



**FOOD  
GAMING**  
FOR ACTIVE AGEING

## Tips for healthy Eating

This fact sheet aims to provide some tips to make healthy eating easier. You can still follow these tips and eat healthily when on a budget!

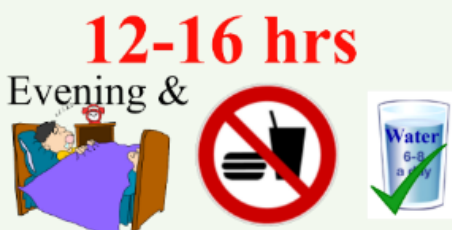
**Use small plates** - to help reduce portion sizes.



**Have set mealtimes and focus on eating without distractions** - helps to reduce the amount eaten.

Try to avoid eating between meals; if you must have a snack, make it a healthy one e.g. whole fruit.

**Eat nothing from evening meal to breakfast** - gives digestion a natural rest and reduces the amount eaten. Remember to keep drinking water to stay hydrated.



**Use herbs and spices to flavour food**

- helps to give food extra zest and reduce salt intake.

**Eat good quality protein** - helps make you feel fuller for longer e.g. lean red meat, poultry, fish, eggs, low-fat dairy (such as milk and cheese), legumes, pulses, nuts and cereals. Protein recommendations in the diet can be met with small amounts of good quality proteins, so need not be expensive.



**Use oils that have health benefits** -

both olive and rapeseed oils have health benefits and are good for cooking with. Rapeseed oil contains omega-3 and, in the UK, is usually the oil used for cheaper, generic, vegetable oil (check the label).

**Plan meals** - helps to ensure you buy healthy food and stick to a budget.



**Buy seasonal fruit and veg** - tends to be fresher, more nutrient dense and cheaper.

**Limit junk food** - tends to be nutritionally poor, energy high and full of fat and sugar.



**Grow your own fruit and veg** - tends to taste better, is cheaper than shop bought, keeps you physically active and boosts mental well-being.



**Buy supermarket own brands** - tend to be cheaper and just as nutritious.



**Cook from scratch** - you know exactly what you are eating, tends to be cheaper, can be fun, mentally rewarding and tasty!  
See our [website](#) for some healthy and tasty recipes.

## FoodSwitch UK

FoodSwitch UK is a free app which allows you to scan food and drink barcodes to immediately see whether they are **high**, **medium** or **low** in total fat, saturated fat, sugars and salt. FoodSwitch UK also looks for similar, but healthier, alternative products; this provides an easy means of making healthier food choices. [Find out more.](#)

See related Fact Sheets for more information on [Food groups](#), [Tips for a healthy lifestyle](#), [Sugar](#), [GI&GL](#), [Salt](#), [Fats](#), [Fibre](#) and [Digestive issues? Some tips.](#)

To see our detailed nutritional guide and example exercise programme, visit our [website](#)



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