

## Patient Information

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### Top Tips for Meals on the Run

- When you're cooking a meal like spaghetti bolognaise, chilli, casseroles or stew, why not make double the amount and freeze enough for another evening.
- If you're making a pasta dish, make a bit extra and save it for lunch boxes instead of making sandwiches in the morning.
- Save yourself time and keep weekday puddings to fruit (fresh, tinned, frozen or stewed) and dairy like low fat yoghurt, low fat milk puddings or low fat custard. This will boost your children fruit intake and help to make sure they get enough calcium to keep their bones healthy.
- Give yourself a night off from cooking every now and again by using a ready meal. Use your food labelling skills to make it as healthy as possible and serve it with some frozen vegetables or ready prepared salad.

### Need some quick balanced meal ideas?

- Jacket potato with baked beans and mushrooms.
- Jacket potato filled with tuna, a tin of sweetcorn and a small amount of low fat mayonnaise.
- Jacket potato with cottage cheese and pineapple, with salad on the side.
- A slice of your favourite pizza with vegetables or salad.
- Fish fingers or chicken nuggets with low fat oven chips. Add tomatoes, sweetcorn, peas or mushrooms (fresh, frozen or tinned) before serving.
- Lentil or vegetable soup served with crusty bread.
- Baked beans and mushrooms on toast.
- Poached egg and toast with a piece of fruit afterwards to get the right balance.
- Tinned salmon, tuna or pilchards mixed with tinned tomatoes on toast.
- BLT made with lean bacon, lettuce and tomatoes. Skip the butter and spread a small amount of ketchup or low fat mayonnaise instead.
- Tomatoes on toast. Grate a small amount of cheese on top and melt under the grill.
- Pasta with a readymade tomato sauce (check the label to find a low fat sauce). Add a tin of tuna and a tin of sweetcorn.
- Add extra peas and some chopped lean ham to a 'just add water' packet of savoury rice.

**Don't forget to check your portion sizes. See the 'Top Tips for Healthy Portion Sizes' information sheet.**

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