

Project Food Newsletter

If we want to eat more healthily, often we need to look at some of the foods that we are eating as more of a habit, rather than when we are hungry; for example, a few biscuits each time we have a cup of tea or coffee. These are difficult habits for most of us to change but here are some helpful tips and strategies to help you make positive changes.

With very best wishes
Hannah and the Project Food Team

A huge thank you to one of our wonderful volunteers, Viv, for her help with this newsletter.



PROJECT FOOD

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Focus on...Changing your diet—and helping those changes to stick!

Be specific ...

Rather than saying “I want to eat more healthily, specify what that means to you, such as “I will swap my mid-morning biscuits for a handful of nuts or a piece of fruit” or “I will eat one extra serving of fruit or vegetables each day”.

Start small...

Trying to completely change your entire diet overnight can be overwhelming. Start by making small changes and gradually build upon them.

Keep a Food Journal...

Make a note of what you eat and drink throughout the day. This can help you identify patterns or triggers for unhealthy eating and help you to find ways to improve, step by step.



Practice mindful eating...

Pay attention to your body's hunger and fullness cues. Eat slowly, enjoying every mouthful, and avoid distractions like TV and phones.

Plan and prepare meals...

Make time to plan your meals and snacks for the week (this will help you manage your shopping lists and your budget too). Prepare ingredients in advance to make healthy choices more convenient (for example, chop your vegetables the evening before and store in a container (or plastic bag) in the fridge until you need them.



Stay hydrated...

Drink plenty of water throughout the day. Sometimes feelings of hunger can actually be thirst in disguise.



Seek support...

Let your friends and family know that you're trying to change your eating habits and eat more healthily and ask them to support you with encouragement and accountability.

Manage stress...

Emotional eating is very common, especially at times when we're stressed. Find alternative ways to cope with stress such as exercise, listening to music or talking to someone.



Be kind to yourself

Remember that changing habits takes time and setbacks are normal. Instead of being critical of yourself, focus on progress and celebrate your successes along the way (but ideally not with a bar of chocolate!)

Educate yourself...

Learn the basics about nutrition and the benefits of a balanced diet based on whole foods, rather than ultra-processed. When you understand the reasons behind healthy eating this can reinforce your motivation.

Leeks and Peas

Serves 4

Ingredients

2 leeks
1 tbsp olive oil
1 tsp butter
100g peas
Black pepper

Optional

A few sprigs of thyme, leaves picked

Method

1. Trim the leeks and slice finely. Wash well.
2. Heat the oil and butter together in a large pan over a medium heat. Then add the leeks and stir. Add the thyme leaves too if using. Cook for a minute or two, stirring all the while.
3. Now add the frozen peas and a splash of water and cook until the leeks and peas are soft. Season with black pepper.

You could also add some spring onions if you have them (I often have some lurking at the back of my fridge!) – slice and add at stage 3 with the peas.



Overleaf we talk about eating more vegetables. This is a great side dish to help with that as it contains not one, but two varieties of delicious green veg!
It works well alongside meat and fish and is a delicious addition to a Sunday roast.