

Core principles of HEALTHY EATING

1. Eat a variety of fruits and vegetables preferably seasonal and locally available.
2. Limit the amount of salt in your diet to less than 5 g/day.
3. Avoid highly processed foods or sugar-sweetened/aerated drinks, these often contain free sugars, trans-fats and salt.
4. Eat slow release carbohydrates in moderation including small amount of rice (unpolished), potatoes (with skin), pasta (whole grain), beans and whole grain cereals (e.g. millets).
5. Include sources of healthy fats such as fish, nuts, olive oils/rice bran oils, mustard oil etc.
6. Limit your portion sizes if you are aiming to lose weight.

These principles should be included around other measures of good lifestyle such as hydration, exercise and adequate sleep.

Healthy eating habits promote Healthy LIFE



Learn more about the Mobile Teaching Kitchen Project



www.nnedpro.org.uk/mtk

Why eating egg is good?
Egg contains, high quality, easily digestible protein as well as a number of other essential nutrients including choline. Available throughout the year, comparatively low cost.

Meat and fish may be expensive, difficult to store and take a longer time to cook. They also have a bigger carbon footprint than plant-based diets. Though meat and fish is a part of a healthy diet we are encouraging more consumption of plant-based food in our templates to lessen the impact on the environment.

If you are a vegetarian and do not eat eggs please speak to us about alternatives.



BHAVISHYA SHAKTI CO-OPERATIVE SOCIETY



HEALTHY FOOD

Our nutrition champions provide our customers with a source of enjoyable tasty food, designed and prepared to be nutritionally complete



www.nnedpro.org.uk



Eating to contribute to a HEALTHY LIFESTYLE

• **FOOD, NUTRITION and DIET** play key roles in keeping healthy, or combating certain conditions or diseases and thereby make you more productive.

• Our template menus are designed to be **tasty, affordable, locally sourced, nutritionally balanced, easy to cook and cost effective.** The meals based on these menus are safe, hygienic and easily digestible.

• The meals are cooked in a manner which retains nutrients, but are only nutritionally complete when eaten as a whole menu.

Why eat a NUTRITIONALLY BALANCED meal?

• To be nutritionally complete, our meals have been specifically designed to incorporate all necessary **vitamins, minerals and phytochemicals from plant-based foods.**

• Our menu templates are also rich in protein giving you building blocks to sustain your muscles and allowing growth in children.

• The template menus contain plenty of fibre, which prevents bowel disease and has been linked to keeping your gut healthy with “friendly” bacteria.



Occasional treats only

ESSENTIAL VITAMINS AND MINERALS Sources and Functions

BRAIN AND MEMORY

Vitamin B₆, B₁₂, Folic Acid
Top Foods



EYE FUNCTION

Vitamin & Mineral A, C, E, Lutein, Zinc
Top Foods



HEART AND BLOOD

Vitamin & Essential Fatty Acid A, D, K, Omega-3, ÇQ₁₀
Top Foods



MUSCULAR SYSTEM

Vitamin & Essential Fatty Acid B, C, D, E, Omega-3
Top Foods



ESSENTIAL IMMUNE AND METABOLIC FUNCTIONS

Vitamin A, B₁, B₃, B₆, B₇, B₁₂, C, D
Top Foods



BONE STRENGTH

Vitamin & Mineral D, K₂, Calcium, Magnesium
Top Foods



ENERGY RELEASE

Vitamin & Mineral B₁₂, Magnesium, C₀Q₁₀
Top Foods



VITAMINS AND MINERALS

Iron, Vitamin B₁₂ and Folate

• Helps the production of red blood cells which carry oxygen around the body and also assists in the immunity to infectious diseases.

• Very important in women of reproductive age who are at risk of anaemia and for pregnant women folate deficiency can cause neural tube (birth) defects in the child.

• Found in foods including meats, spinach, lentils, chickpeas, eggs, milk products, jaggary, dates, raisins, sprouts.

Vitamin A

• For good eyesight, a strong immune system and healthy skin.

• Found in eggs, milk and yoghurt as well as yellow, red and all green vegetables like carrot, pumpkin, ripe papaya, drumsticks, coriander leaves.

Vitamin D

• Required for normal and healthy bones and teeth. Found in egg, milk, cod liver oil etc and exposure to sunlight produces Vitamin D within the body.

Calcium and Phosphate

• Help maintain bone and teeth structure and helps muscles contract.
• Found in milk, cheese, green leafy vegetables and nuts.