

**Live Your  
Life Well**



Liverpool  
City Council

**HEALTHIER LIVERPOOL**



**Eating  
Well**

**NHS**

# Small changes make us feel better

There are many parts to achieving a healthy and happy life. Making your own meals rather than eating processed foods is one of the most important parts. And you can improve your overall wellbeing by doing a few other things too.

## Eat healthy foods

Eating well can give you more energy, help to manage your weight and make you feel good. This booklet provides tips on eating well as well as quick, simple and healthy recipes for breakfast, lunch and dinner.

For healthy recipes on any budget, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)

## It's never too late to quit smoking

The benefits of quitting are immediate: food tastes better, breathing is easier and you'll have more energy.

For free, local help to quit smoking, call **0800 061 4212** or visit [www.smokefreeliverpool.co.uk](http://www.smokefreeliverpool.co.uk)

## Be more active

Being active is great for your physical and mental wellbeing. Even just 10 minutes of activity each day can give you more energy, lift your mood and help you sleep better.

For tips and advice, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)

## Reduce the amount of alcohol you drink

It can help you to manage your weight, give you more energy, lift your mood and sleep better.

For personalised tips and advice on reducing your drinking, visit [www.drinklessfeelgood.com](http://www.drinklessfeelgood.com)



## Manage your blood pressure

There's a lot you can do to lower your blood pressure and the risk of developing diseases or illnesses. Eating less salt, managing weight and being active are ways to help manage your blood pressure.

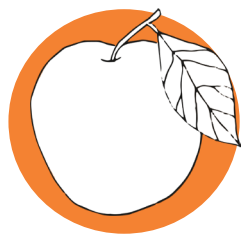
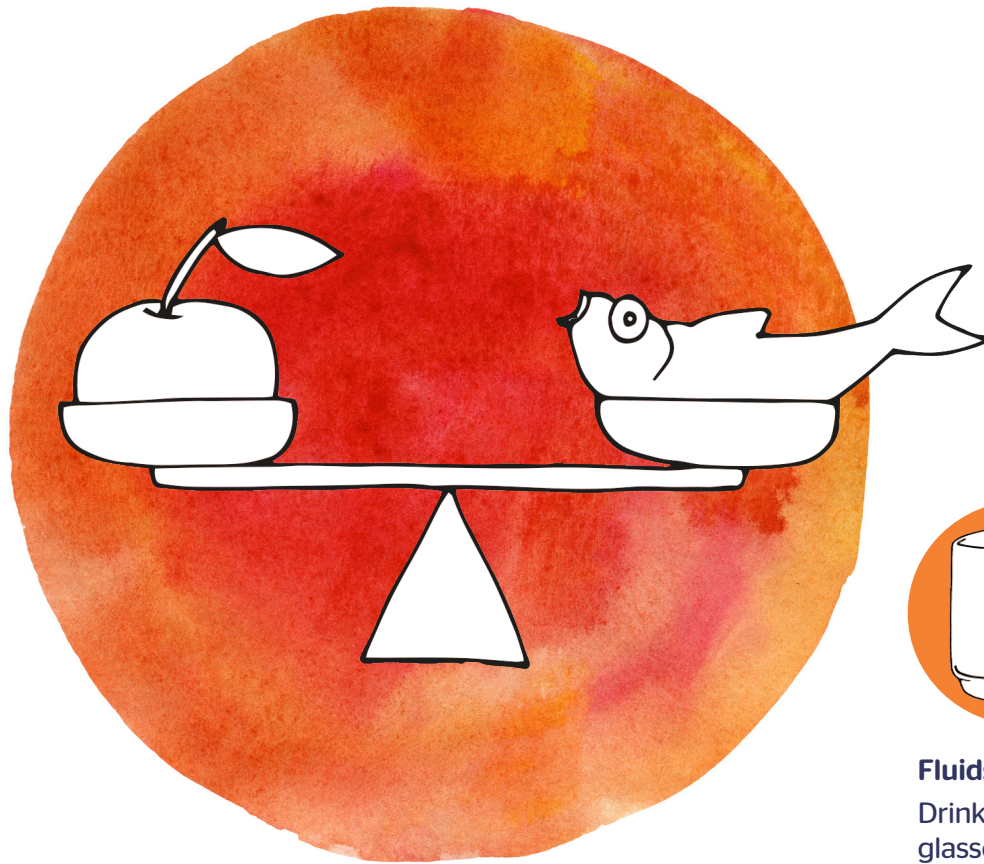
For tips and advice, visit [www.liveyourlifewell.info](http://www.liveyourlifewell.info)

**Small steps can take you far.**  
Even small changes to your lifestyle can help you on your way to a healthier and happier life.

# Top tips on eating well

Making small changes to what you eat can help to lift your mood, give you more energy and stay on top of your weight. Despite what you may think, eating well doesn't have to be expensive or take lots of time.

Here are some top tips to help you make the best choices:



## Fruit & Veg

Eat at least 5 portions of different fruits and veggies every day. Fresh, frozen, dried and tinned (fruit in juice not syrup) all count.



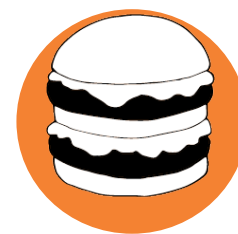
## Fibre-Rich Food

Eat foods like potatoes with skin on, wholegrain bread, pasta or rice.



## Dairy

Have some milk, (low-fat or alternative) cheese or yogurt each day.



## Fast Foods

Try eating foods high in fat, sugar and/or salt less often and in small amounts.



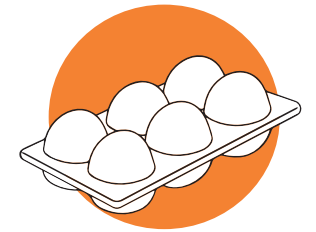
## Salt & Sugar

Aim to reduce the amount of salt and sugar you eat.



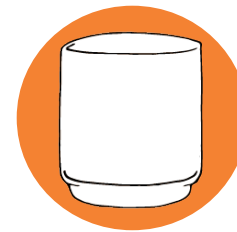
## Healthy Oils

Try using small amounts of olive, rapeseed or sunflower oil for cooking. Use low-fat spreads in your sandwiches.



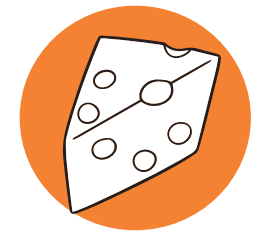
## Protein

Add some beans, fish, eggs, meat and other protein into your meals.



## Fluids

Drink at least 6 to 8 glasses of fluids each day. Water and low-fat milk are the best options



## Portion Sizes

Too much of a good thing can be unhealthy. Try sticking to the suggested serving sizes.



# Breakfast

Your body is low on energy after going the whole night without food. That's why breakfast is so important. It helps you avoid snacking throughout the day too.

Breakfast gives us energy to fuel our day and stops us feeling hungry mid-morning. This is the danger zone when you might be tempted to eat crisps or chocolate - eating a healthy breakfast is so important to starting the day right.

Short of time? Try to think of simple meal ideas, or spend 10 minutes the night before preparing your breakfast so you are ready to go in the morning.



Check the ingredients and label when you buy breakfast cereals and yogurts. For example, frosted or honey crunch cereals are full of hidden sugars.

## Here are some breakfast ideas that are healthy and easy on your wallet:

### Soft boiled eggs

2 soft boiled eggs, wholegrain soldiers with low-fat spread and a 150ml glass of orange juice.

### Cereal

Low sugar cereals, such as Weetabix, with milk and topped with a handful of fresh or tinned fruit (in juice, not syrup) or a tablespoon of dried fruit.

### Scrambled eggs

Scrambled eggs, wholegrain toast with low-fat spread and a 150ml glass of orange juice.

### Mushrooms on toast

Toast topped with sliced mushrooms, grated low-fat cheese and grilled until golden.

### Tomatoes on toast

Tomatoes on wholegrain toast with a poached or scrambled egg on the side.

### Porridge

Make porridge with low fat milk, top it with a handful of fresh or tinned fruit (in juice, not syrup) or a tablespoon of dried fruit.

### Full English

Grilled bacon or ham, poached or scrambled eggs, baked beans, mushrooms, tomatoes and wholegrain toast.

## Recipe Veggie packed omelette

A veggie-packed omelette is perfect for breakfast. It can also be a great choice for lunch and dinner too. You can always swap the mushrooms and tomatoes for red onion, courgettes, peas or any one of your favourite vegetables.



<b>Makes:</b> 1 portion	<b>Cook time:</b> 10 minutes	<b>Ingredients:</b> <ul style="list-style-type: none"><li>• 3 eggs, lightly beaten</li><li>• 85g (a handful) of mushrooms, sliced</li><li>• 85g (a handful) of cherry tomatoes, halved</li><li>• 10g low fat cheese (any type), grated</li><li>• Black pepper</li><li>• 1 tsp oil (rapeseed, vegetable or olive oil)</li></ul>
<b>Prep time:</b> 5 minutes	<b>Equipment:</b> <ul style="list-style-type: none"><li>• Chopping board</li><li>• Knife and fork</li><li>• Large frying pan</li><li>• Jug</li></ul>	

## Cooking

- 1 Heat half the oil in a large non-stick frying pan. Add the mushrooms and cook over medium high heat for 4-5 minutes or until golden brown. Add tomatoes and cook for 1-2 minutes until they just start to soften. Stir in the black pepper. Remove, cover and keep warm. Wipe the pan with some kitchen roll.
- 2 Whisk together the eggs and a bit more pepper. Heat the rest of the oil in the same pan. Add the egg mixture and swirl around the pan, using a spatula or spoon to move gently until the omelette is just set.
- 3 Sprinkle the mushroom and tomato mix on top of the omelette and leave to cook for 1 minute.
- 4 Sprinkle the cheese over half the omelette. Cook for 1 minute then fold the other half over. Cook for another 1-2 minutes, then transfer to a plate and enjoy!



# Lunch

Eating a healthy lunch can help you avoid an afternoon slump in energy. Many of us have the same lunch every day. Why not mix things up and try some of our healthy recipes?

## Some easy, low-cost and healthy lunchtime meals to try:

### Sandwich fillings

Use wholegrain bread, pitta breads, wraps or rolls. Serve with a portion of fruit for something sweet afterwards.

### Cheese savoury:

Wholegrain bread sandwich with some spread or a little low-fat mayonnaise (v) and grated low-fat cheese (30g) tomato, salad and cucumber.

### Other ideas

**Jacket potato served with tuna crunch**  
(see recipe above) or half a tin of baked beans.

### Tuna crunch:

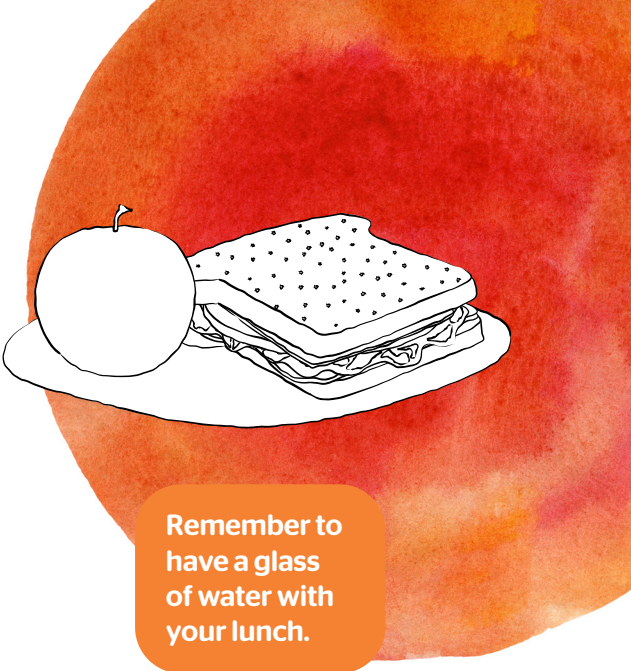
Mix a tin of drained tuna with 2 tablespoons of low-fat mayonnaise and black pepper. Then you can add any of the following: half a tin of sweetcorn, diced red onion, spring onions, red or yellow pepper or cucumber. Save half for tomorrow in a sealed container. Store in the fridge for up to 2 days.

### Mashed egg:

2 hard boiled eggs mashed with a tablespoon of low-fat mayonnaise, black pepper, sliced tomato, salad or cucumber (v).

### Corned beef:

2-3 slices of corned beef, low-fat spread, slices of tomato and salad.



Remember to have a glass of water with your lunch.

## Recipe Celery soup

This recipe makes for a perfect lunch and it makes enough for a few more portions too. Store in a sealed container and eat within 3 days. Or freeze portions of it for up to 3 months. Defrost overnight in the fridge and make sure it's piping hot before serving.



### Makes:

4-6 portions

### Prep time:

10 minutes

### Cook time:

45 minutes

### Equipment:

- Chopping board
- Knife
- Large saucepan
- Jug
- Wooden spoon

### Ingredients:

- 1 head of celery, diced (leaves included)
- 2 garlic cloves, finely chopped
- 1 medium sized potato, cubed (skin on)
- 1 tbsp oil (rapeseed, vegetable or olive oil)
- 500ml vegetable stock
- 100ml milk
- Black pepper

## Cooking

1

In a large saucepan, warm 1 tbsp oil and add the celery and potato. Cook on a medium heat for 15 minutes, stirring frequently so the vegetables don't burn.

2

Add the garlic and fry for 2 more minutes.

3

Add the vegetable stock. Bring to the boil, cover and reduce the heat. Simmer for another 25-30 minutes or until all the vegetables are soft.

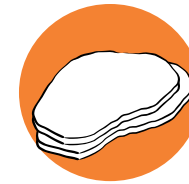
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Blend with a hand blender or a food processor until smooth. Add milk, season with pepper and blitz for another minute, then serve with a slice of wholegrain bread with some low-fat spread.

# Dinner

What you have for your dinner can depend on what you had for lunch. If you only had a sandwich or a salad, then try to have a proper cooked meal. Try not to over-eat in the evenings. Eating too much before night time can make it hard to relax before sleeping.

## Some tasty ideas include:



### Sliced meat

Sliced ham or cooked chicken breast, new potatoes and boiled vegetables.



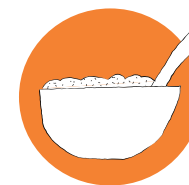
### Baked beans

Half a tin of baked beans, grilled mushrooms on wholegrain toast, served with two poached eggs.



### Jacket potato

Served with tuna crunch (see recipe in lunches above) or baked beans. Serve with a portion of salad or boiled veggies.



### Egg fried rice

Cooked rice and veggies (peas, peppers, sweetcorn, mushrooms or mangetout), 1 egg added at the end and scrambled in the rice.



### Corned beef hash

Made with boiled potatoes, onions, and topped with sliced tomatoes and half a tin of baked beans on the side.



### Pasta

Wholegrain pasta with homemade tomato and veggie sauce, topped with a low-fat grated cheese.

You can also add in:

- Tinned and drained fish (tuna, salmon, mackerel or sardines)
- Tinned or fresh ham, chicken or turkey.



### Noodles

Thinly cut veggies (like peppers, mushrooms or mangetout) mixed with chicken/ham fried in 1 tsp oil, served with cooked noodles (optional egg). You can also add a tablespoon of light soy sauce (with reduced salt), hoisin sauce or chilli sauce if you like.



### Vegetable hash

Any leftover vegetables (carrots, celery, mushrooms or onions), cooked in a small amount of oil with some cooked potatoes, topped with egg/ham (optional).



### Vegetable chilli

Vegetable chilli made with chopped tomatoes, baked or mixed beans, peas and flavoured with tomato puree, chilli powder and pepper. Served with rice.



### Pea and potato curry

Cook rice, add curry powder, stock (if available) and tinned tomatoes. Heat and simmer. Add peas and chopped potatoes, then heat. Served with rice.



## Recipe

### Homemade tomato sauce with pasta

This is a simple and delicious homemade tomato sauce and pasta dish. It's full of hidden veggies and it's healthier than the shop-bought version. Plus, the leftovers are perfect the next day for lunch or dinner. Put the leftovers in a container and store it in the fridge. Remember to eat it all within 2 days of cooking. You can also freeze the sauce for up to 3 months. Defrost overnight in the fridge and make sure it's piping hot before serving.



**Makes:**  
4 portions

**Prep time:**  
15 mins

**Cook time:**  
45 mins

#### Equipment:

- Chopping board
- Knife
- Medium and large saucepan
- Wooden spoon

#### Ingredients:

- 1 onion, diced
- 4 stalks of celery, diced
- 2 carrots, diced (small chunks)
- 3 garlic cloves, finely chopped
- 1 tbsp oil (rapeseed, vegetable or olive oil)
- 2 tins of chopped tomatoes
- 1 tsp sugar
- Pinch of salt
- Black pepper
- 2 tbsp dried mixed herbs or Italian seasoning
- 500g wholegrain pasta
- 150g frozen peas, broccoli or green beans
- 30g low fat cheese, grated

#### Cooking

- 1 Heat 1 tbsp of oil in a medium saucepan. Then add the onions, carrots and celery and fry for 10 - 15 minutes on low to medium heat until soft.
- 2 Add garlic cloves and cook for another 2 minutes.
- 3 Add tomatoes and half a tin of water. Add sugar, dried herbs and a pinch of salt.
- 4 Simmer on low heat for 30 minutes and season with black pepper.
- 5 After 15 minutes cook the pasta in a large pan according to the packet instructions. Add the frozen peas to the pasta for the amount of time needed to boil.
- 6 Once the pasta is cooked, drain. Reserve 1 mug full of the pasta water and mix into the tomato sauce. If the sauce is a little thick, add a splash of pasta water to loosen.
- 7 Serve immediately with a sprinkle of low-fat grated cheese.



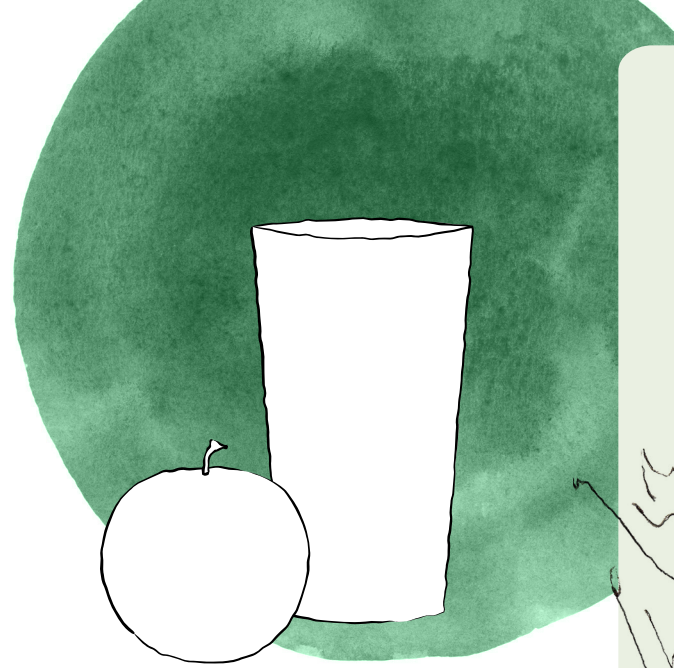
# Drinks & Snacks



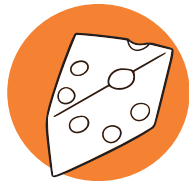
Portion of fruit



Glass of low-fat milk



Slice of wholegrain toast  
with low-fat spread



2-3 slices of  
low-fat cheese



Pot of plain, low-fat  
greek or natural yogurt



Handful of nuts



Boiled egg



Carrot or celery  
sticks with salsa or  
low-fat hummus.



## Fit for Me

For advice, stories of local people and ideas to get active go to [www.fitforme.info](http://www.fitforme.info) or call 0151 233 6366

## Free local services that can help

### Smokefree Liverpool

Free, local service for anyone ready to quit smoking. Online or on the phone.  
[www.smokefreeliverpool.co.uk](http://www.smokefreeliverpool.co.uk)  
0800 061 4212  
Monday to Friday 9.30am - 5pm

### We Are With You

A confidential drug and alcohol recovery service for adults aged 18+ with addictions, offering treatment and recovery support.  
[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)



**It's okay to feel worried, angry, sad or confused at times.**

Asking for help can make a huge difference.

We've made it easier for you to get the support you need.

Learn more at:  
[www.LiveYourLifeWell.info](http://www.LiveYourLifeWell.info)

### When you need a quick pick-me-up

**Public Health Liverpool**  
[www.liveyourlifewell.info](http://www.liveyourlifewell.info)

Tips, advice and support to improve mental and physical wellbeing.



### When you need help and support

If you are feeling anxious or depressed over a prolonged period of time or obsessive behaviours are impacting on your life it's important to know that you are not alone and there are professionals in Liverpool that can help you.

**Talk Liverpool**  
0151 228 2300  
Monday to Friday 8am - 6pm  
A free NHS service.



### When talking it through can really help

You may be feeling isolated, lonely, distressed, anxious or concerned about things like money, housing or employment. There are friendly professionals on the end of a phone. As the saying goes a trouble shared is a trouble halved.



**The Samaritans**  
Freephone 24/7 on 116 123

**The Life Rooms**  
0151 478 6556  
Monday to Friday 9am - 5pm

If you are having thoughts of suicide, are harming yourself or have thoughts about self-harm, it's important to tell someone. There's help available to you 24/7.

**Call NHS Merseycare**  
on 0151 296 7200

This information is brought to you by Public Health Liverpool