SUPER® WELLNESS

Healthy in a Hurry

A Guide to Hassle Free Meal Shopping and Planning

Agenda

- Quiz - how healthy are you when you're short on time ?
- Healthy plate
- Pitfalls and solutions
- Become a food label pro

Quick quiz !

1. What do you look for on the label when choosing an energy / breakfast bar?

1. % Fat
2. % Sugar
3. % Protein

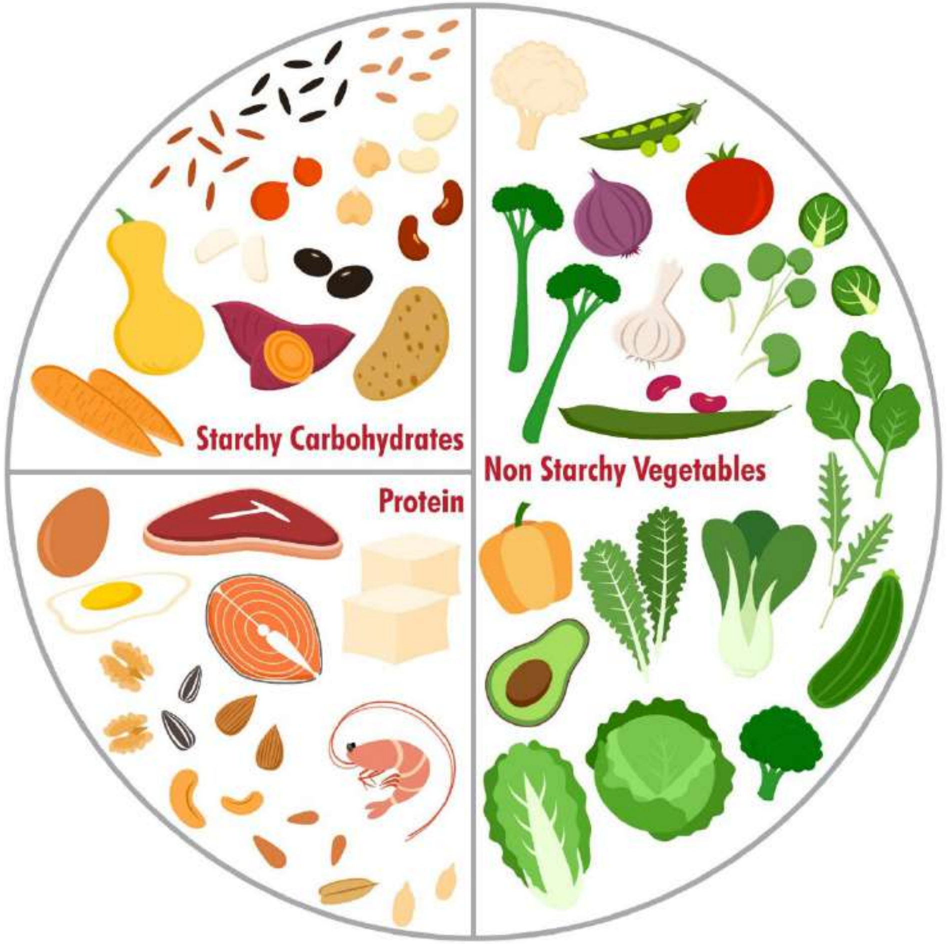
2. What takeaway would you pick if you were having the healthy option?

1. Curry
2. Chinese
3. Sushi

3. Which food would you pick for a quick and filling lunch?

1. Soup
2. Pasta salad
3. Sandwich

Healthy plate


Starchy Carbohydrates
Protein
Non Starchy Vegetables

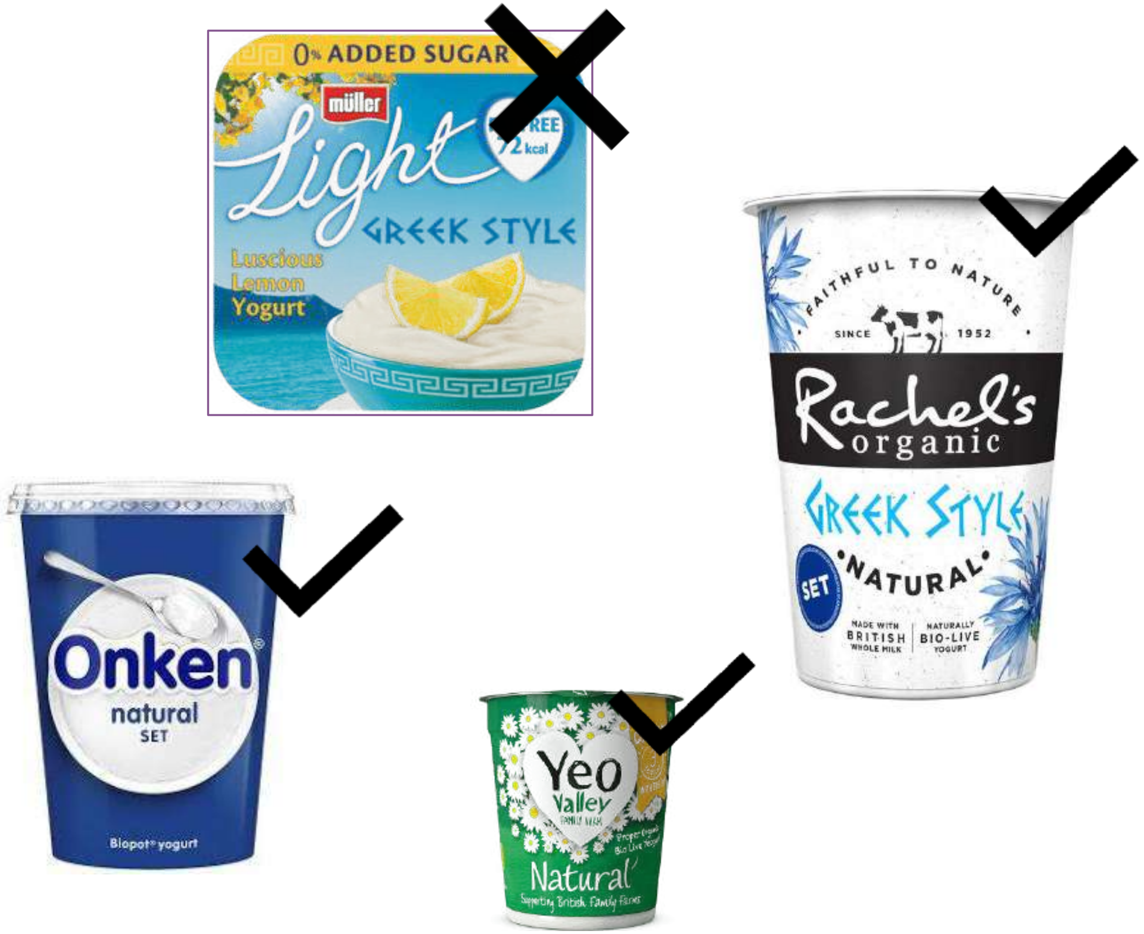
- Protein with every meal
- Good fats (olive oil, coconut oil, omega fats, avocado, butter)
- 5-10 portions of fruit and veg, mainly veg
- Orange, yellow, green, red, purple are all colours to eat everyday

Common pitfalls – low fat

LIGHT, LITE AND LOW FAT:

The fat might have been removed, but what has it been replaced with to keep our taste buds satisfied? Likely sugar or an artificial sweetener.

Many nutritionists are now recommending full fat yoghurt, milk and cheese as these are more nutritious and filling, so you are less likely to feel hungry later.


0% ADDED SUGAR
müller
Light
GREEK STYLE
Luscious Lemon Yogurt
✗
Rachel's organic
GREEK STYLE
NATURAL
✓
Onken
natural
SET
✓
Yeo Valley
Natural
✓

Common pitfalls

VEGAN
Fresh
HEALTHY
-food-
100 %
NATURAL

NATURAL

- ‘Natural’ sounds good!

- Be careful of product names or images that suggest ‘nature’, ‘natural’, ‘rustic’, ‘traditional’ etc

VEGAN

- Brings connotations it must be healthy!

GLUTEN FREE / HIGH PROTEIN

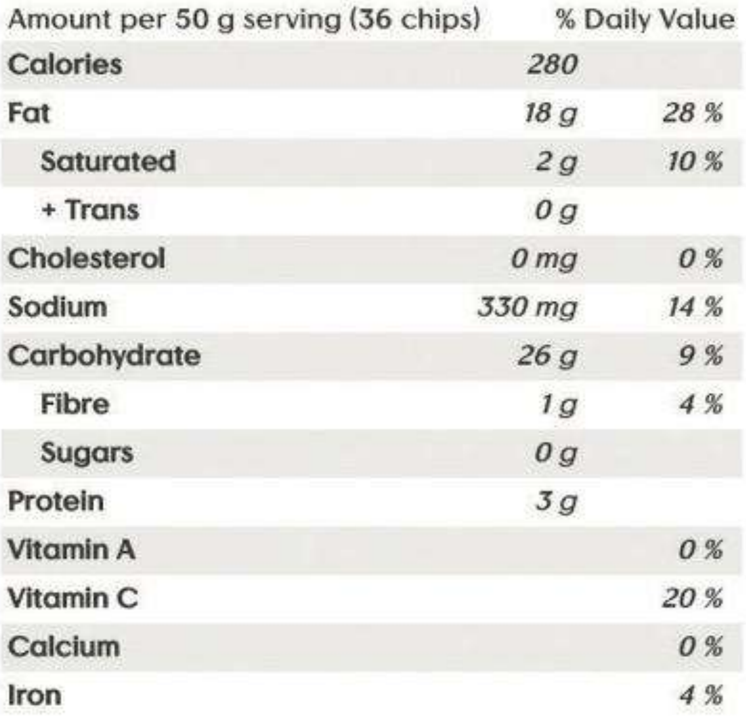
- Look behind the terms

13g Protein!
Kashi
GOLEAN
Annie's
Shells & White Cheddar
Honest tea
Organic Peach Tea
Honest fizz
Orange Pop
Plum
tomato meatball
No-Stir Creamy

Common pitfalls – portion size

Look closely at this label of a packet of crisps.
You’ll notice that the ‘serving size’ is 50g which gives 2g of saturated fat.
The packet is 225g (4.5 servings) so 9g saturated fat in the whole bag.

FAMILY SIZE
FORMAT FAMILIAL
Lay's
Classic
Classique
255 g



Amount per 50 g serving (36 chips)		% Daily Value
Calories	280	
Fat	18 g	28 %
Saturated	2 g	10 %
+ Trans	0 g	
Cholesterol	0 mg	0 %
Sodium	330 mg	14 %
Carbohydrate	26 g	9 %
Fibre	1 g	4 %
Sugars	0 g	
Protein	3 g	
Vitamin A		0 %
Vitamin C		20 %
Calcium		0 %
Iron		4 %

In a hurry - hidden sugar pitfalls

ENERGY
DRINK
ENERGY
DRINK

In a hurry – variable schedules

- Disruption of circadian rhythm
- Late night eating - disorders insulin sensitivity
- Poor sleep can encourage over consumption of unhealthy foods
- Lower production of serotonin

Snack ideas

- Small handful (roughly 10) almonds / hazelnuts / walnuts
- 2-3 oatcakes / half a slice of German rye bread with feta cheese or cream cheese and / or smoked salmon
- A handful of raw or roasted seeds
- 1-2 hard-boiled eggs (tastes great mixed with a teaspoon of hummus or with an avocado)
- Mini pot of hummus with crudités (sticks of carrots, celery, cucumber, peppers, etc...)
- A slice of frittata / omelette
- 2-3 oatcakes with nut butter or tahini
- A pot of natural yogurt with some berries and nuts/seeds

Healthy replacements

BREAKFAST

Pret's Proper Porridge
Five Grain
Dairy-Free
Pulsin
Maple & Peanut Protein Snack
itsu eggs
Yeo Valley
14 live cultures
Kefir Natural

LUNCH

Pret Freshly Prepared
SOUP
M&S Food
eat well
Buddha Bowl
Marks & Spencer
Fuller Longer
Super wholefood salad
BOL
Creamy Thai Green Curry
Veg Pot

QUICK DINNER

itsu
Pollen + Grace
Smoky Chipotle Dressing
Mexican Bean + Sweet Potato
Veg Box
3 of your 5-a-day
Plant-based
Charlie Bigham's
Thai Red Chicken Curry & Fragrant Rice for 2
high protein + fibre
BOL
Power Pot
Mexican black bean chilli
nutritionally complete meal

Become a food label pro

- Marketing messages
- Portion sizes
- Disguised sugars
- Order of ingredients
- Inconvenient chemicals
- Fats - which types?

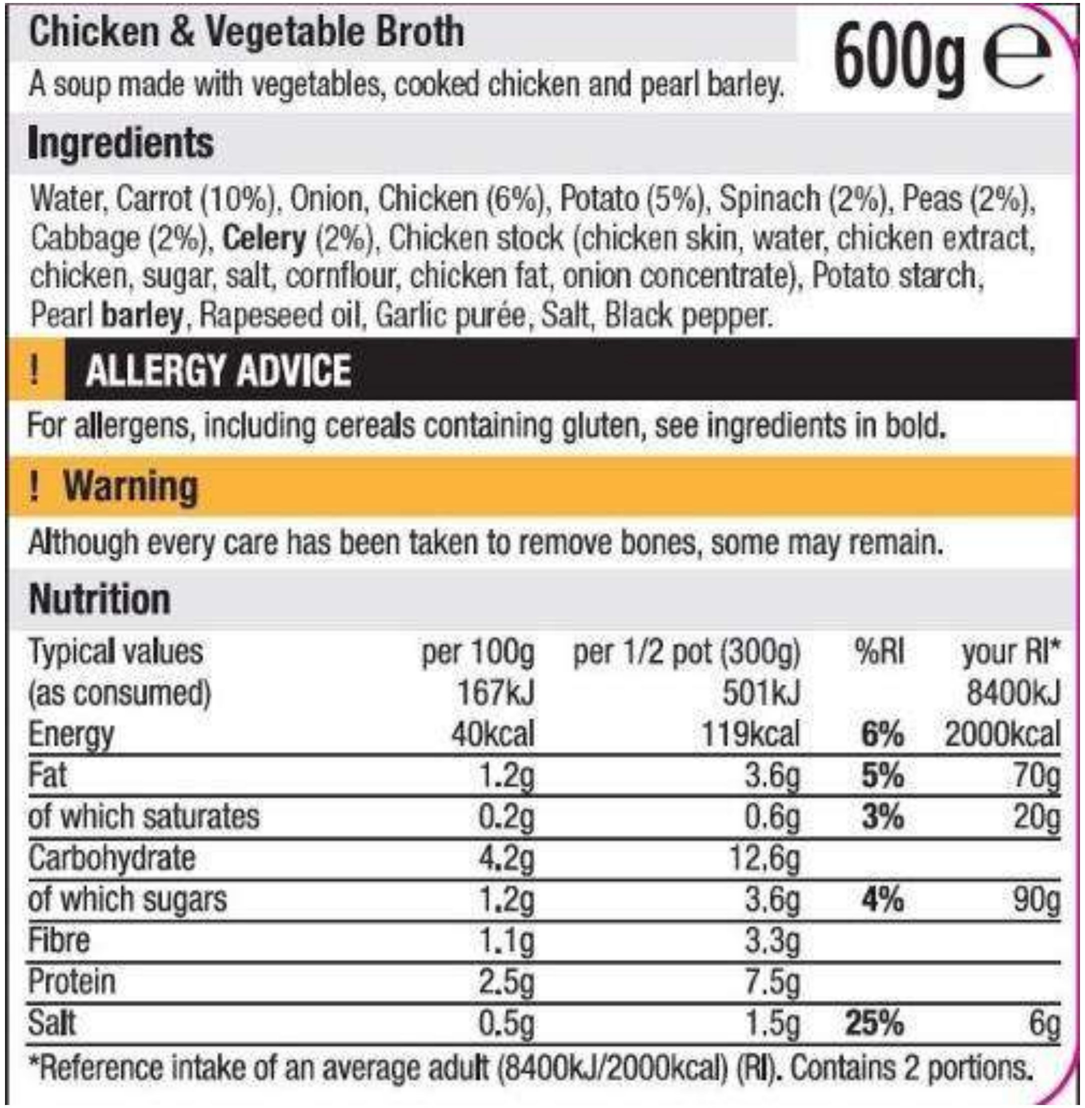
Food label pro

NUTRITION INFORMATION:

- **‘Per portion’** – often the portion suggested is inaccurate or unrealistic
- **‘Per 100g’ –** calculating the equivalent per 100g enables accurate comparison

SUGAR:

- Sugar should be minimal – check numbers in sweet foods like granola or snack bars
- Ideally not higher than **15g per 100g** – and preferably much lower



Chicken & Vegetable Broth

A soup made with vegetables, cooked chicken and pearl barley.

600g ℮

Ingredients

Water, Carrot (10%), Onion, Chicken (6%), Potato (5%), Spinach (2%), Peas (2%), Cabbage (2%), **Celery** (2%), Chicken stock (chicken skin, water, chicken extract, chicken, sugar, salt, cornflour, chicken fat, onion concentrate), Potato starch, Pearl **barley**, Rapeseed oil, Garlic purée, Salt, Black pepper.

! ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in bold.

! Warning

Although every care has been taken to remove bones, some may remain.

Nutrition

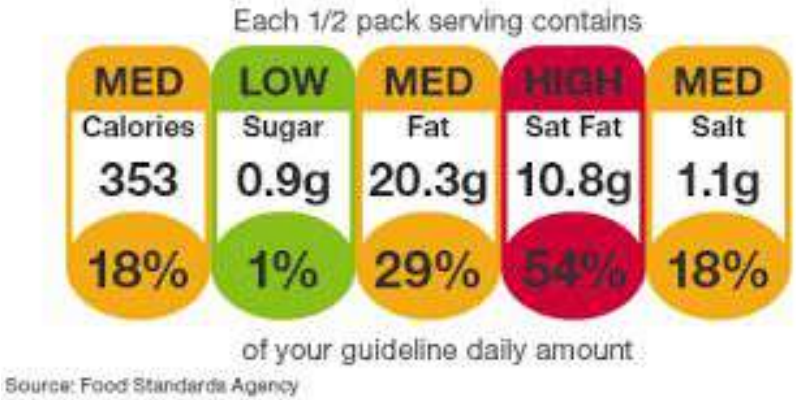
Typical values	per 100g	per 1/2 pot (300g)	%RI	your RI*
(as consumed)	167kJ	501kJ		8400kJ
Energy	40kcal	119kcal	**6%**	2000kcal
Fat	1.2g	3.6g	**5%**	70g
of which saturates	0.2g	0.6g	**3%**	20g
Carbohydrate	4.2g	12.6g		
of which sugars	1.2g	3.6g	**4%**	90g
Fibre	1.1g	3.3g		
Protein	2.5g	7.5g		
Salt	0.5g	1.5g	**25%**	6g

*Reference intake of an average adult (8400kJ/2000kcal) (RI). Contains 2 portions.

Food label pro

TRAFFIC LIGHT SYSTEM:

- Limitations but useful to compare percentage reference intakes
- It doesn’t clearly show the good fats! Only fat as a total and saturated fat - which can sometimes be healthy and sometimes unhealthy!
- Mono-unsaturated, poly-unsaturated, or trans-fats
- For example: 100g of hazelnuts have 61g of fat but only 4.7g are saturated fat

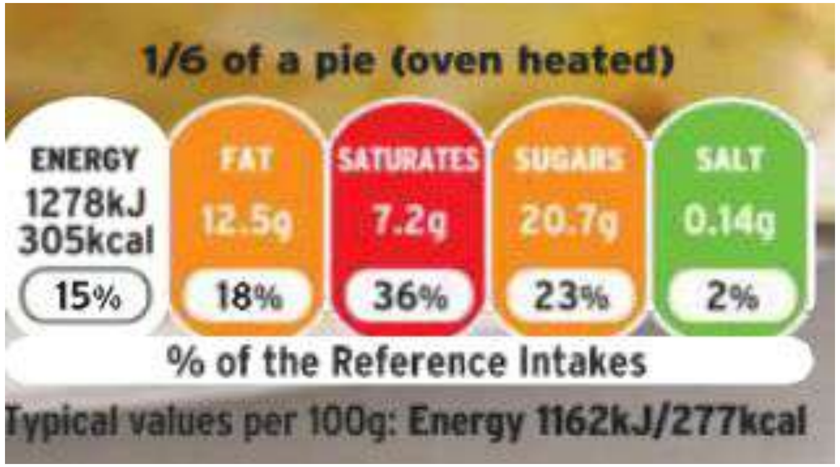


Each 1/2 pack serving contains

MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount

Source: Food Standards Agency



1/6 of a pie (oven heated)

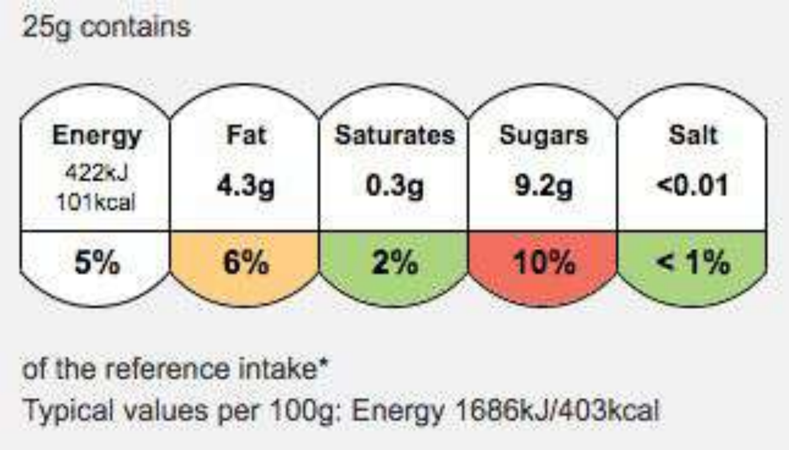
ENERGY	FAT	SATURATES	SUGARS	SALT
1278kJ 305kcal	12.5g	7.2g	20.7g	0.14g
15%	18%	36%	23%	2%

% of the Reference Intakes

Typical values per 100g: Energy 1162kJ/277kcal

Compare labels – which is healthier?

TESCO WHOLE FOODS
fruit & nut mix with apricots
great added to granola and drizzled with a little honey
300g e

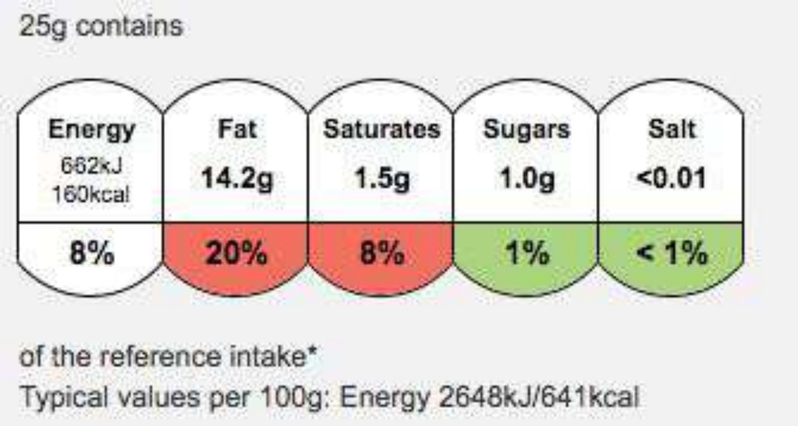


25g contains

Energy	Fat	Saturates	Sugars	Salt
422kJ 101kcal	4.3g	0.3g	9.2g	<0.01
5%	6%	2%	10%	< 1%

of the reference intake*
Typical values per 100g: Energy 1686kJ/403kcal

TESCO WHOLE FOODS
mixed nuts
a source of vitamin E
200g e

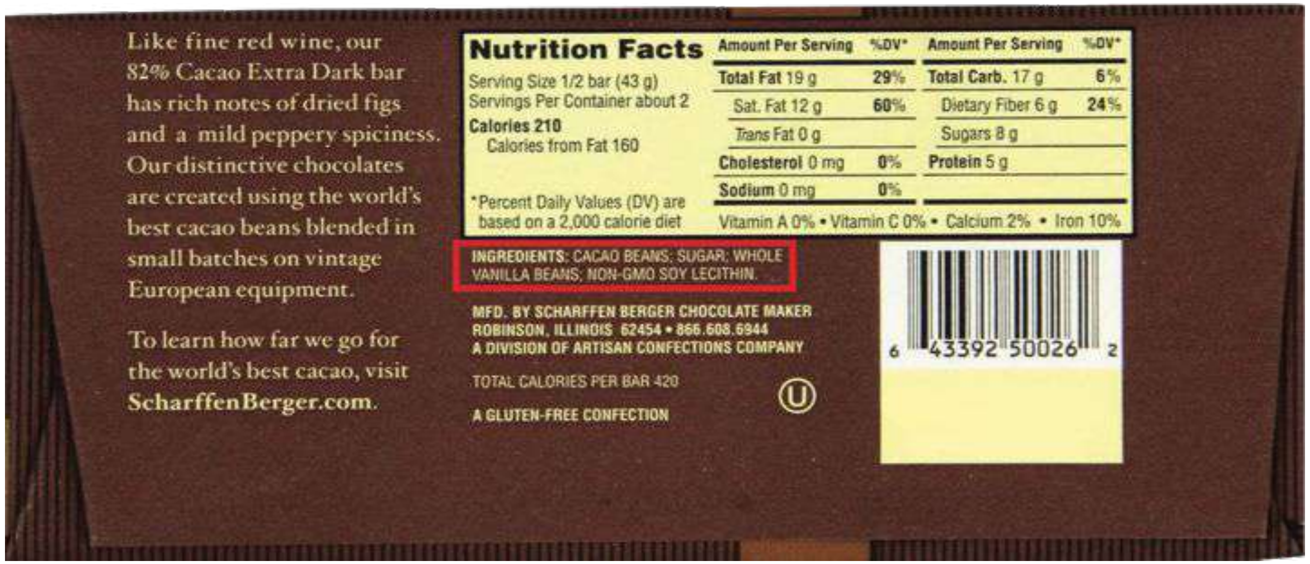


25g contains

Energy	Fat	Saturates	Sugars	Salt
662kJ 160kcal	14.2g	1.5g	1.0g	<0.01
8%	20%	8%	1%	< 1%

of the reference intake*
Typical values per 100g: Energy 2648kJ/641kcal

Common pitfalls – ingredient order



Like fine red wine, our 82% Cacao Extra Dark bar has rich notes of dried figs and a mild peppery spiciness. Our distinctive chocolates are created using the world's best cacao beans blended in small batches on vintage European equipment.

To learn how far we go for the world's best cacao, visit ScharffenBerger.com.

Nutrition Facts
Serving Size 1/2 bar (43 g)
Servings Per Container about 2
Calories 210
Calories from Fat 160

*Percent Daily Values (DV) are based on a 2,000 calorie diet

Amount Per Serving	%DV*	Amount Per Serving	%DV*
Total Fat 19 g	29%	**Total Carb.** 17 g	6%
Sat. Fat 12 g	60%	Dietary Fiber 6 g	24%
Trans Fat 0 g		Sugars 8 g	
Cholesterol 0 mg	0%	**Protein** 5 g	
Sodium 0 mg	0%		

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10%

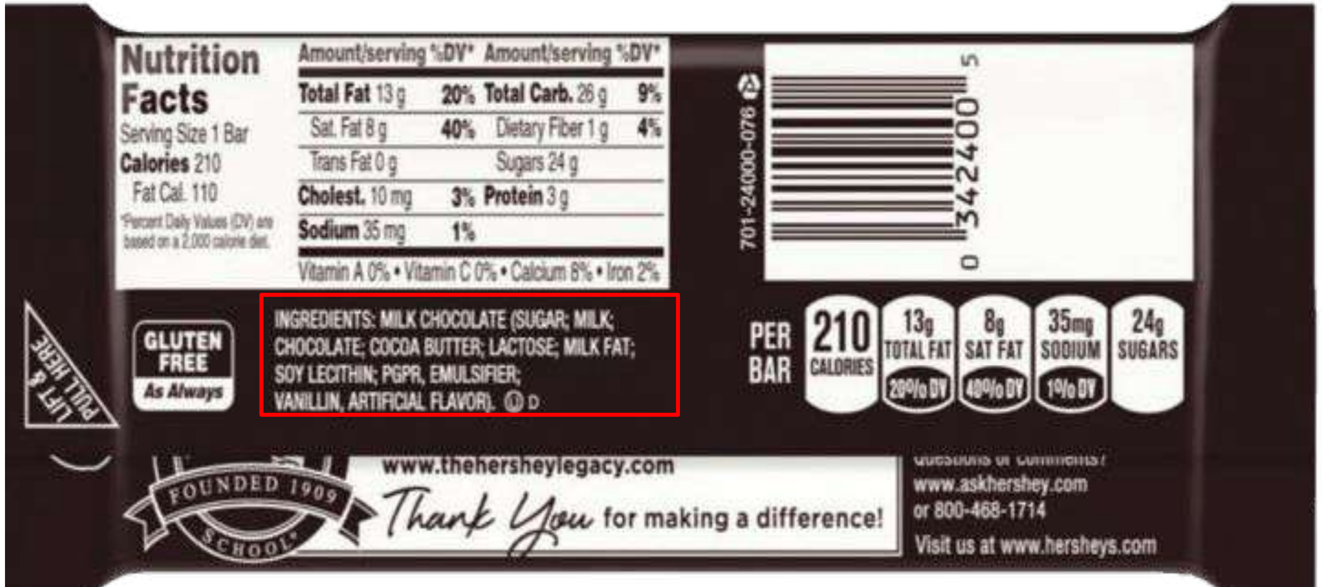
INGREDIENTS: CACAO BEANS; SUGAR; WHOLE VANILLA BEANS; NON-GMO SOY LECITHIN.

MFD. BY SCHARFFEN BERGER CHOCOLATE MAKER
ROBINSON, ILLINOIS 62454 • 866.608.6944
A DIVISION OF ARTISAN CONFECTIONS COMPANY

TOTAL CALORIES PER BAR 420

A GLUTEN-FREE CONFECTION

6 43392 50026 2



Nutrition Facts
Serving Size 1 Bar
Calories 210
Fat Cal. 110
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 13 g	20%	**Total Carb.** 26 g	9%
Sat. Fat 8 g	40%	Dietary Fiber 1 g	4%
Trans Fat 0 g		Sugars 24 g	
Cholest. 10 mg	3%	**Protein** 3 g	
Sodium 35 mg	1%		

Vitamin A 0% • Vitamin C 0% • Calcium 8% • Iron 2%

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LIFT & PULL HERE

GLUTEN FREE
As Always

INGREDIENTS: MILK CHOCOLATE (SUGAR; MILK; CHOCOLATE; COCOA BUTTER; LACTOSE; MILK FAT; SOY LECITHIN; PGPR, EMULSIFIER; VANILLIN, ARTIFICIAL FLAVOR). Ⓤ D

PER BAR	210 CALORIES	13g TOTAL FAT 20% DV	8g SAT FAT 40% DV	35mg SODIUM 1% DV	24g SUGARS

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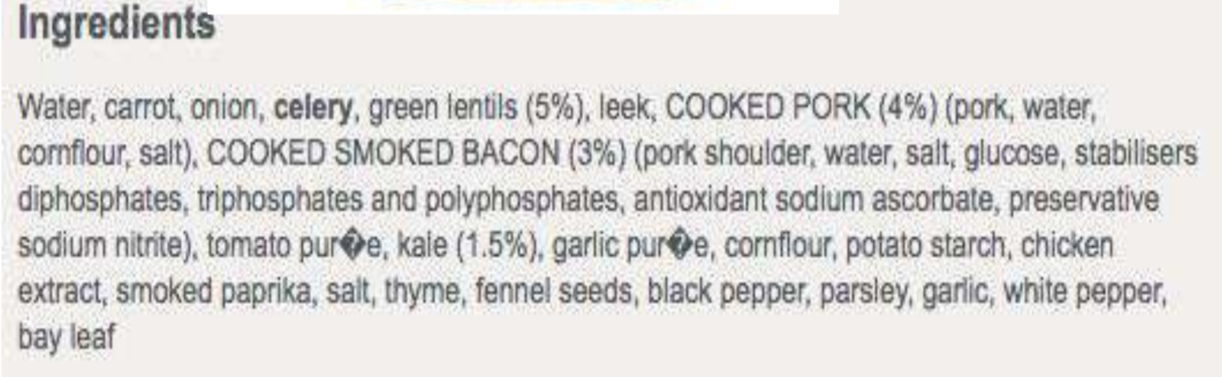
Compare these 2 chocolate bars…

Which ingredient comes first for each bar?

Sugar or cocoa beans (do both have cocoa beans?)

Spot the buzz word…

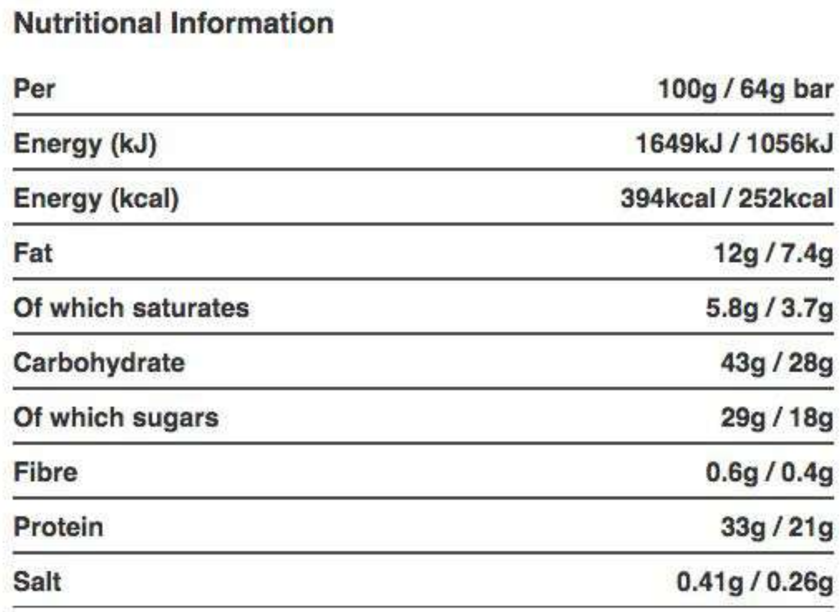
Waitrose
Aromatic
pork,
lentil &
kale
soup



Ingredients

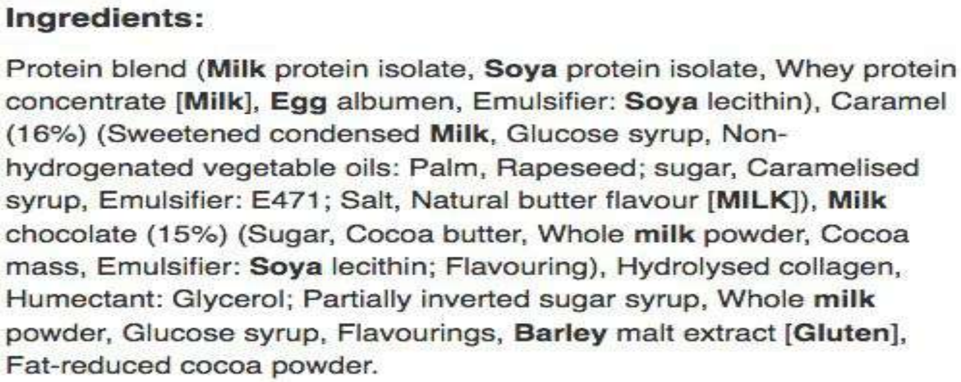
Water, carrot, onion, **celery**, green lentils (5%), leek, COOKED PORK (4%) (pork, water, cornflour, salt), COOKED SMOKED BACON (3%) (pork shoulder, water, salt, glucose, stabilisers diphosphates, triphosphates and polyphosphates, antioxidant sodium ascorbate, preservative sodium nitrite), tomato pur�e, kale (1.5%), garlic pur�e, cornflour, potato starch, chicken extract, smoked paprika, salt, thyme, fennel seeds, black pepper, parsley, garlic, white pepper, bay leaf

NUTRAMINO
PROTEIN BAR
CARAMEL
21g
PROTEIN



Nutritional Information

Per	100g / 64g bar
Energy (kJ)	1649kJ / 1056kJ
Energy (kcal)	394kcal / 252kcal
Fat	12g / 7.4g
Of which saturates	5.8g / 3.7g
Carbohydrate	43g / 28g
Of which sugars	29g / 18g
Fibre	0.6g / 0.4g
Protein	33g / 21g
Salt	0.41g / 0.26g



Ingredients:

Protein blend (**Milk** protein isolate, **Soya** protein isolate, Whey protein concentrate [**Milk**], **Egg** albumen, Emulsifier: **Soya** lecithin), Caramel (16%) (Sweetened condensed **Milk**, Glucose syrup, Non-hydrogenated vegetable oils: Palm, Rapeseed; sugar, Caramelised syrup, Emulsifier: E471; Salt, Natural butter flavour [**MILK**]), **Milk** chocolate (15%) (Sugar, Cocoa butter, Whole **milk** powder, Cocoa mass, Emulsifier: **Soya** lecithin; Flavouring), Hydrolysed collagen, Humectant: Glycerol; Partially inverted sugar syrup, Whole **milk** powder, Glucose syrup, Flavourings, **Barley** malt extract [**Gluten**], Fat-reduced cocoa powder.

Healthy take away options

Meal prep ideas and equipment

Breakfast	Snacks	Lunch
Overnight oats	Mixed nuts	Soups
Eggs	Cut up veg	Wraps
Natural yoghurt	Protein bar	Salads
Protein smoothie	Apple/pear	Open sandwich

Salad
LUNCH BOX

sistema
Knick Knack Pack
to go
BPA free
sistema
Knick Knack Pack

Breakfast
BPA free
to go
sistema

Get Started!

- Get clear on ideas
- Organise a rough meal plan
- Shopping list
- Buy some good containers
- Batch cooking time slots
- Remove the unhealthy options
- Replace with healthy options in your locker / cupboard / drawer / fridge / car – danger areas!
- Enjoy ☺

Additional Resources

Salmon and sweet potato frittata

Serves 4

Ingredients

Method

www.superwellness.co.uk

NUTRITION ON THE FLY:

10 QUICK AND NUTRITIOUS RECIPES FOR BUSY DAYS

www.superwellness.co.uk

Chickpea and broccoli soup

Serves 4

Ingredients

Method

www.superwellness.co.uk

FOOD SHOPPING & MEAL PLANNING TIPS

PLANNING YOUR MEALS AND GROCERY SHOPPING WILL SAVE YOU TIME, MONEY, ENERGY AND MINIMISE WASTE. IT WILL ALSO SET YOU UP FOR STAYING ON TRACK WITH HEALTHY HABITS.

Food shopping options - pick the ones that fit with your lifestyle and budget

What to look for on the label?

Store cupboard essentials

Should you buy organic?

Mediterranean halloumi & quinoa salad

Quinoa is a gluten-free grain (it's actually a seed), and one of the few complete plant-based proteins, meaning it contains all the essential amino acids. In addition to being an excellent source of protein, quinoa also sits low on the glycaemic index so it helps to keep blood sugar levels stable and prevent energy dips. This is a nutritious and filling meal to pop in a lunchbox ready to take to work, making it an excellent choice for shift workers.

Serves 4

Ingredients

- 1 cup quinoa, rinsed
- 125g halloumi, cut into slices
- 1 cup cherry tomatoes, halved
- ½ bunch long-stemmed broccoli, lightly steamed and chopped
- 1 each red and orange capsicum, chopped
- 1 cup baby spinach or mixed leaves, finely chopped
- 1 cucumber, chopped
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- Juice ½ lemon
- ½ cup mint, chopped
- 1 cup Italian parsley, chopped
- 30g sunflower seeds

Method

Cook the rinsed quinoa in boiling water according to packet instructions, generally 10-12 minutes. Drain well and place in a serving bowl to cool.

Pat the halloumi slices dry with a kitchen towel and dry fry or place under a grill to brown lightly. Remove from the heat and cut into large chunks then add to the quinoa. Add the chopped vegetables.

To make the dressing, whisk the olive oil, balsamic vinegar and lemon juice and drizzle over the quinoa. Mix gently until combined. Top with the chopped herbs and sunflower seeds and serve.

Will keep in the fridge for 2 days.

www.superwellness.co.uk

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