



Big Pinch week 6 email

Congratulations on reaching week 6 of the Big Pinch. Hopefully your week 5 weigh in has motivated you to keep making those changes that will help you achieve your goal. This week we are looking at lunch as we need energy to keep us going throughout the day.

Healthy Lunch Tips

Salad & Sandwich tips

- check the calories and the fat, sugar and salt on the nutrition label of pre-packed salads and sandwiches
- avoid salads prepared with mayonnaise or covered in oily dressings eg. coleslaw, potato salads and some pasta salads
- choose salads with dressings sold separately so you can control how much you eat
- choose brown, wholemeal or higher-fibre breads for sandwiches
- you may not need to use butter, spread or mayonnaise if your choice of sandwich filling is moist
- bulk up your sandwich with vegetables eg. tomatoes, lettuce and cucumber
- healthier sandwich fillings include turkey, chicken, tuna, seafood (such as prawn and crayfish), avocado, reduced-fat hummus and a hard-boiled egg
- lower-fat cheeses include edam, emmental, gruyère, mozzarella and lower-fat cream cheese. Quark is also a low fat cheese
- with sandwich meal deals, choose water and fruit or yoghurt if they're available, rather than sugary drinks and crisps

Hot food tips

- healthier fillings for baked potatoes include baked beans, cottage cheese, tuna and sweetcorn, vegetarian chilli con carne and ratatouille – avoid adding butter or sour cream, which are high in fat and calories and be wary of ready-mixed fillings which can be high in fat and salt
- with pasta, opt for tomato or vegetable-based sauces, which count towards your '5 a day' and are lower in calories and fat than cheese and cream-based sauces, and avoid adding a lot of cheese to your pasta
- go for soups with chunky vegetables – have with a wholemeal bread roll to make it a filling meal
- instead of going back for second helpings of your evening meal, take that extra portion into work to heat up for your lunch





Lunchtime Food swaps



Current lunch	Swap for
white breads, bagels & muffins	wholegrain varieties
chips	baked potato
butter & cheese in your baked potato	reduced-fat spread and reduced salt and sugar baked beans
tuna melt panini	tuna salad sandwich on wholemeal bread without mayo
cheddar cheese filling in your sandwich	reduced-fat hard cheese filling
cream & cheese sauces	tomato and vegetable sauces
cakes, chocolate creamy puddings & ice cream	fruit salads or other fruit-based desserts and lower-fat, lower-sugar yoghurts
fried crisps	baked varieties
shop bought popcorn	Homemade popcorn without added sugar or salt – try adding some cinnamon or paprika
salted nuts	unsalted nuts with dried fruit
shop bought cakes & snack bars	healthier homemade versions
fizzy drinks	a glass of still or sparkling water mixed with some fruit juice. Remember, even unsweetened fruit juice is sugary, so limit yourself to 150ml of fruit juice or smoothies each day (drinking fruit juice with a meal or diluting it with water can reduce the impact it has on your teeth)

Try the Easy Meals app for some recipe ideas <https://www.nhs.uk/oneyou/apps/>

Adapted from NHS 'Healthy Eating Out' and 'Healthy Food Swaps' (2018) available at: <https://www.nhs.uk/live-well/eat-well/healthy-eating-out-tips/?tabname=food-and-diet> and <https://www.nhs.uk/live-well/eat-well/healthy-food-swaps/>

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