



Healthy food for **10 Healthful Choices** a healthy heart...

Swap foods
high in carbohydrates like potatoes, for sweet potatoes and riced cauliflower

Grill or bake
fish and meat instead of frying

Add pumpkin seeds to a salad, to increase the **protein** content and texture

Instead of salt, use herbs, spices, garlic, vegetables and fruits to add **flavour** to dishes

Create great tasting **smoothies** using local and seasonal fruit and vegetables

Create home-made sauces or condiments instead of manufactured brands, that can contain high levels of sugar

Popcorn can be offered as a snack, providing a good source of **zinc**

Use chickpeas instead of potatoes, which will give the same texture, as well as **iron**

Offer **frozen yoghurt** as an alternative to ice cream

Offer **healthier sides** on children's menus by adding cucumber and carrot batons

Information from www.schoolfoodplan.com and www.childrensfoodtrust.org.uk

www.harvestfinefoods.co.uk

E: customerservice@harvest.11s.com T: 01202 470444

Unit 6-7 Brunel Road, South Hants Ind. Park, Totton, Southampton SO40 3SA



Healthy food

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