

# Beezee FAMILIES

## Energy and food groups

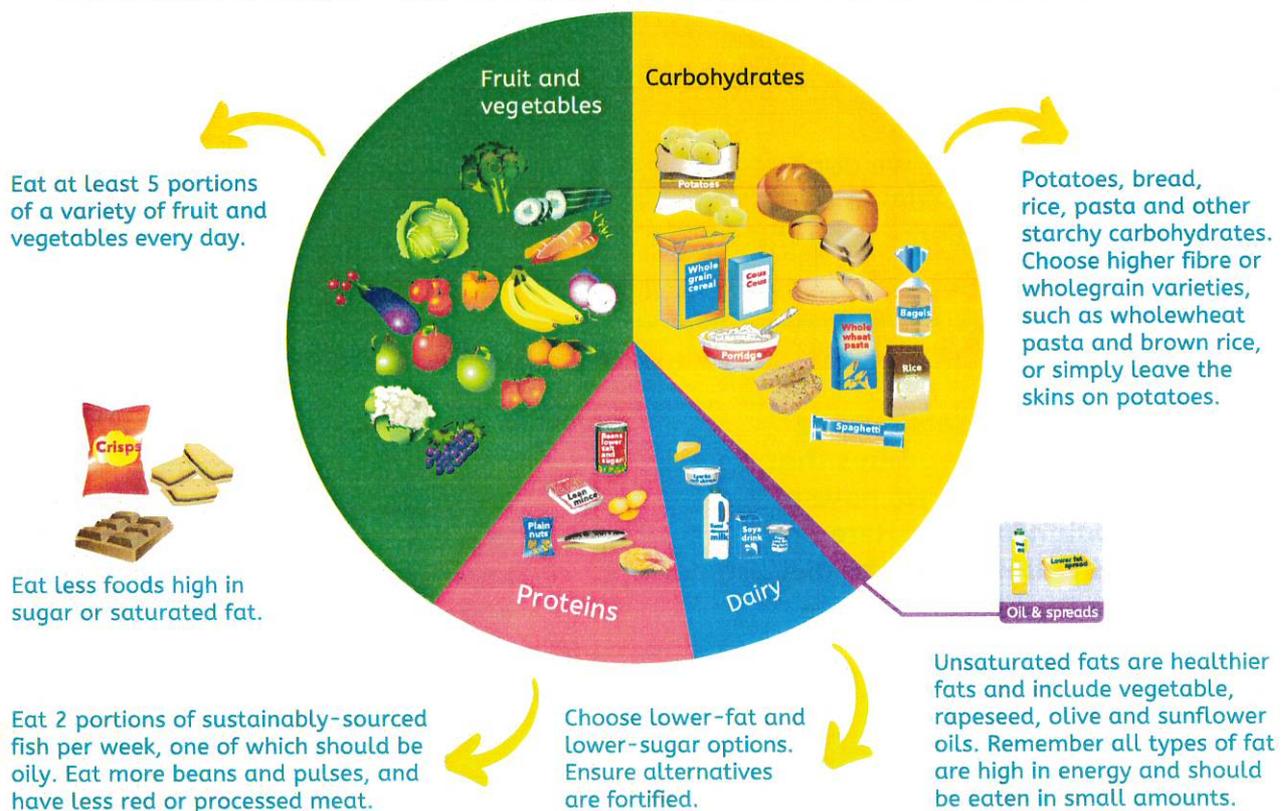


Energy balance is the relationship between 'energy in' (calories taken into the body through food and drink) and 'energy out' (calories being used for our daily energy requirements like body functions, activity and concentration). Energy requirements depend on age, gender, weight, body composition and activity levels.

The key to a healthy lifestyle is **BALANCE**. If we take in more energy from our food and drink than we use being active, this can lead to weight gain.

## Eatwell Guide

Use the Eatwell Guide to get a balance of healthier and more sustainable food.



Per day 2,000 kcal 2,500 kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.



There are five main food groups that make a healthy balanced diet:



## Top three tips

**1. FRUIT AND VEGETABLES** - filled with fibre (to help us feel full, and keep our digestive systems working). Plus vitamins and minerals (to keep our immune system strong, and help our bodies use the other nutrients in food).

**2. STARCHY CARBOHYDRATES** - great energy source - aim for wholegrain/brown rather than refined/white as they have more fibre and vitamins and minerals.

**3. PROTEIN** - needed for body repair and growth, and also helps with satiety (feeling satisfied after eating).

**4. DAIRY and ALTERNATIVES** - provide calcium for bone health.

**5. OILS and SPREADS** - we don't really need these but they can be useful for cooking and spreading - keep them to a minimum.

1

Try to have a balance of the food groups across your day/week.

2

Limit your intake of foods high in fat, sugar and salt.

3

Enjoy a variety of foods, especially vegetables!

You don't have to go hard or go home. Just making a few small changes to your daily lifestyle can give you big results.

The Eatwell Guide sets out the proportions of these groups that we should aim to eat so we have a healthy, balanced diet. Here are just a few things eating a healthy diet can do for you:

- Improve your health
- Reduce risk of developing life-changing diseases
- Improve sleep
- Improve mental health and wellbeing.



# African & Caribbean Eatwell Guide

Use this Eatwell Guide to help you understand some cultural foods and help get a better balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

## Check the label on packaged foods

Each serving (150g) contains

Energy	3.0g	1.3g	34g	0.9g
Fat	4%	7%	38%	15%
Saturated fat	13%	4%	7%	38%
Salt	13%	4%	7%	38%

of an adult's reference intake

Typical values (as sold) per 100g: 497kJ, 167kcal

## Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

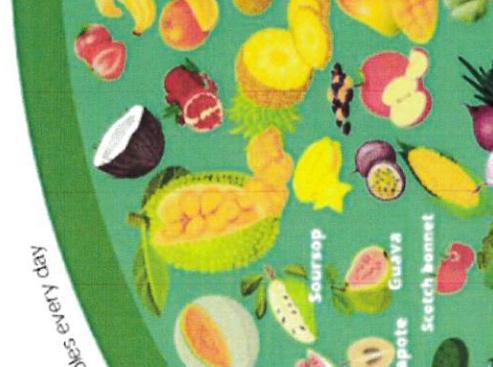
Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose a wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates



Choose lower fat and lower saturated fat and lower sugar



Choose unsaturated oils and use in small amounts



Choose lower fat and lower saturated fat and lower sugar



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Eat at least 5 portions of a variety of fruit and vegetables every day



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## Patties/Meat Pies



## Malt beverages



## Fried doughs

(puff puff, dumpling, festival, pholourie)



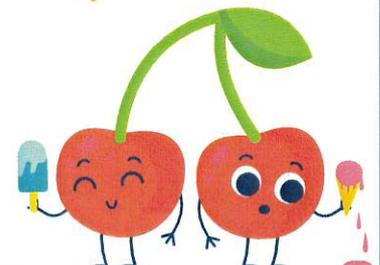
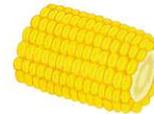
Eat less often and in small amounts

THE DIVERSE NUTRITION ASSOCIATION

Melissa Saint Hill, Amaeze Madukah & Ashleigh Simpson

## After-school snack ideas

- Two wholegrain crackers and tzatsiki
- Rice cakes or corn cakes
- Two crackers with a spread of low-fat cream cheese and cherry tomatoes
- Plain or Greek yoghurt and fruit
- 150ml homemade fruit smoothie
- Vegetable sticks (carrot/pepper/cucumber) with hummus
- Handful of dried fruit
- Dried apple slices (slice into 1/4 inch circles, bake at 200 degrees until dry)
- Fruit kebabs
- Wholegrain toast with a thin layer of peanut butter
- Breadsticks
- Homemade fruit ice lollies
- Dolma/Yaprak (stuffed grape leaves)
- Roasted nuts
- Aryan (yoghurt-based drink)
- Roasted corn on the cob
- Baked plantain
- Handful of homemade popcorn
- Sebze kebab (grilled vegetable skewers)
- Chana chaat
- Apple slices with peanut butter
- Malt loaf
- Raita
- Oats Idli.



# Chicken fajitas

## Ingredients

Serves 4

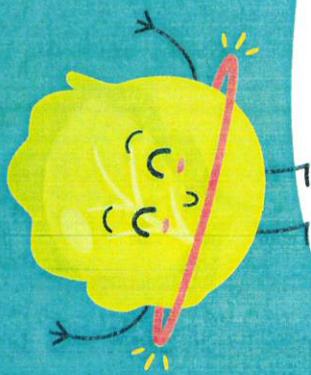
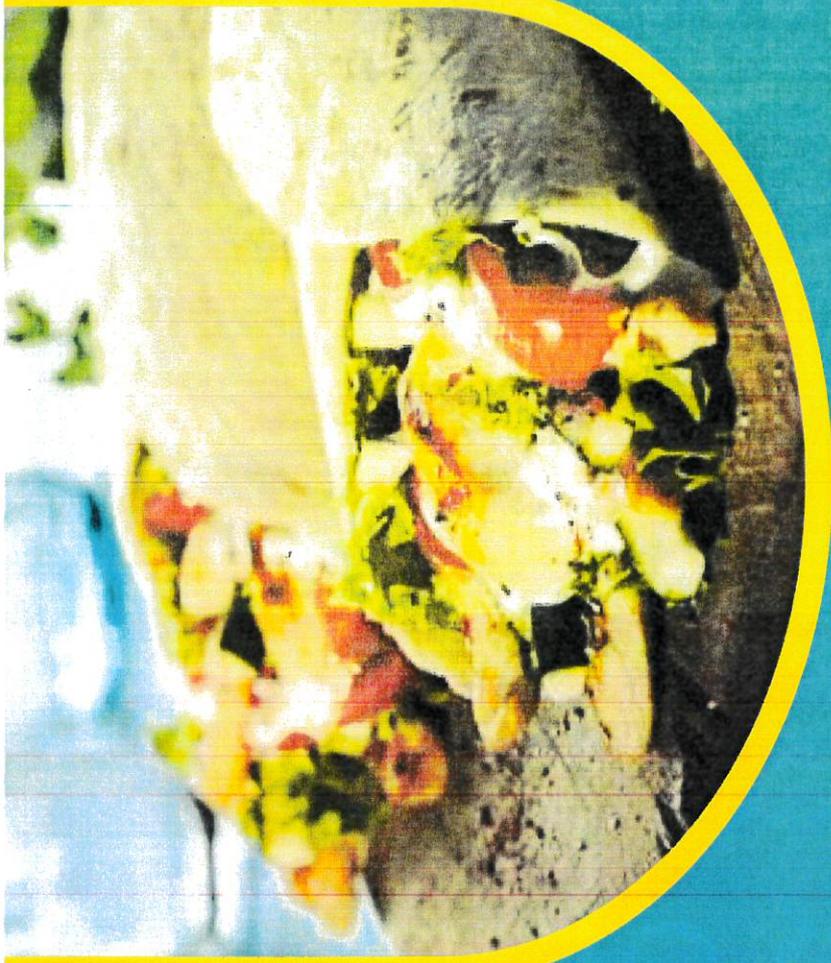
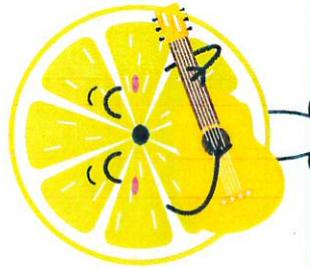
- 4 small chicken breasts (360g)
- 2 peppers
- 2 onions
- 150g mushrooms
- 5 tbsp barbecue sauce
- 2 garlic cloves
- 1 tsp paprika
- 8 tortilla wraps
- 1 bag of mixed salad (or your favourite homemade salad)
- 120g 50% less-fat cheddar cheese
- Guacamole (optional)
- Salsa (optional)
- FryLight

## Method

1. Peel and chop the onion and garlic, then slice the peppers and mushrooms into strips.
2. Chop the chicken into strips and cook it in a non-stick frying pan with eight sprays of FryLight. Fry on a medium-high heat for about 5 minutes, until golden brown all over.
3. Turn the heat down to medium, add the peppers, mushrooms, onion, garlic and paprika to the chicken. Stir to coat all of the vegetables and chicken in the spices. Cook for 10-15 minutes until the chicken is cooked all the way
4. While the fajita filling is cooking, grate the cheese and pop a handful of salad on each plate. If you like, you can heat the tortilla wraps in the microwave for 30 seconds just before you are ready for them.
5. When the fajita mix is ready, load up the wraps, top them with a sprinkle of cheese, a dollop of guacamole and salsa, (if you're using these ingredients) wrap them up and tuck in!

## Beezee top tip:

Wanting to add a bit more spice? Throw in a pinch of cumin for extra flavour.



Beezee  
FAMILIES

# TURKEY BURGERS

We've created this delicious recipe for healthy turkey burgers.

Turkey is a great alternative to beef burgers, as it's generally lower in saturated fat and therefore a great choice for heart health and energy balance!

We made our burgers hot 'n' spicy - so you can turn up the spice too by adding jalapeños or leave them out if you prefer mild.

## Method:

1. Crush the garlic, finely dice the onion and jalapeños and crumble the feta cheese.
2. Add all ingredients to a bowl and mix together well. If you have time, cover and leave to marinate in the fridge, or you can use the mix straight away.
3. Split into 6 equal pieces and form into patties.
4. Heat a frying pan and spray with Frylight.
5. Cook burgers for 10 minutes, turning halfway.



## Ingredients

- 500g 2% fat turkey breast mince
- 2 cloves garlic
- 1/2 red onion
- 1 tbsp sliced jalapeños
- 100g light feta cheese
- 1/2 tsp paprika
- 1/4 tsp cayenne pepper
- 1/2 tsp cumin
- few sprays of Frylight

## To serve:

Serve in a wholemeal bun with your favourite burger toppings...

Are you a gherkins or no gherkins kind of person?

**TRIED THIS RECIPE?**

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