1. OATS
2. OILY FISH
3. SPINACH AND GREEN LEAFY SALADS
4. POTATOES
5. TOMATOES
6. VEGGIES
7. EGGS
8. GARBAGE
9. GARLIC
10. MEAT

FOOD LABELS

• Between 1g and 5g of sugars per 100g
• Between 2g and 10g of sugars per 100g
• 1g saturated or less per 100g
• 5g saturated fat or more per 100g
• 0.1g sodium or less per 100g
• 0.5g sodium or more per 100g

Eggs are a very versatile, inexpensive and nutritious food choice and a great way to fit into a healthy lifestyle. They are a quality product to the highest standards. The Bord Bia Egg Quality Assurance Scheme (EQAS) is renowned for its antiviral, anti-microbial qualities and also for its quality assurance measures. An egg a day is a little inspiration from Bord Bia.

SALADS
GREEN LEAFY
1. Spinach or broccoli topped with cheese.
2. Broccoli, sunflower seeds and oil.
3. Broccoli and apple salad served with natural yoghurt or crème fraîche.
4. Spinach and lemon vinaigrette with feta cheese and olives.
5. Cold couscous or pasta salads
6. Mango sorbet
7. Stewed rhubarb or apple
8. Poached pears in red wine
9. Mixed berries topped with crumble
10. Baked apples with raisins

HEALTHIER DESSERTS
1. Mini rice cakes, wholewheat
2. Happy fruits such as mangoes and berries
3. A little honey and crème fraîche
4. Honey and crème fraîche over fresh fruit, nuts and seeds, oats and low-fat yoghurts.
5. Adapt your favourite recipes. Use less table sugar, artificial sweeteners and high fructose corn syrup.

Give it a whirl…

If you’re in need of some inspiration, our new cookbook, ‘The Healthier Eating Planner’ by Bord Bia is a great guide to a healthier lifestyle.

For more information and recipes, contact: info@bordbia.ie or www.bordbia.ie. Contact us for a free copy of the book!
INTRODUCTION

We make millions of food choices throughout our lives which have a major impact on our health and nutrition. Good food choices won’t leave you and your family feeling unsatisfied, hungrier or deprived. Instead, they will make you feel in control and in charge of your life, as well as give you energy, a strengthened immune system and a slimmer waistline.

The problem with decision making is that it’s not black and white. The new truth is that it’s just a matter of making all (and any) foods which don’t take much preparation, but which get more sugar, fat and salt but very little nutrition. We eat far too much for our size.

The good news is that food that is good for us tastes. When we eat a lot of so-called convenience foods, we get more sugar and salt but very little nutrition. Eating far too much for our size.

Most of us don’t need a cookery course or even an elaborate glossy cook-book. We simply need to make up a simple repertoire of just 5-7 nutritious recipes that take time for planning and preparing our meals and to build a healthy diet.

We hope you enjoy this help get you started.

Your Health
Your Diet

Healthy eating is essential for good health.

SEVEN DAYS OF HEALTHY EATING

MONDAY FRESH AND HEALTHY

GREEN FUSILLI WITH SPINACH SALAD

You’ll appreciate some tips in meal planning for your shopping list, it’s not a daunting task, but it should help you get your ingredients menu for a week.

TUESDAY QUICK AND SIMPLE

PORK STIR FRY

Stir fry is a good way to prepare meat and vegetables. It’s a simple way to prepare a dish that is both nutritious and appealing.

WEDNESDAY FISH NIGHT

SPICY SALMON

Start with a fish rich in omega-3 fat. Add a good amount of vegetables and you’ll have a nutritious and delicious meal.

THURSDAY BURGERS ARE BEST

LAMB BURGERS WITH SPICY VOGURT DRESSING

You’ll need to make the dressing in advance, but it’s easy and can be stored in the fridge for a week.

FRIDAY NIGHT TAKE-A-WAY

EGG’S RIDE WITH CHICKEN

You’ll need to make the sauce in advance, but it’s easy and can be stored in the fridge for a week.

SATURDAY CASSEROLES

MEXICAN BEAK CASSEROLE

You’ll need to make the sauce in advance, but it’s easy and can be stored in the fridge for a week.

SUNDAY BIRCH’S

POACHED EGGS ON TOMATO AND MUSHROOM TOASTS

You’ll need to make the sauce in advance, but it’s easy and can be stored in the fridge for a week.

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Monday</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>ENERGY</td>
<td>PROTEIN</td>
<td>FAT</td>
<td>CARBOHYDRATE</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>daily recommend intake</td>
<td>2000 KCALS</td>
<td>100G</td>
<td>80G</td>
<td>250G</td>
</tr>
<tr>
<td>Monday</td>
<td>542 KCALS</td>
<td>11G</td>
<td>10G</td>
<td>11G</td>
</tr>
<tr>
<td>Wednesday</td>
<td>354 KCALS</td>
<td>28G</td>
<td>13G</td>
<td>1.6MG</td>
</tr>
<tr>
<td>Thursday</td>
<td>452 KCALS</td>
<td>42G</td>
<td>15G</td>
<td>4.7MG</td>
</tr>
<tr>
<td>Friday</td>
<td>292 KCALS</td>
<td>16G</td>
<td>16G</td>
<td>2.2MG</td>
</tr>
<tr>
<td>Saturday</td>
<td>262 KCALS</td>
<td>16G</td>
<td>16G</td>
<td>2.2MG</td>
</tr>
</tbody>
</table>

Recipe Index

MONDAY FRESH AND HEALTHY

GREEN FUSILLI WITH SPINACH SALAD

TUESDAY QUICK AND SIMPLE

PORK STIR FRY

WEDNESDAY FISH NIGHT

SPICY SALMON

THURSDAY BURGERS ARE BEST

LAMB BURGERS WITH SPICY VOGURT DRESSING

FRIDAY NIGHT TAKE-A-WAY

EGG’S RIDE WITH CHICKEN

SATURDAY CASSEROLES

MEXICAN BEAK CASSEROLE

SUNDAY BIRCH’S

POACHED EGGS ON TOMATO AND MUSHROOM TOASTS

Note: The above nutritional values are approximate and may vary depending on specific ingredients and cooking methods.

For more information about healthy eating, visit the website of your local dietitian or nutritionist.
**INTRODUCTION**

Healthy eating is essential for good health. We make millions of food choices throughout our lives which have a major impact on our health and nutrition. Good food choices won’t leave you and your family feeling unsatisfied, hungry or deprived. Instead, they will make you feel in control and in charge of your life, as well as give you energy, a strengthened immune system and a slimmer waistline.

The problem is that we make millions of food choices, and the problem is that it’s just a matter of selecting a few foods which don’t have much nutrition, but many which do. The solution is not to make millions of food choices, but to make millions of nutritious food choices.

When we eat too much sugar, fat and salt, we get more sugar, fat and salt but very little else. The problem is we have been seduced into eating too much sugar, fat and salt, and we are now eating too much sugar, fat and salt.

We need to be aware of the negative impact of sugar, fat and salt on our health, and we need to make nutritious food choices that are good for us. The good news is that food that is good for us tastes good too. The problem is we have been seduced into eating too much sugar, fat and salt, and we are now eating too much sugar, fat and salt.

The problem is that we make millions of food choices, and the problem is that it’s just a matter of selecting a few foods which don’t have much nutrition, but many which do. The solution is not to make millions of food choices, but to make millions of nutritious food choices.

**SEVEN DAYS OF HEALTHY EATING**

**MONDAY FRESH AND HEALTHY**

**GREEN FrittATA WITH SPINACH SALAD**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>496 KCALS</td>
<td>31 G</td>
<td>13 G</td>
<td>1.6 MG</td>
<td>60 G</td>
</tr>
</tbody>
</table>

**TUESDAY QUICK AND SIMPLE**

**EGGY RICE WITH CHICKEN**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>452 KCALS</td>
<td>42 G</td>
<td>15 G</td>
<td>4.7 MG</td>
<td>40 G</td>
</tr>
</tbody>
</table>

**WEDNESDAY FISH NIGHT**

**FRIED SALMON**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>447 KCALS</td>
<td>28 G</td>
<td>21 G</td>
<td>3.5 MG</td>
<td>29 G</td>
</tr>
</tbody>
</table>

**THURSDAY BURGERS ARE BEST**

**LAMB BURGERS WITH SPICY YOGHURT DRESSING**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>392 KCALS</td>
<td>18 G</td>
<td>18 G</td>
<td>2.2 MG</td>
<td>25 G</td>
</tr>
</tbody>
</table>

**FRIDAY NIGHT TAKE-AWAY**

**MEXICAN BEEF CASSEROLE**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>917 KCALS</td>
<td>49 G</td>
<td>38 G</td>
<td>11 MG</td>
<td>60 G</td>
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</table>

**SATURDAY CASSEROLES**

**POACHED EGGS ON TOMATO AND MUSHROOM TOASTS**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>104 KCALS</td>
<td>5 G</td>
<td>1 G</td>
<td>2 G</td>
<td>0.1 MG</td>
</tr>
</tbody>
</table>

**SUNDAY BRUNCH**

**BANANA AND ALMOND BREAKFAST MUFFINS**

Nutritional analysis per serving:

<table>
<thead>
<tr>
<th>Energy</th>
<th>Protein</th>
<th>Fat</th>
<th>Carbohydrate</th>
<th>Iron</th>
</tr>
</thead>
<tbody>
<tr>
<td>399 KCALS</td>
<td>4 G</td>
<td>8 G</td>
<td>42 G</td>
<td>0.1 MG</td>
</tr>
</tbody>
</table>
INTRODUCTION
We make millions of food choices throughout our lives which have a major impact on our health and nutrition. Good food choices won't leave you and your family feeling unsatisfied, hungry or deprived. Instead, they will make you feel in control and in charge of your life, as well as give you energy, a strengthened immune system and a thinner waistline.

The problem is that our food choices have become very easy to make. The problem is that it’s just a matter of walking into a food shop and selecting a range of foods which don’t take much preparation, but which in addition provide good nutrition and power, as well as give you the right amount of energy. The problem is that we choose from a limited range of foods, yet we gain more weight and feel even more the need to eat out. The problem is that we are too busy to eat well or even to plan our meals and to build a healthy menu.

It’s all well and good to make healthier choices, but in order to do so we have to have a plan! We need to think about our food choices and select the right foods and portions. That’s exactly what the next seven days are about. We’ll make millions of food choices throughout our lives but in the next seven days we’ll make millions of food choices and, most importantly, we’ll get it right.

Seven Days of Healthy Eating: A Plan to Help Get You Started

We’ve put together some tips to bear in mind when planning your meals. It’s not a definitive list, but it should help get you started.

• High fibre or wholegrain
• Tomato and herb based
• Tinned fish, tomatoes, tomato puree, peas
• Pre-cut vegetables, Bord Bia Quality
• Seasonal fruit, vegetables and herbs. Fresh is best

You can use a non-stick pan if you have one - or you can use the cooing under the grill. We’ve put together some tips to bear in mind when planning your meals. It’s not a definitive list, but it should help get you started.

MONDAY FRESH AND HEALTHY

Spinach Salad

ENERGY PROTEIN FAT IRON CARBOHYDRATE

Nutritional analysis per serving:

Slide onto a large plate for serving or cut into wedges

PM

100g fresh baby spinach leaves

1 large apple, sliced

1 large red onion, chopped

1 bunch scallions, chopped

1 red pepper, seeded and diced

2-3 cloves garlic, chopped

1 can tomatoes, chopped

2-3 tea spoons of the curry paste

1 large onion, diced

2-3 tea spoons of the curry paste

125ml (¹⁄₄ cup) of hot stock

1 lemon, zested and juiced

1 can tomatoes, chopped

2-3 cloves garlic, chopped

Serve with baked or boiled potatoes, vegetables of choice

FRIDAY NIGHT TAKE-AWAY

Lamb Burgers with Spicy Yogurt Dressing

ENERGY PROTEIN FAT IRON CARBOHYDRATE

Nutritional analysis per serving:

 Serve with plenty of country salad and mixed vegetables, paprika, chilli, tomato, onion and red pepper in oil and vinegar.

4 chicken fillets, cut into strips

2 tablesp. oil

2 tablesp. light soy

1 red pepper, seeded and diced

1 large onion, diced

1 can tomatoes, chopped

2-3 cloves garlic, chopped

Serve with potatoes and tomato and red onion salad.

YOUR HEALTH YOUR DIET
Healthy eating is essential for good health.
INTRODUCTION

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The problem is that our choice is often made for us. The problem is that it’s just a matter of selecting a food. Foods which don’t have much processing, but are part of the food industry, are often the best choice for the convenience of the time. The foods we eat are often packed full of carbohydrates, fats, sugar, salt and cost very little to buy. Instead, they will make you feel healthy, well and in control of your life, as well as give you energy, a strengthened immune system and a better waistline.

The good news is that food that is good for us tastes good too. The problem is we have been seduced into thinking that we save time in using convenience foods. When we eat a lot of so-called convenience foods, believing that we save time in using convenience foods, we eat more sugar and salt but very little of the complex carbohydrates and the dietary fibre that eating for fun is much for our sake.

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### Monday Fresh and Healthy
#### Green Frittata with Spinach Salad
**Energy** 496KCALs | **Protein** 31G | **Fat** 13G | **Iron** 1.6mg | **Carbohydrate** 60G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 496KCALs</td>
<td>4-5</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Fresh and Healthy**
- **Green Frittata**
- **Spinach Salad**

#### Ingredients
- 2 x 250g bags of baby spinach leaves, washed
- 1 bunch of scallions, chopped
- 2 tableps olive oil
- A little salt and black pepper

#### Preparation
- Heat the grill. Heat a tablesp. of the oil in a large non-stick pan. Add the scallions and half the spinach. Stir-fry for 2-3 minutes until they soften. Tip into a colander and drain.
- Reheat the pan adding a little oil, pour in the egg mixture and stir well.
- Add the spinach, stir well. Season with more salt, if you like, and black pepper.

#### Nutrition Facts
- Energy: 496KCALs
- Protein: 31G
- Fat: 13G
- Iron: 1.6mg
- Carbohydrate: 60G

---

### Tuesday Quick and Simple
#### Pork Stir Fry
**Energy** 225g vegetables, chopped | **Protein** 31G | **Fat** 16G | **Iron** 1.6mg | **Carbohydrate** 60G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 225g vegetables, chopped</td>
<td>3-4</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Energy** 225g vegetables, chopped
- **Protein** 31G
- **Fat** 16G
- **Iron** 1.6mg
- **Carbohydrate** 60G

#### Ingredients
- 225g vegetables, chopped
- 2 tablesp. oil
- 2 tablesp. soy sauce

#### Preparation
- Mix the pork with the soy sauce. Heat a wok or large non-stick pan. Add the oil. Then add the garlic and pork and stir well. Reduce heat and continue to cook in pan for 8 minutes .
- Stir-fry for 5-6 minutes. Add the vegetables and nuts and stir-fry for another 2-3 minutes.

#### Nutrition Facts
- Energy: 225g vegetables, chopped
- Protein: 31G
- Fat: 16G
- Iron: 1.6mg
- Carbohydrate: 60G

---

### Wednesday Fish Night
#### Spicy Salmon
**Energy** 447KCALs | **Protein** 28G | **Fat** 21G | **Iron** 3.5mg | **Carbohydrate** 29G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 447KCALs</td>
<td>3-4</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Energy** 447KCALs
- **Protein** 28G
- **Fat** 21G
- **Iron** 3.5mg
- **Carbohydrate** 29G

#### Ingredients
- 4 salmon portions
- A little oil
- 1 onion, finely chopped
- 1-2 tablesp. chopped scallions
- A little salt and black pepper

#### Preparation
- Rinse salmon, pat dry using kitchen paper. Dust all sides with a little salt and black pepper.
- Heat the grill. Heat a grill pan and cook, turning once or twice until cooked through.
- Reduce heat and continue to cook in pan for 8 minutes .
- Or transfer salmon to baking tray and place in pre-heated oven Gas mark 5, 200ºC (400ºF) for 8 minutes .
- Or transfer salmon to baking tray and place in pre-heated oven for 8 minutes .
- Or transfer salmon to baking tray and place in pre-heated oven for 8 minutes .

#### Nutrition Facts
- Energy: 447KCALs
- Protein: 28G
- Fat: 21G
- Iron: 3.5mg
- Carbohydrate: 29G

---

### Thursday Burgers Are Best
#### Lamb Burgers with Spicy Yogurt Dressing
**Energy** 400g cooked brown rice | **Protein** 16G | **Fat** 10G | **Iron** 1.6mg | **Carbohydrate** 60G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 400g cooked brown rice</td>
<td>4-6</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Energy** 400g cooked brown rice
- **Protein** 16G
- **Fat** 10G
- **Iron** 1.6mg
- **Carbohydrate** 60G

#### Ingredients
- 400g cooked brown rice
- 1 onion, finely chopped
- 2 tablesp. oil
- 1 tablesp. scallions, chopped
- 1 tablesp. chilli powder
- 1 tablesp. curry paste
- 225g tomatoes, chopped
- 150ml yoghurt
- 1-2 tablesp. chopped scallions

#### Preparation
- Heat the oil and brown the beef, then the onions. Transfer to a casserole as they brown. Add the spices to the pan. Stir over the heat for 1-2 minutes. Add garlic, ginger, red onion and chilli (optional). Stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine.
- Place the pan on a large oven plate, heat, stirring for 1-2 minutes. Add garlic, ginger, red onion and chilli (optional). Stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine. Place the pan in the oven and bake for 8 minutes .

#### Nutrition Facts
- Energy: 400g cooked brown rice
- Protein: 16G
- Fat: 10G
- Iron: 1.6mg
- Carbohydrate: 60G

---

### Friday Night Take Away
#### Mince and Mushroom Toad in a Hole
**Energy** 496KCALs | **Protein** 31G | **Fat** 13G | **Iron** 1.6mg | **Carbohydrate** 60G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 496KCALs</td>
<td>4-6</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Energy** 496KCALs
- **Protein** 31G
- **Fat** 13G
- **Iron** 1.6mg
- **Carbohydrate** 60G

#### Ingredients
- 2 eggs
- 1 onion
- 4 salmon portions
- A little oil
- 1 tablesp. scallions, chopped
- Black pepper
- 1 tablesp. white wine vinegar

#### Preparation
- Wash the salmon portions. Pat dry using kitchen paper. Dust all sides with a little salt and black pepper.
- Heat the grill. Heat a grill pan and grill, turning once or twice until cooked through.
- Or transfer salmon to baking tray and place in pre-heated oven for 8 minutes .
- Or transfer salmon to baking tray and place in pre-heated oven for 8 minutes .
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#### Nutrition Facts
- Energy: 496KCALs
- Protein: 31G
- Fat: 13G
- Iron: 1.6mg
- Carbohydrate: 60G

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### Saturday Casserole
#### Lamb Burgers with Spicy Yogurt Dressing
**Energy** 400g cooked brown rice | **Protein** 16G | **Fat** 10G | **Iron** 1.6mg | **Carbohydrate** 60G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
<th>Serves</th>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong> 400g cooked brown rice</td>
<td>4-6</td>
<td>15 minutes</td>
<td>4</td>
<td>pan/grill</td>
</tr>
</tbody>
</table>

- **Energy** 400g cooked brown rice
- **Protein** 16G
- **Fat** 10G
- **Iron** 1.6mg
- **Carbohydrate** 60G

#### Ingredients
- 400g cooked brown rice
- 1 onion, finely chopped
- 2 tablesp. oil
- 1 tablesp. scallions, chopped

#### Preparation
- Heat the oil and brown the beef, then the onions. Transfer to a casserole as they brown. Add the spices to the pan. Stir over the heat for 1-2 minutes. Add garlic, ginger, red onion and chilli (optional). Stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine.
- Place the pan on a large oven plate, heat, stirring for 1-2 minutes. Add garlic, ginger, red onion and chilli (optional). Stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine. Place the pan in the oven and bake for 8 minutes .

#### Nutrition Facts
- Energy: 400g cooked brown rice
- Protein: 16G
- Fat: 10G
- Iron: 1.6mg
- Carbohydrate: 60G

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### Sunday Brunch
#### Poached Eggs on Tomato and Mushroom Toasts
**Energy** 447KCALs | **Protein** 28G | **Fat** 21G | **Iron** 3.5mg | **Carbohydrate** 29G

<table>
<thead>
<tr>
<th>Method</th>
<th>Complex</th>
<th>Time</th>
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<td>15 minutes</td>
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</tr>
</tbody>
</table>

- **Energy** 447KCALs
- **Protein** 28G
- **Fat** 21G
- **Iron** 3.5mg
- **Carbohydrate** 29G

#### Ingredients
- 4 eggs
- 4 thick slices of good bread, toasted on one side
- 4-6 cherry tomatoes, thinly sliced
- A little oil
- 1 tbsp. white wine vinegar

#### Preparation
- Place the eggs in a large oven plate, heat, stirring for 1-2 minutes. Add garlic, ginger, red onion and chilli (optional). Stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine.
- Place the eggs on to a plate. Reheat the wok and cook the chicken and stir fry for 3-4 minutes, add back the chicken and egg to the pan. Stir to combine.

#### Nutrition Facts
- Energy: 447KCALs
- Protein: 28G
- Fat: 21G
- Iron: 3.5mg
- Carbohydrate: 29G
TEN FOODS FOR BETTER HEALTH

**AN EGG A DAY IS OK**

Eggs are good for us, but we often worry too much about them. What is the truth about eggs? Are they healthy? Are they safe? How much are we eating? Are we eating them on a regular basis? Here is some information to help answer these questions.

- **OATS**
  - Good for the heart.
  - Good for the skin.
- **YOGURT**
  - Good for the gut.
- **SPINACH AND TOMATOES**
  - Good for the eyes.
- **POTATOES**
  - Good for the energy.

**HIDE AND GO SNEAK**

Blend and serve these very tasty oatmeal bircher overnight oats.

**FOOD LABELS**

- **Portion size**
  - Choose fruits without added sugar.
- **Dietary fibre**
  - Choose foods with at least 5g fibre per 100g.
- **Salt**
  - Choose foods with less than 1g sodium or less per 100g.
- **Sugar**
  - Choose foods with less than 2g sugars or less per 100g.
- **Fat**
  - Choose foods with less than 5g saturates or less per 100g.

**Meal make-over**

- **Baked potatoes**
  - Serve with a simple salad on the side.
- **Tomato soup**
  - Add a slice of wholemeal bread.
- **Pasta dish**
  - Add some spinach to the dish.

**Healthy Eating Planner**

- **Fruit and vegetables**
  - A household should aim to eat 7-10 portions of fruit and vegetables a day.
- **Grain**
  - At least half a portion a day should be wholegrain.
- **Meat and alternatives**
  - A household should aim to eat at least 7 portions of meat, fish, eggs or beans a week.

**HIDE AND GO SNEAK**

- **ei**
  - Hidden in breakfast cereals.
- **eg**
  - Hidden in milk.
- **e**
  - Hidden in yogurt.
- **ed**
  - Hidden in eggs.
Nutrition guidelines recommend that a healthy individual can have up to seven eggs a week (and those on a cholesterol-lowering diet can have four to six eggs a week).

**TEN FOODS FOR BETTER HEALTH**

1. OATS – a simple way to increase wholegrain and low-fat cereal into the daily diet. Fibrous and rich in vitamin B, wholegrain oats are a good source of vitamin B.

2. YOGHURT – eggs and milk are rich sources of vitamin D, along with oily fish and egg yolks. Vitamin D is essential for the absorption of calcium.

3. POTATOES – high in polyunsaturated fats, vital for the action of sunlight on our skin.

4. OILY FISH – eggs contain substantial amounts of vitamin D, along with oily fish and egg yolks. Vitamin D is called the sunshine vitamin. We make it from the action of sunlight on our skin.

5. BANANAS – a single banana has a moderate amount of sugar. Bananas are the ultimate rejuvenation foods. They contain potassium, vitamin B and fibre, which helps you feel full for longer.

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5. VEGHURT – eggs and milk are rich sources of vitamin D, along with oily fish and egg yolks. Vitamin D is essential for the absorption of calcium.

**FOOD LABELS**

1. Fats: to watch
   - 0.1g sodium or less per 100g
   - 0.5g sodium or more per 100g

2. Saturated fats: to watch
   - 0.1g saturates or less per 100g
   - 1g saturates or more per 100g

3. Total sugars: to watch
   - 10g sugars or more per 100g
   - 1g saturates or less per 100g

4. Sugars: to watch
   - 1g saturates or more per 100g
   - 0.5g sodium or more per 100g

5. Trans fats: to watch
   - 4. The sugar content
   - 5. The saturated fat content
   - 6. The urbanized fat content
   - 7. The sodium content

6. How to read a food label
   - 1. Choose foods with no more than 1g saturates per 100g
   - 2. Choose foods with no more than 0.5g saturated fat per 100g
   - 3. Choose foods with no more than 10g sugar per 100g
   - 4. Choose foods with no more than 0.1g of sodium per 100g
   - 5. Choose foods with no more than 1g of saturates per 100g
   - 6. Choose foods with the lowest trans fat content

**Meal make-over**

1. Swap frozen fish fillets for grilled, baked or poached fish. Use a low-fat ketchup. Simply pop it on a pizza, swear it’s a cheat and go to bed.

2. Swap breaded chicken and chips for a chicken breast fillet with steamed vegetables. Use a low-fat ketchup. Simply pop it on a pizza, swear it’s a cheat and go to bed.

3. Swap fried onions and garlic with fresh garlic and onion. Use a low-fat ketchup. Simply pop it on a pizza, swear it’s a cheat and go to bed.

4. Swap deep-fried garlic bread with garlic toast and paired with a low-fat ketchup. Simply pop it on a pizza, swear it’s a cheat and go to bed.

5. Swap red wine and batter for light crust, drizzle with lemon juice and serve with a low-fat ketchup. Simply pop it on a pizza, swear it’s a cheat and go to bed.

**HEALTHY EATING PLANNER**

**An Egg a Day is Ok**

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1. Fats: to watch
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2. Saturated fats: to watch
   - 0.1g saturates or less per 100g
   - 1g saturates or more per 100g

3. Total sugars: to watch
   - 10g sugars or more per 100g
   - 1g saturates or less per 100g

4. Sugars: to watch
   - 1g saturates or more per 100g
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7. Meal make-over
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   - 3. The Bord Bia Egg Quality Assurance Scheme was established in 1989 to ensure that eggs are produced and handled in a manner which protects the environment.
   - 4. The Bord Bia Egg Quality Assurance Scheme (EQAS) identifies eggs that have been produced and packed in a manner which protects the environment.
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9. Web: www.bordbia.ie

Bord Bia.

If you’re in need of some meal solutions, here’s a little inspiration from Bord Bia.
TEN FOODS FOR BETTER HEALTH

1. **EGGS**
   - Full of protein, B vitamins, iron, zinc, selenium and vitamin D, along with oily fish.
   - Eggs contain substantial amounts of vitamin A, which is important for vision.

2. **OATS**
   - A single bowl of unsweetened oats (around 35g) provides nearly one sixth of the daily protein required by an active growing child.
   - High in carbohydrates.

3. **TOMATOES**
   - High in lycopene, a pigment which may reduce the risk of heart disease.
   - Provides a ready source of iron and vitamin C.

4. **YOGHURT**
   - Contains friendly bacteria and probiotics.
   - Yeast, fat, protein, calcium and vitamin D.

5. **POTATOES**
   - A medium potato provides 25% of your daily requirement of vitamin C.
   - High in carbohydrates.

6. **BANANAS**
   - A good source of magnesium, vitamin B6, vitamin C and potassium.
   - A single banana provides 15g of carbohydrate.

7. **OILY FISH**
   - Contains substantial amounts of omega-3 fatty acids, important for a healthy heart.
   - Omega-3 fatty acids can lower cholesterol.

8. **MUSHROOMS**
   - A good source of selenium, vitamin D and protein.

9. **SPINACH**
   - High in iron.
   - Spinach contains minerals and nutrients.

10. **Garlic**
    - Contains beneficial compounds that can lower blood pressure and reduce cholesterol.

AN EGG A DAY IS OK

Eggs are great when used in a whole meal, and very suitable for a snack, especially if you are following an appropriate eating pattern. The major criticism about eggs is the cholesterol content, but it is not what we eat but how we eat it.蛋 is a good protein source.

WHO Thinks Eggs are Bad?

The QUALITY OF THE EGG

The Bord Bia’s Quality Assurance Scheme (EQAS) was designed to produce a simple way of knowing how eggs were produced. There are six levels of inspection, ranging from the market to the farm. They are also a good source of omega-3 fatty acids.

Eggs are versatile, inexpensive and convenient nutritious snack foods. In a single omelette you can add whatever’s available in the fridge. Just a bowl of heart-healthy soluble fibre for breakfast (unsweetened oat-based muesli or porridge) will help keep things moving.

FOOD LABELS

- **Pancakes with fresh fruit, nuts and seeds, oats and low fat yoghurts.**
- **Mini rice cakes, wholewheat breaded fish, chips and baked beans make-over.**
- **Oat and cinnamon topped fruit puree with high-fruit jam or fruit yoghurt or low fat fromage blanc.**

REFERENCES:

3. A ‘No-added sugar’ statement on food labels is a moderate amount of sugar.
4. ‘0g’ on the food label is a little sugar.
5. ‘1g’ to ‘5g’ is a little fat.
6. ‘6g’ to ‘10g’ is a little fat.
7. ‘11g’ or more is a lot fat.
8. ‘0.5g sodium or more per 100g’ is a lot of sodium or salt.
9. ‘1g’ to ‘2g’ is a lot of saturated fat.
10. ‘3g’ or more is a lot saturated fat.

NUTRITION TIP

- *Oats:* Add 50g to crumble toppings to boost omega-3 content in cereals.
- *Tomatoes:* Add whatever’s available in the fridge. Just a sliced tomato on your sandwich can add a whole lot of vitamin C to your diet.
- *Eggs:* Add 2 eggs a week to a cooking recipe. As an added bonus they are one of the few sources for the absorption of calcium.
- *Bananas:* Add 3 bananas a week to a cooking recipe. They are rich in potassium, fibre and antioxidants.

HEALTHIER EATING PLANNER

- **For more information and recipes, contact:**
  - Bord Bia, 19 North Frederick Street, Dublin 1.
  - Tel: (01) 668 5155  Fax: (01) 668 7521
  - www.bordbia.ie

- **Examples of low fat foods:**
  - Hummus or herby yoghurt dips
  - Cold cous cous or pasta salads
  - Homemade sandwiches
  - Mango sorbet
  - Mini rice cakes, wholewheat breaded fish, chips and baked beans make-over
- **Examples of high fat foods:**
  - Fried foods
  - Fossil fuels
  - Fossil fuels

- **Examples of low sugar foods:**
  - Oat and cinnamon topped fruit puree with high-fruit jam or fruit yoghurt or low fat fromage blanc
  - Mango sorbet
  - Mini rice cakes, wholewheat breaded fish, chips and baked beans make-over
- **Examples of high sugar foods:**
  - We can’t make that fromage blanc
  - Mango sorbet
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- **Examples of low sodium foods:**
  - Oat and cinnamon topped fruit puree with high-fruit jam or fruit yoghurt or low fat fromage blanc
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Nutrition guidelines recommend that a healthy individual can enjoy up to seven eggs a week and those on a cholesterol-lowering diet can have four to six eggs a week.

**HIDE AND GO SNEAK**

Eggs are a great way to start a meal and are a versatile snack for the hunger between meals or before a main meal when you need that extra energy boost. They are a good source of protein, vitamin D, iron, zinc and B vitamins. Eggs are also a great source of lutein and zeaxanthin which are important nutrients for the eye. They are a great addition to any breakfast!