmon are cheaper than fresh fish and are a good source of omega-3.
- Try buying cheaper cuts of meat. For example chicken legs are cheaper than chicken breasts. Cheaper cuts of meat include shin of beef and oxtail. These meats can take a long time to cook. A pressure cooker will substantially reduce the cooking time



Fruit and vegetables

Fruit and vegetables contribute vitamins, minerals and fibre to your diet and are low in calories. Their intake is known to be linked to reduced rates of certain diseases, such as heart disease and some cancers.

Fruit and vegetables should make up about a third of the food in your diet. Aim to have at least five portions a day. One portion is about 80g e.g. a bowl of salad, three heaped tablespoons of cooked vegetables such as carrots or sweetcorn, 100ml of fruit juice, a large slice of melon, or one medium sized piece of fruit such as a banana, apple, orange or pear.

Tips to make it cheaper:

- Tinned and frozen fruits and vegetables count as a portion as well and are often much cheaper than fresh products. Bear in mind that tinned foods will lose a proportion of their vitamin content. Frozen foods will retain all or most of their vitamin content. Choose fruits tinned in juice rather than syrup as they will be lower in sugar.
- Choose fruits and vegetables which are in season as these foods are often cheaper.
- If you have space at home you could try growing your own fruits and vegetables - lots can be grown in containers and pots.

In season in summer: peas, broad beans, strawberries, cherries, cucumber, raspberries, plums, lettuce.

In season in winter: Cabbage, sprouts, kale, carrots, leeks, potatoes.

Dairy Products

Dairy products are the main source of calcium in our diets which is important for bone health. You should aim to have three portions of dairy or dairy alternatives per day. One portion is 200ml milk, 125g yoghurt or 30g cheese.

Tips to make it cheaper:

- Long life milk is often cheaper than fresh milk, and tends to last longer in the fridge once opened. If you dislike the taste bear in mind that when used in cooking any difference is harder to detect.
- Choose supermarket brands of yoghurts and cheeses.
- Try dried milk powder which is cheaper than fresh milk, and can be a useful cupboard standby.

Sugars and fat-rich foods

Sugar and fat-rich foods are generally high in calories and not particularly good sources of vitamins and minerals. Many are highly processed and also contain significant amounts of salt. Sugar is also a key contributor to tooth decay. These foods can form part of a healthy diet if used occasionally in small amounts. Examples are crisps, chocolate, cakes, pastry based snacks and other confectionery.

Tips to make it cheaper:

- Try to buy foods from other food groups first then use any left over money from your budget for treats.

Shopping tips

1. Write a shopping list before you go and stick to it to avoid expensive impulse buys.

2. Avoid the sweets, crisps and biscuit aisles so you won't be tempted to buy extras.

3. Try a cheaper brand to see if you still like the taste. They are usually just as nutritious and tasty. For example, supermarket brand ketchup rather than Heinz.

4. If a product is promoted as "on offer" check whether it really is cheaper, and whether you can use all the food before it goes off.

5. Consider shopping in cheaper supermarkets such as Lidl and Aldi to stock up on longer life basics once a month.

6. Avoid shopping when you are hungry - you may be tempted to buy more than you need.

7. Check out local markets which can be cheaper, especially for seasonal produce. Quality can be variable though, so check produce before you buy.



Plan your shopping

Try writing down your meals for a week (if you shop weekly) then make a list of all the ingredients you will need. This way you can avoid buying extra foods you don't need, and you can plan meals to use up your ingredients. Some of the recipes for the meals in the plan are in this booklet.

Meal plan

Monday

Lunch: Sandwich with left overs from Sunday roast

Dinner: Pasta in tomato sauce

Tuesday

L: Ham salad sandwich

D: Bangers & mash with onion gravy

Wednesday

L: Mackerel on jacket potato

D: Tomato and mozzarella chicken

Thursday

L: Cheese on toast

D: Turkey chilli

Friday

L: Ham sandwich

D: Fish pie

Saturday

L: Mushroom omelette

D: Eat out

Sunday

L: Roast dinner

D: Salad

Breakfasts: Muesli/toast with banana.

Shopping list

Baked beans
Cans of chopped tomatoes
Tomato Puree
Chicken thigh fillets
Turkey fillets
Fish fillets
Sausages
Ham
Peppers
Green beans
Lettuce
Broccoli
Mushrooms
Onions
Bread
Potatoes
Pasta
CONT.

Food wastage

“We throw away 7.2 million tonnes of food and drink from our homes every year, costing us £12bn - most of this could have been eaten”
<http://england.lovefoodhatewaste.com/content/about-food-waste>

Reducing food wastage is a great way to save money and it's good for the environment too. Why not try these tips:

1) Know your dates

Keeping an eye on the dates on your food can help prevent food going off. Use up foods with the shortest dates first, and when shopping check to see if fresh foods can be frozen in case you don't get round to eating them over the week.

Understanding the different dates on food labels can be helpful: Best before dates are for quality, so you can eat these foods after this date, they just may no longer be at their best. Use by dates are for safety, and food should not be eaten after this date, however you can eat or freeze foods right up to the use by date.

2) Think about storage

Most foods can be frozen for another time, and you can always freeze right up to the use-by date (when you need it just defrost overnight in the fridge and use within 24 hours). Ensure your vegetables are at their best for longer by keeping them in the fridge (except potatoes); most vegetables will stay fresher for longer stored in the fridge in the pack or bag they came in.

3) Make the most of your leftovers

Try the following ideas to make use of foods commonly thrown away:

Pasta – if you make too much pasta at dinner save some to make pasta salad for your lunch. Mix 2 teaspoon of mayonnaise or dressing in with a filling and vegetables of your choice e.g. tuna, tomatoes and sweet corn.

Bananas – try making a fruit smoothie to use up over ripe bananas. Mix 1 mashed banana with 1 mug of milk and honey to taste. Add any other soft fruit you have left over.

Mashed potatoes – make fishcakes with left over mashed potatoes. Season 1 cup of mash with 1 teaspoon of herbs. Add 1 small tin of fish and ¼ cup of breadcrumbs or crushed oatcakes. Shape into cakes, coat with flour and fry in a little oil for 4-5 minutes.

Eggs – use up eggs by making an omelette or a frittata. Whisk 2 eggs and season with pepper. Fry some vegetables in a pan. Add the egg and cook for 3 – 5 minutes. Sprinkle with cheese and put under the grill until cheese is melted.

Vegetables – Instead of throwing away any vegetables close to their use by date try using them to make a soup. This can be frozen in portions once cooked. You could also use them in a stir-fry or stew.



Recipes

The following recipes are all healthy meals that won't be expensive to make. Some of them feature in the meal plan in this booklet.

Try working them into your weekly cooking repertoire to save money and keep healthy.



Hearty vegetable soup



Serves: 6

- ½ tbsp. vegetable oil
- 1 medium onion, sliced
- 2 small carrots, sliced
- 3 celery sticks, sliced
- 1 tin of chopped tomatoes
- 80g green beans
- 1½ tbsp tomato purée
- 1 leek, sliced
- 80g frozen peas
- 50g dried pasta such as vermicelli or small macaroni
- 1 litre of boiling water
- Black pepper to taste
- 1½ tsp dried herbs

1. Heat the oil in a large pan and add the onions, carrots, leeks and celery. Fry until sizzling. Lower the heat, cover and cook gently for five minutes.
2. Add the tin of tomatoes, water, tomato purée, beans and frozen peas. Raise the heat to maximum. Bring to the boil and add the pasta, herbs and pepper.
3. Lower the heat and simmer for 15 minutes or until the pasta is cooked, stirring frequently to make sure the pasta doesn't stick.

Bangers & mash with onion gravy



Serves 4

- 8 frozen thick pork sausages
 - 950g potatoes, peeled and chopped
 - 2 onions, peeled and finely sliced
 - 1 tbsp plain flour
 - 400g frozen green beans
 - ½ beef stock cube
 - 100ml milk
 - 1 knob of butter
 - Black pepper to season
1. Grill the frozen sausages, following pack instructions.
 2. Meanwhile, simmer the potatoes in water for 15-20 minutes, until soft, then drain and mash with the milk.
 3. Fry the onions in the knob of butter over a medium heat for 5 minutes. Stir in the flour and 500ml stock, made using the beef stock cube, and simmer for a further 5 minutes.
 4. Cook the frozen green beans in lightly boiling water for 3-4 minutes. Drain and serve immediately with the sausages, mash and onion gravy.

Pasta in tomato sauce



Serves 4

- 1 tsp oil
 - 1 onion, finely chopped
 - 1 garlic clove, finely chopped
 - 1 tin of chopped tomatoes
 - 2 tbsp tomato purée
 - A pinch of mixed dried herbs
 - Black pepper to taste
 - 500g uncooked pasta
1. Heat the oil in a saucepan or frying pan. Cook the onion on a medium heat until it's soft.
 2. Add the garlic and cook for another minute. Make sure the pan is not too hot when you add the garlic as it burns easily. Burnt garlic will make the sauce taste bitter.
 3. Add the tin of chopped tomatoes, tomato purée and mixed herbs.
 4. Simmer gently for 15 minutes until the sauce is thick and rich.
 5. Add pepper to taste.
 6. Cook the pasta according to packet instructions and serve topped with fresh herbs if liked.

Tomato and mozzarella chicken



Serves 4

- 1 onion, peeled & chopped
 - 250g peppers
 - 1 x 325g pack chicken thigh fillets
 - 1 x 390g carton chopped tomatoes with basil
 - 1 x 125g pack mozzarella
 - 250g easy cook rice
 - 400g frozen green beans
 - 1/3 x 28g pack parsley
1. Preheat the oven to 180°C, fan 160°C, gas 4. Heat the olive oil and gently fry the onion with the peppers for 2-3 minutes to soften. Add the chicken thigh fillets and fry for 2 minutes on each side until golden.
 2. Transfer to a 1.5-litre baking dish and pour over the carton of chopped tomatoes. Slice the mozzarella and scatter over the mixture. Bake in the oven for 25 minutes until bubbling and golden.
 3. Cook the rice following pack instructions, and in a separate pan cook the frozen green beans in lightly boiling water for 3-4 minutes. Scatter the parsley over the chicken and serve with the green beans and rice.

Cheesy fish pie



Serves 4

- 800g potatoes, peeled & chopped
 - 100ml half fat crème fraîche
 - 500g broccoli, cut into small florets
 - 200g frozen green beans
 - 1 x 50g pack cheese sauce mix
 - 1 x 500g pack fish fillets, chopped into equal-sized chunks OR try tinned salmon
 - 1/3 x 28g pack parsley, washed & roughly chopped
1. Preheat the oven to 200°C, fan 180°C, gas 6. Simmer the potatoes in a large saucepan of lightly salted water for 15-20 minutes, until soft, then drain and mash with the half fat crème fraîche.
 2. Cook the broccoli florets in simmering water for 4 minutes. Add the frozen green beans for the last minute of cooking time.
 3. Make up the instant cheese sauce following pack instructions. Place the fish fillets in a bowl. Drain the broccoli and green beans and add to the bowl. Pour over the cheese sauce and mix with the chopped parsley.
 4. Spoon the fish mixture into a 2-litre dish and top with the mash. Spread over and use a fork to create uneven peaks. Bake for 30 minutes until bubbling and golden on top.

Turkey chilli with rice



Serves 4

- 1 x 428g pack quick cook turkey steaks, cut into pieces
 - 1 onion, chopped
 - ½ x 600g pack peppers, deseeded and chopped
 - ½ x 400g pack mushrooms, quartered
 - ½ tsp chilli powder
 - 1 x 400g tin tomatoes
 - 300g long grain rice
 - 1 tablespoon vegetable oil
 - 1 garlic clove, finely chopped
 - ½ x chicken stock cube made up to 250ml
1. Heat the oil in a large frying pan and cook the turkey, onion, peppers and mushrooms over a medium heat for 1-2 minutes until golden.
 2. Stir through the garlic and the chilli powder. Add the stock and the tomatoes, breaking up the tomatoes a little with the back of a spoon. Simmer for 5-10 minutes, until the sauce has thickened.
 3. Meanwhile, cook the rice, according to pack instructions.
 4. Divide the rice between 4 bowls and top with the chilli. Serve immediately.

Top tips for eating on a budget

1. Plan your shopping and write a list before you go.
2. Try cheaper brands which are often good quality.
3. Check use by dates to make sure you will be able to use the food before it goes off.
4. Reduce leftovers - with careful planning you can make another meal out of what you usually throw away.
5. Make use of seasonal products.
6. Consider shopping around for the best price and try local markets or cheaper supermarkets such as Lidl or Aldi.
7. Make your own packed lunch to take to work/college etc. instead of buying lunch.
8. Drink tap water—its not full of sugar and its free!