



Key facts

To support you on your cooking journey here are some helpful hints and tips:

Carbohydrates:

There are lots of rumours out there about what carbs to eat and what not to eat, however, it is the quality of the carbs that you use. More complex carbs, such as those that are high in fibre. Examples of these are: whole grains, vegetables and pulses. The body absorbs these slowly, meaning it takes time to break these down, so sugars are released over a longer period of time. Simple carbs are released quickly into the body and cause a spike in blood sugar levels which is harmful to the body.

Bread is an important part of the diet and is such a versatile product. This is where a simple swap can make a difference – swap white bread for wholemeal. It has to be wholemeal as this contains the correct carbs, brown bread is sometimes just white bread just with added caramel colouring.



Fats:

A small amount of fat is needed in your diet, fats are a source of fatty acids which the body cannot make itself. Fat helps the body to absorb vitamin A, D and E. Fats are good, but we just need to make sure we choose the correct ones! Trans and saturated fats (lard, butter) are bad for the body as they make your blood thick and increase the possibility of blood clots. However, unsaturated fats (olive oil, fish) make your blood more fluid, meaning there is a reduced risk of blood clots.

So instead of using butter to cook those scrambled eggs make the swap to olive oil!



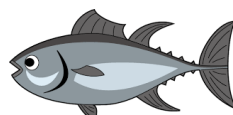
Water:

Everyday according to the European Food Safety Authority, women should drink 1.6 litres of water (8 200ml glasses) and men should drink 2 litres of water (10 200ml glasses). This can be in the form of tea or coffee using semi-skimmed milk but can also be in the form of no added sugar squash.



Proteins:

Protein is very important in the diet, it provides energy, supports your mood and cognitive function, whilst building, maintaining and repairing tissues, cells and organs. The main thing that you need to look out for is high-quality and low-quality proteins. Low-quality proteins involve processed meats (eg. lunch meats) can be loaded with salt which can cause high blood pressure. Sources of high-quality proteins are: fish, poultry, dairy products, beans, nuts/seeds and tofu/ soy products. Simple swaps for high-quality proteins can make an overall difference to your diet.





Shopping Tips

Here are a few helpful hints and tips to support you when you're shopping.

Money Saving Tips:

- Write a meal plan for the entire week.
- Check the freezer for ingredients, and store cupboard to ensure you don't duplicate buy.
- Use smaller half trolley when shopping, meaning that there is less room to fill with stuff that you don't need.
- Stick to your list and try to avoid the special buys/ offer aisles.
- Consider switching to Aldi or Lidl rather than the main 4 supermarkets. they are so much cheaper.
- Eat less meat, introduce a couple of vegetarian meals per week.
- Be sure to check out the reduced cabinets as most can be frozen.

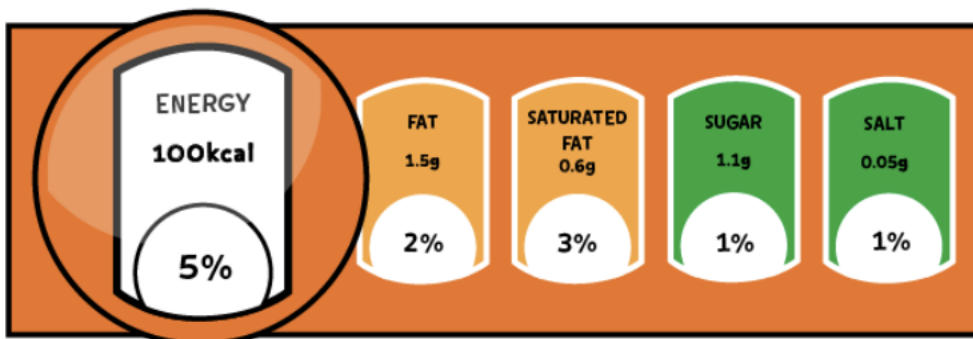
Food Labelling:

On most food and drink there is the traffic light labels. This is usually on the front of the food packaging. These labels use red, amber and green colours to indicate what is inside the food. This allows us to make more informed decisions when shopping. The label usually shows sugar, salt, fats and saturated fats. When it comes to reading food labels, a good rule of thumb is to go for more greens and ambers and cut down on reds.

Red means high

Amber means medium

Green means low



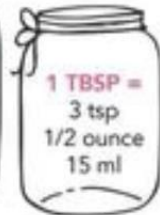
Not all packaged foods have this label, but nutritional information will be on the back of the packet. These labels will show the calorie content which is the amount of energy the food and drink contains.



CONVERSION CHART

VOLUME MEASUREMENT CONVERSIONS

CUPS	TABLESPOONS	TEASPOONS	MILLILITERS
1/16 cup	1 tbsp	1 tsp	5ml
1/8 cup	2 tbsp	3 tsp	15ml
1/4 cup	4 tbsp	6 tsp	30ml
1/3 cup	5 1/3 tbsp	12 tsp	60ml
1/2 cup	8 tbsp	16 tsp	80ml
2/3 cup	10 2/3 tbsp	24 tsp	120ml
3/4 cup	12 tbsp	32 tsp	160ml
1 cup	16 tbsp	36 tsp	180ml
		48 tsp	240ml



COOKING TEMPERATURE

CELSIUS	GAS MARK
130°C	1/2
140°C	1
150°C	2
165°C	3
177°C	4
190°C	5
200°C	6
220°C	7
230°C	8
245°C	9
260°C	10

