



# HANDYHINTS

## TIPS FOR NUTRITION AND ECONOMY

- Make the most of the Scots passion for soup - make it a goal to try a different recipe every week. Fill them out with beans and pulses; full of protein, fibre and nutrients, they turn a soup into a satisfying meal.
- Root vegetables are inexpensive, nutritious and versatile - they can be eaten baked, mashed, roasted, boiled or steamed and also raw in salads.
- Berries - strawberries, raspberries and brambles are key ingredients for good health. Include them in salads, smoothies, with cereals, and enjoy them for snacks. They freeze very well with little loss of nutritional value.
- Develop a porridge habit if you haven't already - it's inexpensive, easy to make, good for you and very satisfying. Remember breakfast really is the most important meal of the day - blood sugar levels need to be restored to make you alert, energetic and comfortable, and porridge is the perfect food.
- If using the oven, use it to the full. Bake some potatoes or roast some vegetables to have with a casserole, and bake a crumble for pudding.
- Make meat dishes go further by adding beans or lentils i.e. baked beans in Shepherd's pie or lentils in Bolognese sauce. Make prime cuts (steaks and chops etc.) go further by serving a smaller portion on a potato pancake, or a bed of spinach, or a spoonful of braised green lentils.
- If you do your food shopping without a list, you may end up spending more by buying things you don't really need. A bit of forward planning will help to save money. For instance, instead of buying expensive chicken portions, buy a whole chicken and make at least two meals out of it, with the bonus of a pot of soup from the bones.
- Make an effort to use the "price per kilo" or "price per 100g" information on some supermarket food; it is very revealing, and can point up some bargains, as well as indicating some over-priced items (try comparing fancy breakfast cereals with the plainer wheat, corn or rice varieties).
- Don't overlook frozen vegetables; they can be just as nutritious as fresh, and are very convenient.
- Inexpensive tinned fish like sardines, pilchards and mackerel are a good way to supplement your fish intake; try and include them once or twice a week