

Healthy changes start with little changes



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It can sometimes be tricky to know what to do with your meals if you're trying to watch your weight. – Nicola Burgher-Kennedy, highlights some of her top tips to help you.

Control the Carbs: When it comes to carbohydrates like bread, rice, potatoes, and pasta which may be a part of your meal, opt for higher fibre or wholegrain varieties more of the time. Starchy foods should make up about a third of our food intake.

Vary the Protein: Protein sources such as chicken and fish are great meal additions but be mindful of portion sizes, go for lean cuts and skinless poultry where possible and salt (primarily from seasonings). Plant based proteins and meat alternatives such as kidney beans, black-eye peas, lentils, and soya-based alternatives are also highly recommended so remember to include them as a protein choice too.

Add your 5 A day: Fruit and veg are usually low in fat and calories so enjoy at least 5 portions a day. A good rule of thumb is to have 2 or more portions of veg with your main meal and top up your fruit intake throughout the day. Remember, almost all fruit and veg counts toward your 5 a day so it's easier than you think to meet your recommendations

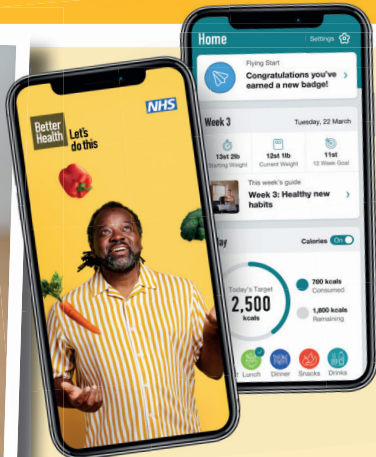
Quench that thirst: 6-8 cups of water a day helps keep you hydrated and ready to go. Great for staying alert and keeping less healthy snacking to a minimum.

Fish is good: If fish is your thing, you should aim for 1 to 2 portions a week, with at least 1 portion being oily fish like salmon, sardines, or Mackerel - also consider steaming, baking, or grilling more often than frying.

Keep a check on the Dairy: Lower sugar and reduced fat versions of milk, cheese and yoghurts are advised and help top up your daily calcium levels. Dairy alternatives such as Soya, Oat & Almond & Soya also make tasty options.

■ For more eat well tips why not download the Easy Meals app!

Get started with FREE APPS and special offers



Better Health has lots of free ideas to help you on your journey to feeling healthier, and getting started can be easier than you think.

www.nhs.uk/better-health: explore weight loss plans, tips to eat better and new ways to get active on the Better Health website. Find everything from NHS approved tools and to special partner offers.



Couch to 5K: want to set yourself an achievable and rewarding goal? This running programme is perfect for absolute beginners and has helped more than 4 million people start running. Choose from 5 celebrity trainers to motivate you, play your own music, track your runs and connect with other Couch to 5K runners just like you! Download Couch to 5K from App Store or Google Play.



NHS Weight Loss App: Take things one day at a time with the free NHS weight loss plan.

THE PLAN IS BROKEN DOWN INTO 12 WEEKS SO YOU CAN:

- Set weight loss goals
- Use the BMI calculator to customise your plan
- Plan your meals easily
- Make healthier food choices
- Get more active and burn more calories
- Record your activity and progress



Active10: Every minute counts and that's why the Active10 app records every single minute of walking that you do! Just pop your phone in your pocket and away you go. Take your first steps on Active10 today and start tracking your progress right away.

■ Download the NHS Weight Loss App from App Store or Google Play.

We're all in this together

Small changes to your cooking can go unnoticed on your tastebuds but have a big impact on your health. Nicola Burgher-Kennedy says using unsaturated oils like olive and sunflower oil in meals instead of ghee, butter and animal fat when cooking is definitely the right way to go.

Follow this recipe for a healthier version of a traditional Caribbean chicken classic:

CLASSIC CARIBBEAN CHICKEN

Cooking time – 25mins, Serves 4-6

INGREDIENTS

- 6 boneless, skinless chicken breasts (2 1/2 lb)
- 1 medium red or white onion, cut into chunks
- 4 Scotch bonnet peppers, (De -seeded)
- 4 spring onions (scallion), cut into approx. 1-inch lengths, plus additional for garnish
- 4 large cloves of garlic
- 1/4 cup fresh lime juice
- 2 tbsp high-heat cooking oil (such as sunflower, rapeseed or vegetable oil),
- 1 tsp fresh thyme leaves - whole
- 2 tsp ground allspice
- 1 tbsp freshly grated ginger or 1 tsp ground ginger
- 3/4 tsp salt (optional)
- 1 tsp fresh ground black pepper
- 3/4 tsp ground cinnamon
- 3/4 tsp fresh grated or ground nutmeg
- Lime wedges for garnish

PREPARATION

1. Divide the chicken among 2 large resealable plastic bags; set aside.
2. In a blender, combine onion, scotch bonnet peppers, escallion's, garlic, lime juice, oil, thyme, allspice, ginger, salt, black pepper, cinnamon, and nutmeg. Blend into a purée, stopping to scrape down the jar as necessary. Transfer 1/4 cup mixture to a small bowl and set aside. Add remaining mixture to bags with chicken, dividing evenly. Squeeze out as much air from bags as possible and seal tightly. Massage bags to evenly distribute marinade throughout and refrigerate for 4 hours, or overnight.
3. Thirty minutes before cooking, remove chicken from the refrigerator and set aside at room temperature.
4. Heat grill to medium-high heat and lightly oil. Remove chicken from bags, shaking off excess marinade. Grill, turning once, until cooked through, about 5 minutes per side. Transfer to a large plate, cover loosely with foil and let rest for 5 minutes. Serve with garnish, if desired, and a side salad.

■ For free tips and tools to lose weight or get active, search Better Health, or visit

Looking forward to the rest of the year, we all know getting active and eating better is a positive thing to do. There are small changes we can make every day to what we eat and drink and how often we move that can make a real difference to our health. If you want to lose weight, eat better, or get active, it's not about getting it right, but getting started. Healthy changes start with little changes and help you to feel better, inside, and out. Why not start the year by getting creative with your food and exercise for a healthier new you?

Now's the perfect time to lose weight, eat better and move

more If you are carrying extra weight, losing it has many health benefits. Making small, regular changes to your lifestyle can have a big difference on how you feel inside and out. It can lower your risk of everything from joint and back pain, heart disease & type 2 diabetes and make you better able to fight off diseases.

Whether it's making simple swaps to what you eat and drink, managing portion sizes, or introducing more activity into your day by going on a short walk, stretching

during TV ad breaks, or pacing around the kitchen whilst the kettle's boiling, eating better and moving more can really make a difference to our health.

Nicola Burgher-Kennedy is a Registered Public Health Nutritionist who has been working professionally in the field of nutrition and health for over 20 years.

Currently employed as Consumer Nutrition Manager at one of the world's leading food and drink companies, her passion for nutrition and health extends to faith-based arenas where, using her professional and personal ex-

periences, she serves as a credible voice through workshops, seminars, and the media.

Her passion is to see the tide of ill-health reversed through educating, empowering, and enabling others to make consistent positive food choices to impact their health, that of their families and generations to come.

For those wanting to lose weight, knowing what to eat is just as important as how to do it practically, that's why it is important to access the help so that you can live the happy and healthy life you deserve.



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