



DIANA WRIGHT

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION 

HEALTHY EATING ON A BUDGET

Healthy eating does not have to be expensive. There are many ways to keep the cost down and still eat to keep you fit and healthy. Also it does not have to take time or lots of effort. It is back to the Jamie Oliver way of doing things.

Use beans and pulses in salads and casseroles to add nutritional value such as zinc for your immune system and to help cope with the stresses and strains of life. Also gives a good dose of soluble fibre for regularity. Tinned are just as good as dried, just strain off the liquid as it may contain salt and sugar which you don't want to increase.

Add dried red lentils to bolognese recipes. These you can buy own label and are very cheap bulking out your meat in a very nutritious way by improving B vitamins especially Folic acid. Other dried beans do need soaking overnight so not so easy to use as red lentils. Just add more water to your recipe for them to soak up and bulk out the casserole.

Own Label Wholemeal Pasta and rice are the same as the more expensive varieties and very cheap to use for family meals and to bulk out soups for the winter months. Add crisped bacon and some frozen tinned vegetables for a quick nutritious meal. Drizzle over some olive oil, again own label is fine and better value.

Invest in a Slow cooker. Go and look for one on the internet or in the shopping catalogues. Make sure you purchase one with a crock pot that is easily removed and washed. You can leave these on overnight or all day, just for the same price as a light bulb.

Invest in a modern pressure cooker. This tenderizes cheaper cuts so you can replace the expensive cuts of meat and see them transformed into delicious flavoursome meals. This only takes a matter of minutes that would normally take hours in the oven. Also very good for winter soups and cooking beans and pulses.

Grow your own vegetables in pots on your patio and herbs on your windowsill. These will be equivalent or greater in nutrient value than the organic versions in the shops plus you will feel very rewarded with your results.

Frozen vegetables are just as nutritious as fresh and can be bought in season and therefore are a cheaper alternative.

In vegetable soups use the chicken bones to make the stock. Use with neck of lamb/cheap cuts of meat and chicken thighs.

Home made pizzas can be made with a simple bread recipe which does not need the same amount of proving time and you can add your favourite toppings. Much more nutritious and cheaper than the ready made alternative. Good for snacks and lunch boxes. Can use a mixture of wholemeal and white flours for added benefit.

Oily fish is very important for the brain and very cheap in the form of fresh or tinned mackerel or sardines.

Go to farmers markets for vegetables. This keeps the cost down due to using local produce and will not cost the environment in carbon footprint.

Create a seasonal menu. This is a very cheap way to eat using the seasonal gluts of fruits and vegetables. For long term storage make jam, chutneys and freeze portions for later on in the year.

Nuts and seeds are also very nutritious full of essential fats helpful for hormone balance and for the brain. They are also a good form of protein and cheap to buy. Nut butters are good for snacks.

Working towards better health

11 Mortens Wood
Amersham
Buckinghamshire
HP7 9EQ

Tel/Fax 01494 722777
nutrition@dianawright.co.uk
www.dianawright.co.uk