

Project Food Newsletter

It's been great to have new people joining our mailing list recently and, with this in mind, I thought it would be worth taking another look at the main Project Food principles for eating well.

And remember, it's not just about the food you eat. Taking time over your food and enjoying it is really important too.

With very best wishes,

Hannah and the Project Food team



PROJECT FOOD

An appetite for health

There are a few steps which we can all take to help us eat a balanced and, just as importantly, delicious diet which will help you to feel good, both physically and mentally.



Firstly, eat more fruit and vegetables

Try to eat a rainbow – a variety of colours of fruit and veg – which will mean you get the wide range of vitamins and minerals that your body needs. It will also help your plate look more interesting too! So if you have a tomato sauce with some pasta, add a green salad or some peas on the side. If you find it hard to get hold of fresh fruit and veg, frozen and tinned are a great alternative.



Eat more wholegrains and pulses

Try replacing white rice with wholegrain rice. Wholegrains not only contain more vitamins and minerals, but are also higher in fibre and help keep you fuller for longer. Pulses like beans, chickpeas and lentils are cheap and really good for you – they are low in fat and high in protein. Replacing some of the meat that you eat, especially red meat, is not only a good choice for your wallet but also for your health and the planet.



Reduce your consumption of processed, and especially ultra-processed, foods

Cut down on ready meals, fizzy drinks, shop-bought biscuits, sausages, instant soups. These foods are usually not nutritionally balanced and can be high in salt, fat and sugar. Cooking for yourself will help with this hugely.





Use fats, salt and sugar in smaller amounts

Most of us enjoy the taste of these things, and in moderation these ingredients are fine. It's only when we start to eat too much that it becomes a problem. These ingredients are usually found in much higher amounts in processed foods than in food we make ourselves at home.



Limit the amount of alcohol in your diet

Less alcohol will help you have more energy, sleep better and help your immune system - to name just a few benefits!



Think about how, when and where you eat

Making time for preparing and enjoying your food is really important and will help you to appreciate your food more. Eating with others around a table together is great for this, but if you're on your own how about listening to something on the radio while you eat, making sure you still take that time over your meal?



And up the activity levels!

If you struggle physically with more traditional types of exercise such as walking, running or swimming, try and look for new ways to incorporate exercise into your daily life. Many seated exercises can be done even if you have limited mobility.



This month's recipe: Frittata (serves two adults)



Ingredients:

- 1 tablespoon olive/rapeseed oil
- 1 medium onion, thinly sliced
- A selection of green veg – like chard, spinach, leeks and kale all work well. You'll need about 250g in total.
- 4 eggs
- 30g cheese (cheddar, grated, soft goat's cheese or feta, roughly chopped/sliced)
- Optional: Grated nutmeg / Pepper

Method

Preheat the oven to 180°C or the grill to medium

1. Whisk the eggs together with a some black pepper and nutmeg, if using.
2. Heat the olive oil in a frying pan over a medium heat and gently fry the sliced onions until soft—around 5 minutes.
3. Now add your green veg. Think about what takes longest to cook and add them in that order! For example, leeks will take a few minutes, while spinach will only take a minute or so to wilt.
4. Add the egg mixture to the frying pan and cook gently for a few minutes until the sides start to set.
5. Scatter the cheese on top of the eggs and place in the oven for about 5 to 7 minutes until puffed up and golden.
6. Allow to cool a little then serve with some bread and a salad. (Will keep in the fridge for a couple of days.)