Thrive for Life

Healthy Eating and Living Guide to Reduce Chronic Health Conditions and Prevent Health Risks.

This book explores nutrition, healthy recipe ideas, and lifestyle habits to improve health and wellbeing.

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Unlocking the secrets to a healthier and thriving life begins with understanding the unique challenges faced by various communities. This booklet was created in response to the high-risk health factors encountered by the East African and Middle Eastern community in Lambeth. With the expertise and guidance of the esteemed Stockwell GP, Dr. Vikesh Sharma, and through extensive consultation with dedicated community engagement workers Radia Ahmed and Marta Sordyl, participants embarked on transformative health and lifestyle sessions as part of a pilot health study.

This booklet serves as a valuable resource, but does not replace tailored advice given to individuals by their doctors and dieticians.

Overview



Together, the group explored both modifiable factors (things that can be changed) such as blood pressure, cholesterol, diet, lifestyle, and weight management, as well as non-modifiable risks (things that cannot be changed: gender, ethnicity, hereditary illness), and how to manage all the risks.

The impact of the project was profound, empowering participants to take control and transform their lives. One participant expressed it eloquently: "This programme has saved my life, and now I'm passing on what I learned to others." This pilot study serves as a testament to a successful intervention and provides a blueprint for healthcare professionals to develop similar schemes for high-risk factor groups. By doing so, these initiatives have the potential to reduce health inequalities, minimise health risks from becoming critical, and alleviate pressure from the NHS.

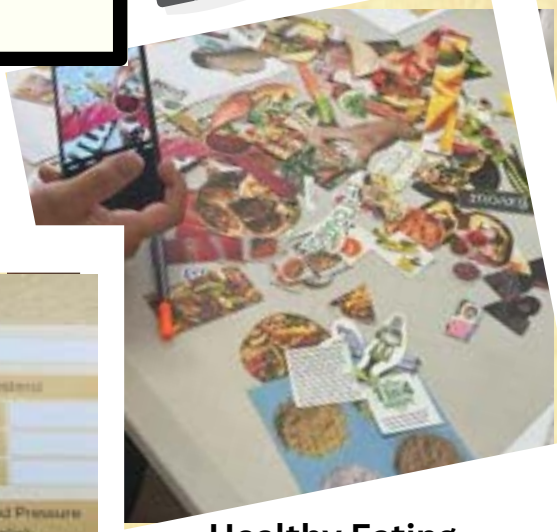
Snapshots from the Pilot Health Study



Participants learning to take blood pressure



Personalised Health Cards: tested on participants



Healthy Eating Games



TEAM



Dr Vik Sharma: Lesson on cholesterol

Understanding the Health Puzzle in Ethnic Minority Groups



Risk Factors

These are conditions that increase the likelihood of developing long-term health issues. While non-modifiable factors (factors you can't change) such as genetics, age, and sex are beyond our control, modifiable factors (factors you can change) like diet and lifestyle can be controlled and help with improving health conditions .

Nutritional Education is Key:

A healthy diet is crucial for managing weight, blood sugar, cholesterol, and blood pressure. Unhealthy cooking methods in ethnic minority communities, such as using excessive oil, deep frying, adding sugar and salt, contribute to increased risk factors such as weight gain, elevated cholesterol levels, spike blood sugar levels and blood pressure.

Other Factors Influencing Health Risks:

Impact on Urban Health, an organisation based in Lambeth, recently revealed that factors such as stress, poverty, housing conditions, and the neighborhood environment play a crucial role in determining an individual's health. Of particular concern is the disproportionate effect experienced by Black and Asian minority groups, who are more likely to have multiple chronic health conditions compared to the Caucasian population.



East African & Middle Eastern Community from the Study

Food for Thought: Food Guides, Portions & Food Groups

NHS Eat Well Guide

The UK NHS Eat Well Guide is a visual tool designed to promote healthy eating habits. It emphasises a balanced diet by covering the main food groups and recommended portions:



Main Groups:

1. ***Fruits and vegetables***
2. ***Starchy carbohydrates***
3. ***Proteins***
4. ***Dairy and alternatives***
5. ***Fats: oils and spreads***
6. ***Liquids***

The Eat Well Guide is a flexible resource that can be adapted to different cultural, health, and personal preferences. Consult with your GP or dietician for specific needs.

Now, let's explore these groups and portions with a bit more detail!

To explore the NHS Eat Well Guide and learn more, go to: https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Fruits and Vegetables

Eat the Rainbow

Boost your health by eating lots of vegetables and fruits: **strive for 5-7 portions** of fruits and vegetables daily **(each portion is 80 grams).** Embrace the concept of "eating a rainbow," as each fruit and vegetable delivers different nutrients. This includes, nuts, seeds, spices, wholegrains and herbs as they all come from plants! By including a diverse range of colourful varieties, you can maximise your intake of essential vitamins and minerals for optimal wellbeing. For example, a portion of fruit is equal to 1 piece of banana, 1 nectarine, or a handful of berries of grapes.

Examples of Fruits and Vegetables in East African Diets:

Fruits:
Mangoes, pineapples, papayas, bananas, oranges, avocados, guavas.

East African Vegetables:
Collard greens, spinach, okra, eggplant, kale, cabbage, carrots.

Please Note:
Make sure to limit juices and smoothies as the sugar content increases and fibre reduces once fruits are broken down. This can lead to poor oral hygiene (decay of your teeth) and result in a sugar spike, especially affecting those who are diabetic.

Polyphenols: Key to Great Health!
These are beneficial plant compounds, found in fruits and vegetables like olives, green leafy vegetables, apples, tomatoes, berries, and more, that act as antioxidants. This means they have the ability to neutralise harmful free radicals, which would otherwise damage your cells and increase your risk of conditions such as inflammation, cancer, diabetes and heart disease.

Did you know?

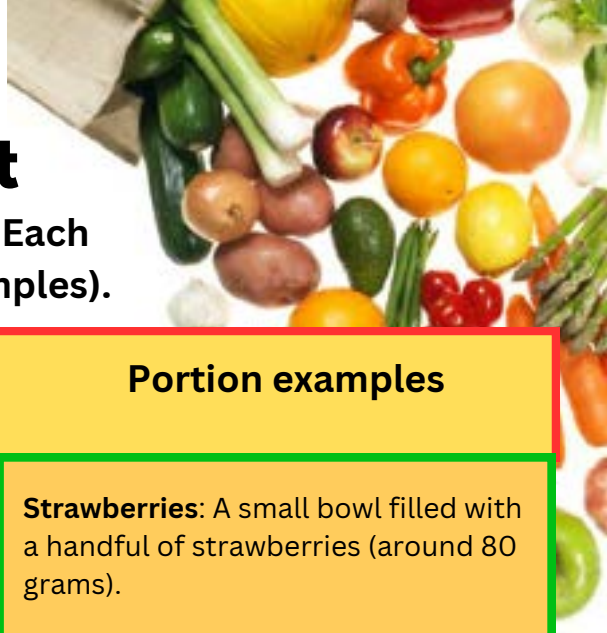
Frozen fruit and vegetables have higher nutritional content than fresh produce because they start losing nutrients as soon as they are picked. However, refrigeration helps retain most of their nutrients. It is also cheaper and available all year round. Tinned and frozen options still fulfill your 5-a-day! But try and avoid tinned fruits and vegetables with added salt and sugar, or remove before eating. Also, be aware that ***dried fruits*** contain a higher concentration of sugar.

Examples of Fruits and Vegetables in the Middle Eastern Diet:

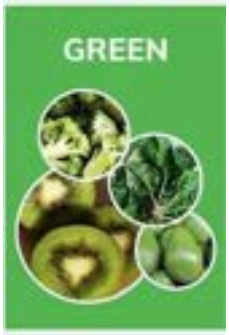
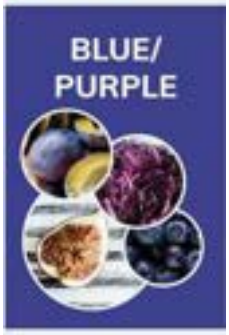
Fruits:
Dates, pomegranates, oranges, figs, grapes, apricots, watermelons.

Vegetables:
Eggplant, okra, cucumbers, tomatoes bell peppers, spinach and courgetters.

Eating the Rainbow: Fruits & Vegetable Chart



Explore our fruit and vegetable rainbow chart! Each colour offers distinct health benefits (see examples).

Colour	Health Benefits	Food Examples	Portion examples
	• Anti-inflammotory support • Blood pressure reduction • Cancer prevention • Improved heart health • Improved urine health	• Cherries • Cranberries • Pomogranates • Rhubarb • Berries • Tomatoes • Watermelon • Peppers	**Strawberries**: A small bowl filled with a handful of strawberries (around 80 grams). **Tomatoes:** Two medium-sized tomatoes, weighing around 150 grams in total. **Pomegranates**: One medium-sized pomegranate, yielding approximately 200 grams of seeds. **Mangoes:** One medium-sized mango, roughly the size of your fist. **Bananas**: Two medium-sized bananas, roughly the length of your hand. **Grapes**: A small bunch of grapes, around 80 grams. **Apples**: One medium-sized apple, similar in size to a tennis ball. **Blueberries**: A small handful of blueberries, enough to fill your cupped hand (around 80 grams) **Spinach**: Two large handfuls of fresh spinach leaves, enough to fill your cupped hands (around 160 grams). **Avocados**: One medium-sized avocado, enough to fit in the palm of your hand. **Bell peppers**: One medium-sized bell pepper, similar in size to a tennis ball. **Okra:** A generous portion of around 10-12 okra pods.
	• Antioxidant action • Digestive support • Improved skin health • Vision Support	• Peppers • Squash • Corn • Mangoes • Papaya • Peaches • Pumpkins	
	• Antioxidant action • Cancer prevention • Improved bone health • Improved mood	• Asparagus • Avocados • Broccoli • Kiwi • Leafy greens • Limes • Apples • Pears	
	• Anti-aging effects • Antioxidant action • Digestive support • Immune support • Improved brain health • Improved skin health	• Berries • Eggplants • Figs • Plums • Purple Cabbage • Grapes	
	• Cancer prevention • Cholesterol reduction • Hormone support • Improved heart health	• Garlic • Cauliflower • Ginger • Onions • Parsnips	

Carbohydrates

Carbohydrates, or carbs, are the primary source of energy for the body. They fuel daily activities, support metabolism, digestion, and brain function.

Carbs can be categorised into 2 types: Complex & Simple, which contain starch, fibre and sugar

Complex: Starchy Foods



Grains: oats, rice, pasta, bread



Starchy Vegetables: potatoes, sweet potatoes, yam

Complex: Foods high in fibre



Whole Grains



Nuts



Legumes and Beans

Simple: High in sugar





Sugars: white, brown, syrups and honey



Fruits: all types



Desserts & Sweets



Milk: full fat, low fat, semi-skimmed and creams

Carbs convert to energy and store in muscles, liver, and blood. Excess consumption, particularly high-sugar carbs, leads to weight gain, increasing risk factors (diabetes and heart problems), and causing energy crashes from unstable blood sugar.

Simple carbs:
Found in processed foods high in sugar, provide quick energy but can lack nutritional value. Examples include sugary drinks, sweets, pastries, white bread, and sugary cereals. Some fruits and milk fall into this category; as they are high in sugar, but provide essential health benefits. We should try to aim for 2 fruits and 3 or more portions of vegetables a day.

Complex carbs:
Found in foods rich in fiber and starch, provide sustained energy. Examples include whole grains (such as brown rice, quinoa, and oats), legumes (such as lentils and beans), and vegetables (broccoli and sweet potatoes).

Recommended daily intake:
For healthy adults, the NHS recommends that carbohydrates make up 45-65% of total daily calories. On a 2,000-calorie diet, this equates to roughly 225-325 grams of carbohydrates per day.

For those with low-calorie diets, portion sizes may vary depending on individual needs and goals. Adults with diabetes should consult healthcare professionals for personalised carbohydrate portions.

Portion examples:
To put it in perspective, here are some portion examples of commonly eaten starchy carbohydrates from the East African and Middle Eastern diet, as well as some general examples:

- 1 medium-sized bowl of cooked Ugali (maize meal), Injera (fermented flatbread), or Fufu (starchy paste) - Roughly the size of your closed fist.
- 2 medium-sized Chapatis or Rotis (whole wheat flatbreads) - Each flatbread should be about the size of your outstretched hand.
- 1 cup of cooked Basmati rice, Jasmine rice, or Biriyani - One cup is roughly the size of your clenched fist.
- 1 large Pita bread or Khubz (Arabic bread) - The size of a standard dinner plate.
- 1 serving of Mandazi (Swahili doughnut) or Samosa - One piece should be about the size of a tennis ball.
- 1 piece of Boiled Yam, Cassava, or Sweet Potato - A portion should be around the size of your palm.
- 1 cup of cooked Plantains or Taro - One cup is roughly the size of your clenched fist.
- 1 medium-sized portion of Couscous or Bulgar wheat - A portion should be about the size of your clenched fist.

General carbohydrate examples:

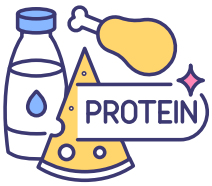
- 1 cup of cooked Quinoa, Buckwheat, or Pearl Barley - One cup is roughly the size of your clenched fist.
- 1 slice of whole grain bread with toppings - The slice should be about the size of your palm.
- 1 cup of cooked Pasta (such as spaghetti, penne, or macaroni) - One cup is roughly the size of your clenched fist.
- 1 medium-sized Baked Potato or Jacket Potato - The size of your clenched fist.

REMEMBER! Choose whole grain options when possible for added fibre and nutrients





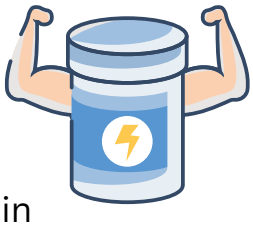
Proteins: Beans, Pulses, Fish, Eggs & Meat



Proteins play a crucial role in various aspects of our health. They are involved in tissue repair and growth, helping to rebuild and maintain muscles, organs, and cells.

DID YOU KNOW? Protein regulates appetite, promotes fullness, reduces cravings, which helps with weight management. Also, it slows down digestion; preventing blood sugar spikes, especially benefiting those with diabetes.

Recommended daily allowance for healthy adults:
For a healthy adult it's 0.75g of protein per kilo of body weight per day (for the average woman, this is 45g, or 55g for men). That's about two portions of meat, fish, nuts or tofu per day. As a guide, a protein portion should fit into the palm of your hand. People who exercise at a high level might need more.



- Portion of meat (deck of cards size): Approx. 21g protein
- Fish serving (palm size, 150g): Approx. 36g protein
- Two medium-sized eggs: Approx. 12g protein
- Small carton of milk/yogurt (200-250ml): Approx. 8-10g protein
- Handful of nuts (28g) or 1 tbsp seeds: Approx. 5-7g protein

Opt for lean meats, fish, eggs, dairy products, beans, lentils, tofu, quinoa, nuts, and seeds to meet your protein needs.

Dairy & Alternatives

Dairy products provide essential nutrients for overall health, including calcium for strong bones, protein for muscle growth, and vitamin B12 for nerve function.

Recommended daily allowances for adults:
This can vary depending on health factors, but generally aim for **2 to 3 servings** If you're a healthy adult or child. Here are some examples:



- One serving can be equivalent to 200ml of milki
- 150g of yogurt
- 30g of cheese
- If you prefer alternatives, options like 200ml of soy milk, almond milk, or fortified oat milk can provide similar nutrients

Fat File Part 1: Understanding Fats



Understanding fats is crucial to manage your health. Unsaturated fats (good fats) - aid digestion, regulate hormones, protect organs, and support brain function. Consuming too much saturated fats (bad fats) increases health risks and leads to weight gain. Follow guidelines to limit saturated fats; choosing healthier options like monounsaturated and polyunsaturated.

Fat Types

Monounsaturated fats (type of unsaturated fat):

Monounsaturated fats are heart-healthy dietary fats found in foods like olive oil, avocado, nuts, and seeds. They can help reduce bad cholesterol and promote heart health



Polyunsaturated fats (type of unsaturated fat):



Nutrient-rich fats, such as omega-3 and omega-6, are vital for brain function and cell growth. They are essential fatty acids obtained from food, as our bodies can't produce them. Examples include UK margarine (check ingredients), oily fish, flaxseeds and vegetable oils. Consuming these in moderation reduces heart disease risk.

Saturated fats:



Mainly found in red meat, butter, and full-fat dairy, these fats raise bad cholesterol and increase heart disease risk. Swap for leaner meat and consume these fats in moderation as part of a balanced diet.

Trans fats:



Created artificially in many processed and fried foods; trans fats harm heart health by raising bad cholesterol and lowering good cholesterol. Limit fried chicken, cookies, cakes and processed foods. Have them as an occasional treat.

Recommended daily intake: approx 70g, equivalent to 5 tablespoons of olive oil or 10 handfuls of nuts. Prioritise healthier fats over saturated and trans fats. **Did you know** that you can naturally reduce cholesterol with sterol/stanol yogurt drinks, such as Benecol? These plant-based ingredients absorb "bad" cholesterol. Taking one yogurt drink a day, along with a healthy diet and lifestyle for 2 months, can lower cholesterol naturally without the need for medication. You can find these yogurt drinks in supermarket own brands at places such as Tesco's, Sainsbury's, Asda, Aldi, Lidl, Morrisons, etc.

Fat File Part 2: Understanding Cholesterol

Cholesterol is a waxy, fat-like substance (lipids) made by the liver; it's the way your body packages up and moves around fat in the blood. Your body needs some cholesterol to make hormones, vitamin D and help you digest foods. There are 2 types of cholesterol - HDL (good cholesterol) and LDL (bad cholesterol). Too much bad cholesterol can block your blood vessels and cause heart problems or a stroke.



Testing your cholesterol levels is a great to find out and manage your lifestyle. The test measures:

- Total cholesterol (including good and bad)
- Total cholesterol to HDL ratio (TC:HDL)
- Good cholesterol (HDL)
- Bad cholesterol (LDL and non-HDL)

You can request a test by asking your doctor.

Maintaining healthy cholesterol levels is crucial.

Aim to have your **HDL cholesterol** levels above **1 mmol/L** and your **LDL cholesterol** levels below **3 mmol/L** (if you are healthy). If you are at a high risk of heart disease or have previously experienced heart problems, aim for **LDL cholesterol** levels below **2mmol/L**



Smoking, lack of exercise, drinking too much alcohol, stress and a unhealthy diet increases risks.

Stockwell GP, Dr Vikesh Sharma explaining cholesterol to the East African & Middle Eastern Group

Top Tips to lower cholesterol

1. Take omega-3 supplements (follow recommended daily allowance).
2. Include whole oats - it contains beta-glucans which lowers cholesterol.
3. Include stanol/sterol yogurt drinks (the active plant extract helps to absorb cholesterol).

NOTE: Omega 3 supplements can interfere with blood thinners. Check with your doctor first.

Healthy Oils for Cooking and Other Uses

In the world of culinary delights, choosing the right cooking oil is crucial for managing cholesterol, weight, and diabetes. Using these fats instead of solid fats, such as butter, shortening, or lard, and tropical oils, such as palm and coconut oil, as these types can have a lot of saturated fat. Refined oils are stable for frying and roasting. Rapeseed, vegetable and olive oils, rich in monounsaturated and polyunsaturated fats, are excellent choices. Here is the top 5 recommendations:

Oil Type & Uses	Nutritional Content
Olive Oil & Extra Virgin Olive Oil **Best for:** Salad dressings, sautéing, and medium heat cooking. A good all-round oil. Not recommended for very high heat cooking.	Promotes heart health, reduces inflammation. Also, rich in ***polyphenols*** (especially extra virgin olive oil). Polyphenols is a natural antioxidant found in plants, which can assist in burning fat and protect us against chronic diseases and cancer.
Rapeseed Oil and Vegetable Oil In the UK, most rapeseed oils are also labelled as vegetable oils and much cheaper. Check the ingredients! It is also more stable and suitable under high heat. **Best for:** Low to high heat cooking, baking, stir-frying and making sauces/dressings.	Low in saturated fats, high in heart-healthy monounsaturated and polyunsaturated fats compared to olive oil. Contains omega-3 fatty acids.
	Power of Omega-3 Its a polyunsaturated fatty acid; a powerful anti-inflammatory which protects the heart, joints and brain. Balances hormones, especially for menopausal woman, lowers blood sugar, reduces stress, and strengthens skin, hair and nails

Healthy Oils for Cooking and Other Uses

Oil Type & Uses	Nutritional Content
Avocado Oil **Best for:** High-heat cooking, baking, salad dressings, drizzles, marinades.	Supports cholesterol management, weight loss, aids nutrient absorption and low in saturated fats.
Grapeseed Oil **Best for:** Cooking, baking, stir-frying, dressings.	Low in saturated fats, high in polyunsaturated fats and vitamin E, contains antioxidants.
Walnut Oil **Best for:** Salad Dressings and drizzling.	Benefits heart health, reduces inflammation, provides a nutty flavour. Contains essential fatty acids, low in saturated fats.

Optimising Your Diet: Mindful Habits

Remembering to Stay Hydrated

Water regulates body temperature, aids digestion, supports nutrient absorption, and boosts overall wellbeing. Aim for the recommended daily allowance of about 6-8 cups (a day).



Practice Mindful Eating

Slow down and savour each bite. Create a calm eating environment, switch of screens, engage your senses, chew slowly, listen to your body's cues, and appreciate your food. Mindful eating improves digestion, enhances food enjoyment, and reduces the risk of chronic health conditions. Numerous studies have found that practicing mindful eating was associated with a reduction in the occurrence of obesity. Practice it daily for better wellbeing.

TOP TIPS

Power of Food Sequencing: Eating in the Right Order

Did you know that by choosing to eat foods in the right order, you can manage your weight and significantly reduce chronic health risks? Eating foods high in fiber, such as vegetables, and including proteins before carbohydrates and desserts can lead to lower post-meal glucose and insulin levels, reducing sugar spikes. This approach is particularly effective for people who are overweight and have type 2 diabetes. It also prevents overeating and helps you stay fuller for longer.

Start with non-starchy, fibre-rich foods like leafy salads, soups, and steamed or roasted vegetables. Follow this with lean proteins and healthy fats, such as salmon, chicken, lean meats, fish, or avocado, along with olive oil in your meals. Then, include complex carbohydrates like whole grains, pasta, and starchy vegetables such as sweet potatoes, yams or potatoes. Finally, save foods high in sugar such as desserts for last.

Vegan & Vegetarian Diets



Vegans and vegetarians are individuals who choose plant-based diets by avoiding animal products, and embrace a lifestyle that promotes both health and ethical considerations. Plant-based diets offer great health benefits, but it's essential to be aware of potential health conditions that may arise from excluding animal products. By understanding the risks and making smart dietary choices, vegans and vegetarians can enjoy a thriving life!

Potential Health Concerns:

- **B12 Boost:** To meet the vitamin B12 requirements, vegans should consider fortified foods or take B12 supplements. Vitamin B12 plays a vital role in nerve function and red blood cell production.
- **Iron Rich Foods:** To prevent iron deficiency, incorporate iron-rich plant foods like lentils, beans, tofu, spinach, and quinoa. Pair them with vitamin C food sources to enhance iron absorption.
- **Omega-3 Power:** Include flaxseeds, chia seeds, walnuts, and algae-based supplements in your diet to get an adequate supply of omega-3 fatty acids, essential for heart and brain health.
- **Protein:** Ensuring an adequate protein intake from plant-based sources is essential for muscle maintenance and overall health. Add lentils, chickpeas, black bean, quinoa, tofu, tempeh and edamame beans. Also add nuts, seeds, and nut butters to your meals.
- **Bone Health:** Without careful planning, vegans may face challenges in meeting calcium needs, which are crucial for bone health. Boost calcium intake with fortified plant-based milk, tofu, leafy greens, and almonds. Don't forget vitamin D supplements or sunshine exposure for better absorption.
- **Zinc, Iodine & Vitamin D:** Plant-based diets might be low in iodine (a mineral vital for thyroid function), zinc (required for a healthy immune system), and vitamin D (essential for bone health and mood). Consider including seaweed, and fortified foods for iodine. Snack on pumpkin seeds and chickpeas for zinc. It is difficult to obtain enough vitamin D from food alone, and now the general advise given is to take a vitamin D supplement all year round.

Health Benefits of a Well-Balanced Plant-Based Diet:

- **Heart Health:** Helps maintain lower cholesterol levels and reduced risk of heart disease.
- **Weight Management:** Plant-based diets are generally lower in calories and can aid in weight management.
- **Digestive Health:** Higher fibre intake from plant-based foods promotes a healthy gut and aids digestion.
- **Reduced Risk of Chronic Diseases:** Plant-based diets have been associated with a lowering the risks of certain cancers, type 2 diabetes, and hypertension.

The Vital Vitamin - Vitamin D

Vitamin D is both a nutrient we eat and get from the the sun, and a hormone our bodies make. The nutrient is known as the "sunshine vitamin," and plays an important role in maintaining our overall health. While it is difficult to obtain enough from food alone, it is essential for healthy bones, muscles, teeth, mental health and supporting various bodily functions.

What is Vitamin D?
Vitamin D, also known as the "sunshine vitamin," is a unique nutrient that our skin produces when exposed to sunlight. Unlike typical vitamins, it acts as a hormone and is essential for the proper functioning of our body.

Challenges in Obtaining Enough Vitamin D from Food
While some foods contain vitamin D, it is difficult to obtain sufficient amounts solely through diet. Oily fish, egg yolk, mushrooms, meat, and certain fortified foods offer some vitamin D, but it may not be enough to meet the daily requirements.

Addressing Vitamin D Deficiency: Signs and Health Problems
Recognising signs of vitamin D deficiency is vital for overall health. Symptoms include fatigue, anxiety, depression, muscle weakness, and bone pain. Lack of vitamin D can contribute to mood swings and sadness. Prolonged deficiency can lead to osteoporosis, fractures, compromised immunity, and may be linked to poor mental health, as mentioned earlier, such as depression, anxiety, and cognitive impairment. Consult your healthcare practitioner for assessment and guidance if you experience these symptoms; early intervention can prevent further health risks. .

Importance for Ethnicity Minority Groups
People with darker skin, such as those of Asian, African, Afro-Caribbean, and Middle Eastern descent living in northern climates, are at higher risk of vitamin D deficiency due to reduced skin's ability to produce the vitamin in response to sunlight, and it’s advised these groups take a supplement all year round.

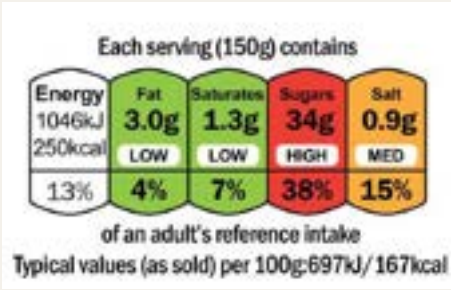
Maintaining Vitamin D Levels:
The NHS recommends taking 10 micrograms of vitamin D supplements daily, all year round. However, some people may need more or already have the right level, so it's best to request a blood test to help assess if you require a personalised dose.

Reading Food Labels & Smart Food Storage

Food labels are crucial for healthy choices, providing vital nutritional information. Some packages have front-of-pack data using the traffic light system, using colours to show nutrient levels. Glance at colours to assess energy, fats, sugars, and salt. Also, check the recommended portion and grams for a better understanding (as shown in the example below).



Red indicates high amounts
Amber indicates moderate amounts
Green indicates low amounts



Smart Food Storage: Sustainable, Healthy, and Cost-Effective Tips!
Storing food wisely is crucial for both your budget and the planet. Here are some tips:

Fresh Foods:

- Keep fruits and veggies in the fridge (up to a week or more) or freezer (up to 8-12 months) to last longer, reduce waste, and have available off season.
- Store ethylene-producing items separately, like bananas, to avoid spoilage.

Cooked Meals:

- To preserve flavours, nutrients and to prevent contamination, use airtight containers. Can store up to 3 months in the freezer.

Sustainable & Budget-Friendly:

- Reduce waste using clear containers and labeling dates.
- Choose reusable silicone bags, ditching single-use plastics.

Health & Hygiene:

- Prioritise handwashing before handling food to prevent contamination.
- Keep your fridge clean for food safety.
- Thaw (defrost) frozen items in the fridge to prevent bacteria growth.

How to store in Fridge & Freezer:

- Store meat in sealed containers or on the bottom shelf of the fridge. Keep vegetables in the crisper drawer, and place dairy products on the top shelf.
- In the freezer, label and date items for easy identification and prioritise rotation - new foods at the back and older items at the front.

Understanding "use by" and "best before" dates to help reduce food waste and better health:

- **The use-by date** is about safety; this is the most important date to remember. Never eat food after the use-by date, even if it looks and smells okay, as it could make you very ill.
- **The best before date**, sometimes shown as BBE (best before end), is about quality and not safety. Many foods can be eaten after the best before date, which can help the planet by minimising food waste. Here are a couple of tips on what to look out for when assessing the safety of foods that have passed their best before date:
- **Smell:** If you detect any unusual odours, such as a foul or sour smell, then this suggests spoilage (food has gone off - not consumable).
- **Look:** Inspect for visual changes such as mould or discolouration.
- **Store:** Make sure to store food as directed on the packaging to prevent spoilage.
- For more information, check out the Food Standards Agency website: www.food.gov.uk/safety-hygiene/best-before-and-use-by-dates

DAILY NEWS

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The Food Processing Battle: Processed Vs Ultra Processed

The food fight: What's it all about?

So far we have given examples of wholefoods or unprocessed foods - which is always the healthiest option. But what about processed and ultra processed? How bad is it?

You might have seen the headlines in the media that processed foods can have a negative impact on your health, causing weight gain, increase in chronic diseases, other health risks and more.

What is food processing?

Food processing involves transforming natural foods in look, shape and taste to extend their shelf life, ensure food safety, enhance taste, and improve nutrition. It includes methods like pasteurization, canning, fermentation, pickling, freezing, and drying. This processing can even be done at home, such as turning fruits into smoothies or grinding herbs to make spices, making pickles, bread and more . In factories, examples such as converting wheat into flour, potatoes into crisps, whole-foods into ready made meals and whole grains into cereals or snacks.

Processed vs Ultra Processed: The Difference

Healthy Processed foods undergo minimal alterations that do not significantly change their original appearance. They also contain a few added but natural ingredients to enhance flavour, convenience, or safety. Examples of such foods include some varieties of nut butters, frozen fruits and vegetables, tinned beans, vegetables and pulses, as well as whole-grain bread, oats, and select snacks. These foods maintain their nutritional value.

Ultra-Processed foods are extensively changed in appearance and often contain many chemical ingredients, unhealthy fats, excessive salt, and sugars. This category includes cereals, fizzy drinks, packaged snacks, fast food, and ready-made meals. Ultra-processed foods offer little to no nutritional value, increase the risk of weight gain, chronic diseases, strokes and increase blood pressure.
TIP: Opt for minimally processed foods with a limited number of ingredients that you recognise. Ingredients that make food ultra-processed are flavourings, artificial sweeteners, preservatives, binders, thickeners, emulsifiers.

Gut Heath: Pathway to Lowering Health Risks



More research is highlighting how important gut health is for managing health risks and improving chronic health conditions. Did you know that approximately **70%** of our immune system is located in our gut? The gut is more than just your stomach; it's a hub of activity that affects everything from your digestion to influencing your immune system, heart health, hormones, skin, and even your mood. The bacteria in your gut known as 'microbes,' 'microbiome' or 'microorganisms' helps us all digest food, creates and delivers essential nutrients around our body, and even produces substances that protect against inflammation and diseases such as cancer and heart disease!



Tips to Improve Gut Health:

- **Enhance Your Diet with natural Probiotics & Prebiotics:**
- ***Probiotics*** *are* live microorganisms in food, which help our gut bacteria stay strong and healthy. In the supermarket or if you shop online, look out for foods such as such as Greek or natural yogurt, probiotic drinks (with no added sugar), sourdough bread, tofu, kimchi, miso soup, apple cider vinegar, and pickles. In the **East African** and **Middle Eastern** culture, foods such as Injera, Mahewu, Mursik, Ugali, Labneh, Kefir yogurt, Khishk and Torshi contain probiotics..
- ***Prebiotics*** naturally exist in many plant-based foods, such as fruits, vegetables, beans and whole grains. Processed foods like cereals and snacks might have added prebiotic ingredients (inulin or chicory, acacia gum, etc.); look for these terms on labels but beware of added fat, sugar and salt content - go for healthier cereals and snacks by following the traffic light system *(see page 20)*. Eating a mix of natural and fortified prebiotic foods is good for us. Here are some prebiotic foods found in most supermarkets or online: all nuts and seeds, bananas, wholegrains, wheat, corn, rye, barley, flaxseeds, cabbage, any green herbs, garlic and onions, peas, artichokes, asparagus, oats, leafy greens, green vegetables, chicory, green apples and beans. In the **East African** and **Middle Eastern** culture, foods such as lentils, chickpeas, figs, dates, parsley, coriander, mint leaves, green chillies, nuts and seeds, okra, any green spinach, eggplants, plantain and green bananas all fall into the prebiotic food category.
- **Give Your Gut a Rest:** Limit constant snacking and give your gut a break! This allows your gut microbes to do their job and keep your gut lining healthy. Fasting also improves our gut health, but check with your medical practitioner first, as some people with certain medical conditions may not be able to fast.
- **Limit Ultra-Processed Foods:** Reduce highly processed foods loaded with sugars and unhealthy fats. These foods don't feed your gut microbes and are linked to chronic health conditions such as heart disease *(read page 21 for more information on processed foods)*.

Fun Ideas to Get Kids Eating Healthy!

Many parents often find themselves facing a common challenge: getting their children to develop a genuine interest in consuming fruits, vegetables, and healthy meals. But with a few effective strategies, it is possible to instil healthy eating habits in children. Give these ideas a go!



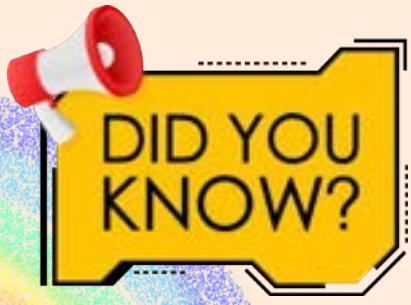
Superfood Superpowers Game
Create a card game with pictures of healthy foods and their superpowers, like "Carrots: Give Laser Eye Vision." Children collect cards by trying and enjoying the foods.



Build-a-Rainbow Challenge
Encourage children to create colourful, rainbow-themed meals using fruits and vegetables from each colour category. Make it competitive if you have more than one child!



Junior Chef Meal Planning:
Let children become head chefs and plan nutritious meals for the family, including fruits, vegetables, whole grains, and lean proteins. They create a meal plan, make a grocery list, and help prepare the meals.



A study done by University of Leeds found that children who engage in food preparation are 75% more likely to develop healthier eating habits, 65% more likely to try new foods, and show a 55% greater understanding of nutrition.

Suggestions for Healthy Cooking Method Swaps

Grilling: Reduce excess fat and calories by opting for grilling.

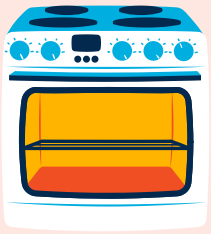
Steaming: Retain flavours and nutrients with minimal added oil. Perfect for cooking lots of onions, as they release their natural moisture and sweetness.

Roasting: Enhance natural flavours by roasting vegetables and proteins with minimal added fats.

Stir-frying: Use small amounts of healthy oils like olive oil for quick and delicious meals.

Air Frying: Invest in an air fryer for healthy but delicious results using little oil. Air fryers can be bought at affordable prices, and allows you to make a wide variety of dishes while maintaining moisture, and all you need to do is add more natural seasonings instead of salt and excessive oil. Air fryers come with helpful handbooks and recipe guides, so make sure to follow the instructions.











"Implement these swaps and methods to take control of your health. Follow portion guidelines and consult professionals for personalised advice.

Healthier Salt Swaps:

The recommendation is to limit all types of salts to reduce health risks. The recommended daily intake is around 1 teaspoon. Salts exert pressure on the heart, leading to health risks and high blood pressure. Try to avoid or limit processed salts (table salt), and low-salts which can cause kidney damage. Opting for more seasoning to increase flavour than more salt is a healthier choice all round! Here are some suggestions:

Herb and Spice Blends:

Add depth with flavourful herbs and spices like garlic powder, oregano, basil, cumin, and turmeric.

Citrus Zest:

Lemon, lime, or orange adds flavour, reducing the need for table salt.

Sea Salt:



Less processed, contains trace minerals, but use it sparingly.

Himalayan Pink Salt:

Less processed, contains trace minerals. Has a stronger flavour - less is required.

No-Salt Seasoning Blends:

Explore no-salt seasoning blends or make your own with herbs and spices. Consider onion powder, garlic granuals, mushroom powder for more flavour. Adding flavour will reduce the need for more salt!



Healthier Sugar Swaps:

Reducing overall sugar intake is the recommended approach for improving health, aligning with NHS guidelines. For instance, adults should consume no more than 30g (equivalent to about 6 teaspoons). Similarly, children aged 7 to 10 should limit their intake to 24g (approx 5 teaspoons), while for children aged 4 to 6 it's 19g (roughly 4 teaspoons). Instead of using heavily processed white sugar, opt for natural, minimally processed sweeteners. Nonetheless, exercise moderate when using these alternatives. **Adding fibre** when consuming sugars help to reduce spikes and slow down absorption!

It's important to note that artificial sweeteners like Aspartame and sucralose, due to their high processing, should be consumed in moderation. For personalised guidance, seek advice from healthcare professionals. Here's some alternatives for less processed and healthier alternatives:

Date Paste:



Made from pureed dates.

Stevia (from plants):

A low-calorie, plant-extracted option.

Unsweetened Applesauce or Pear Sauce:

Can be added to porridge or baking. Recipes can be found online.

Pure Maple Syrup or Honey:

Use small amounts.

Coconut Sugar:

Has a lower glycemic index compared to white sugar.









Recipes:
Inspired by the East African & Middle Eastern Community

Discover a small sample of popular traditional Somali, Eritrean, Ethiopian, and Middle Eastern recipes that have been thoughtfully simplified and adapted to promote a healthier lifestyle. Inspired by the pilot group who participated in Stockwell based GP, Dr. Vikesh Sharma's successful health programme.

Note: Vegan recipes does not include any animal products. Being vegan means not using anything that comes from animals such as meat, dairy, honey or eggs.











Maraq Cad: Somali Chicken Soup

This traditional soup is a comforting and nourishing dish packed with flavours. With this healthier adapted recipe, It's perfect for those looking to manage diabetes, weight, cholesterol, and overall well-being. With lean chicken, vegetables, and fragrant spices, it's a wholesome option to satisfy your taste buds.

SERVES: 4

Ingredients:



- 500g skinless, boneless or on the bone chicken, cut into small pieces
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 2 carrots, diced
- 2 potatoes, diced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 1 bay leaf
- 1 can chopped tomatoes (400g)
- 1.5 liters chicken or vegetable broth
- Sea salt or Himalayan pink salt and pepper to taste
- Fresh coriander or parsley for garnish

Instructions:

- Heat the olive oil in a large pot over medium heat. Add the onions and garlic, and sauté until translucent.
- Add the chicken pieces to the pot and cook until lightly browned on all sides.
- Stir in the carrots, potatoes, cumin, coriander, turmeric, paprika, and bay leaf. Cook for a few minutes to allow the spices to release their flavours.
- Add the chopped tomatoes and chicken broth to the pot. Season with salt and pepper.
- Bring the soup to a boil, then reduce the heat and let it simmer for about 30 minutes, or until the chicken is cooked through and the vegetables are tender.
- Remove the bay leaf and taste the soup. Adjust the seasoning if needed.
- Serve the Maraq hot, garnished with fresh coriander or parsley.



Somali-Style Mixed Bean Stew (vegan)



Experience Somali culinary traditions with our Somali-Style Mixed Bean Stew, inspired by the common use of beans in Somali cuisine. It promotes heart and gut health, enhancing overall wellbeing.

SERVES: 4-6

Ingredients:

- 400g canned butter beans, drained and rinsed (or cannellini beans)
- 1 can (400g) chickpeas, drained and rinsed
- 1 can (400g) black-eyed peas, drained and rinsed
- 1 large onion, finely chopped
- 2 cloves garlic, minced
- 2 tablespoons vegetable oil
- 1 teaspoon cumin seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1 teaspoon paprika
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground cloves
- 400g canned diced tomatoes
- 1 red bell pepper, diced
- Salt and black pepper to taste
- 1 lemon, juiced
- Fresh coriander leaves for garnish (optional)



Instructions:

1. In a large pot, heat the vegetable oil over medium heat. Add the chopped onion and minced garlic, and sauté until they become soft and translucent.
2. Add the cumin seeds, ground coriander, turmeric, paprika, cinnamon, cardamom, and cloves to the pot. Stir well and cook for another 1-2 minutes to release the spices' aroma.
3. Add the butter beans, chickpeas and black-eyed peas to the pot, along with the canned diced tomatoes and diced red bell pepper. Mix everything together.
4. Pour in enough water to cover the ingredients, typically around 1.5 liters. Season with salt and black pepper to taste.
5. Bring the stew to a boil, then reduce the heat to low, cover the pot, and let it simmer for about 1 to 1.5 hours, or until the fava beans are tender. Stir occasionally and add more water if needed to maintain a stew-like consistency.
6. Once the beans are cooked and the stew has thickened, squeeze the lemon juice into the pot and give it a final stir.
7. Serve the Somali-Style Mixed Bean Stew hot, garnished with fresh coriander leaves if desired. It's delicious with rice or bread.

Zigni: Eritrean Spiced Meat Stew

A popular Eritrean dish packed with rich flavours and aromatic spices. This healthy version uses lean beef and incorporates a variety of vegetables.

SERVES: 4

Ingredients:



- 500g lean beef, cut into cubes
- 1 onion, finely chopped
- 3 garlic cloves, minced
- 1 green bell pepper, diced
- 2 tomatoes, chopped
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon chilli powder (adjust to taste)
- 1 teaspoon olive oil
- Sea salt and pepper to taste
- Fresh parsley for garnish

Instructions:

- Heat the olive oil in a large pot over medium heat. Add the onion and garlic, and sauté until they turn golden brown.
- Add the beef cubes and cook until browned on all sides.
- Stir in the tomato paste, cumin, paprika, chilli powder, salt, and pepper. Mix well to coat the meat.
- Add the diced green bell pepper and chopped tomatoes. Stir everything together.
- Reduce the heat to low, cover the pot, and simmer for about 1.5 to 2 hours, or until the meat becomes tender. Stir occasionally.
- Once cooked, taste and adjust the seasoning if needed.
- Serve the zigni hot, garnished with fresh parsley. Enjoy!

Injera: Traditional Eritrean/Ethiopian Flatbread (vegan)



Injera is a popular traditional Eritrean It is considered to be a sour fermented pancake-like flatbread having a slightly spongy texture. This bread is naturally gluten-free and is generally used to accompany the zigni. Apart from Eritrea, this flatbread is also considered to be a staple in Ethiopia and many other areas of Sudan.



SERVES: 4

Ingredients:

- 2 cups whole grain teff flour (also known as sorghum flour)
- 1 cup plain flour
- 3 cups water
- 1/2 teaspoon active dry yeast
- 1/2 teaspoon salt
- Cooking spray or oil for greasing

Instructions:

- In a large bowl, combine the teff flour, plain flour, and salt.
- In a separate bowl, dissolve the yeast in 1 cup of lukewarm water. Let it sit for a few minutes until it becomes frothy.
- Gradually pour the yeast mixture into the flour mixture, stirring continuously to form a smooth batter.
- Add the remaining 2 cups of water and mix well until the batter is thin and pourable. Let the batter rest for at least 30 minutes to allow it to ferment and develop flavour.
- Heat a non-stick skillet or griddle over medium heat. Lightly grease the surface with cooking spray or oil.
- Pour about 1/4 cup of the batter onto the hot skillet, swirling it around to spread evenly into a thin, round shape.
- Cook the injera for approximately 1-2 minutes until bubbles form on the surface and the edges start to lift.
- Carefully remove the injera from the skillet and transfer it to a plate. Repeat the process with the remaining batter, greasing the skillet as needed.
- Serve the injera warm as a versatile accompaniment to stews, curries, or other traditional dishes.



Doro Wat: Ethiopian Chicken Stew

A classic Ethiopian dish that combines tender chicken with a flavourful blend of spices. This recipe offers a healthier twist by using skinless chicken and reducing the amount of oil traditionally used.

SERVES: 4

Ingredients:

- 1 kg skinless chicken pieces (legs or thighs)
- 2 large onions, finely chopped
- 3 cloves of garlic, minced
- 1 tablespoon olive oil
- 2 tablespoons berbere spice blend
- 1 teaspoon paprika
- 1 teaspoon ground ginger
- 2 cups low-sodium chicken broth
- Salt to taste
- Fresh parsley, chopped (for garnish)



Instructions:

- Heat olive oil in a large pot over medium heat. Add the onions and garlic, sautéing until they become translucent.
- Add the chicken pieces to the pot and cook until they are browned on all sides.
- Stir in the berbere spice blend, paprika, and ground ginger, coating the chicken evenly with the spices.
- Pour in the chicken broth and bring the mixture to a simmer. Cover the pot and cook for about 45 minutes or until the chicken is cooked through and tender.
- Add salt to taste and adjust the seasoning if needed.
- Garnish the Doro Wat with fresh parsley and serve it alongside whole grain bread or brown rice for a balanced meal.

Atakilt Wat: Ethiopian Vegetable Stew (vegan)



Atakilt Wat, is an Ethiopian vegan stew that is packed with flavour. Cabbage, carrots and potatoes are cooked until tender with a fragrant berbere spice mix. It's a great choice for managing diabetes, weight, cholesterol, and overall wellbeing.

SERVES: 4-6

Ingredients:

- 1 medium cabbage, chopped
- 4 large carrots, sliced
- 3 medium potatoes, cubed
- 1 large onion, finely chopped
- 3 cloves garlic, minced
- 2 tbsp olive oil
- 2 tbsp berbere spice mix
- 1 tsp ground turmeric
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/4 tsp ground cinnamon
- Salt and pepper to taste
- 4 cups water
- Fresh coriander or parsley, chopped (for garnish)



Instructions:

- Heat olive oil in a large pot. Sauté onions and garlic until soft.
- Add berbere spice mix, turmeric, cumin, coriander, cinnamon, salt, and pepper. Stir in carrots, potatoes, and cabbage.
- Pour in water. Bring to a gentle boil, then simmer for 20-25 minutes until vegetables are tender.
- Adjust seasoning as needed.
- Serve hot, garnished with coriander or parsley
- can serve it as a main dish or as a side alongside injera, whole grain rice or whole grain bread.



Mansaf: A Traditional Jordanian Meat and Rice



Mansaf is a traditional Jordanian dish, considered the national dish of Jordan. It's a flavourful meal made with lamb, yogurt, and rice, often enjoyed on special occasions. Our healthy version maintains the delicious taste while aligning with healthy eating nutritional guidelines. Enjoy the rich flavours guilt-free!

SERVES: 4

Ingredients:



- 500g lean lamb meat, cut into chunks
- 2 cups low-fat Greek yogurt
- 2 tablespoons cornstarch
- 2 tablespoons olive oil
- 2 onions, finely chopped
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground cinnamon
- Sea Salt and pepper to taste
- 4 cups low-sodium chicken broth
- 2 cups cooked brown rice
- Chopped fresh parsley for garnish
- Roasted nuts or seeds (e.g., almonds, sunflower seeds or pine nuts) for decoration. This is optional

Instructions:

- In a bowl, whisk together the Greek yogurt and cornstarch until well combined. Set aside.
- Heat olive oil in a large pot over medium heat. Add the onions and garlic, and sauté until golden brown.
- Add the lamb meat to the pot and cook until browned on all sides.
- Stir in the ground cumin, coriander, turmeric, cinnamon, salt, and pepper. Cook for another minute to allow the spices to release their flavours.
- Pour in the chicken broth and bring to a boil. Reduce heat, cover, and simmer for about 1 hour or until the lamb is tender.
- Once the lamb is tender, slowly whisk in the yogurt mixture. Cook for an additional 5 minutes, stirring gently.
- Serve the Mansaf over cooked brown rice. Garnish with chopped parsley and sprinkle roasted nuts on top for decoration.

Baked Falafel with Yogurt Sauce: A Popular Middle Eastern Vegan Dish

Falafel is a chickpea based classic Middle Eastern dish loved for its crispy exterior and soft interior. This recipe offers a healthier twist to traditional deep-fried falafel by baking them instead. Paired with a refreshing yogurt sauce, these baked falafels are a super.

SERVES: 4

Ingredients:

<u>For the falafel:</u>

- 2 cans (400g each) chickpeas, drained and rinsed
- 1 small onion, roughly chopped
- 3 cloves garlic, minced
- 1/2 cup fresh parsley leaves
- 1/2 cup fresh coriander leaves
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon baking soda
- 2 tablespoons whole wheat flour
- Salt and pepper to taste
- Olive oil spray



<u>For the yogurt sauce:</u>

- 1 cup Greek yogurt OR Plant-based yogurt
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped fresh mint
- 1 clove garlic, minced
- Sea Salt and pepper to taste

Instructions:

- Preheat the oven to 375°F (190°C).
- In a food processor, combine chickpeas, onion, garlic, parsley, cilantro, cumin, coriander, baking soda, flour, salt, and pepper. Pulse until well combined but not pureed. The mixture should still have some texture.
- Shape the falafel mixture into small patties, about 2 tablespoons each, and place them on a baking sheet lined with parchment paper.
- Lightly spray the falafels with olive oil spray.
- Bake in the preheated oven for 20-25 minutes, flipping halfway through, until golden brown and crispy.
- While the falafels are baking, prepare the yogurt sauce by combining the yogurt, lemon juice, mint, garlic, salt, and pepper in a bowl. Stir well to combine.
- Once the falafels are ready, remove them from the oven and let them cool for a few minutes.
- Serve the baked falafels with the Greek yogurt sauce on the side.

Grain-bow Delights: Top 7 Rice Replacements

Looking for healthier alternatives to rice that are heart-healthy and beneficial for weight management, and managing health risks like diabetes, high blood pressure, and obesity? Here is a few suggestions that you can easily replace instead of using white rice!

1

Quinoa:
High-protein, gluten-free grain - perfect for salads, stir-fries, or pilafs.
Preparation: Rinse quinoa thoroughly, then add 1 part quinoa to 2 parts water. Bring to a boil, reduce heat, cover, and simmer for 15-20 mins. Fluff with a fork. Check back of packet for cooking instructions to be sure!
Recipe ideas: Quinoa salad with veggies and feta, quinoa stir-fry with tofu and sesame sauce.
Nutrients: Protein, fibre, iron, magnesium.

2

Cauliflower rice:
Great low-carb swap.
Preparation: Grate or pulse cauliflower florets until rice-like. Sauté in a pan with oil for 5-7 mins. You can also steam or leave in boiling water off the the stove for 7 minutes.
Recipe ideas: Cauliflower "fried rice" with mixed vegetables, cauliflower rice paella with saffron and peas.
Nutrients: Vitamin C & K, folate, potassium.

3

Brown rice:
Nutritious and tasty - ideal with curries, stews, or traditional meals.
Preparation: Rinse rice, then add 1 part rice to 2 parts water. Bring to a boil, reduce heat, cover, and simmer for 40-45 mins. Let it rest for 5 mins before serving. Check back of packet for cooking instructions to be sure!
Nutrients: High in fibre, B vitamins, manganese.

4

Couscous:
Quick and easy - ideal with stews, curries or mix into salads.
Preparation: Boil 1.5 parts water. Add equal parts couscous, cover, and let sit for 5 mins. Fluff with a fork. Check back of packet for cooking instructions to be sure!
Nutrients: Selenium, niacin.

5

Bulgur Wheat:
Nutty and versatile - a key ingredient in Middle Eastern tabbouleh or kibbeh.
Preparation: Boil 1.5 parts water. Add equal parts bulgur, cover, and let sit for 15-20 mins. Fluff with a fork. Check back of packet for cooking instructions to be sure!
Recipe ideas: Pilau, eat it plain with curry or stew, make tabbouleh salad with fresh herbs, or stuffed bell peppers with bulgur and vegetables.
Nutrients: High in protein, fibre, manganese, vitamin B6.

6

Wild Rice:
Nutty and rich in flavour.
Preparation: Rinse wild rice, then add 1 part rice to 3 parts water or broth. Bring to a boil, reduce heat, cover, and simmer for 45-60 mins. Fluff with a fork. Check back of packet for cooking instructions to be sure!
Recipe ideas: Pairs well with hearty dishes, as a side dish or in salads.
Nutrients: Protein, fibre, B vitamins, zinc.

7

Barley:
Chewy and nutty.
Preparation: Rinse barley, then add 1 part barley to 3 parts water or broth. Bring to a boil, reduce heat, cover, and simmer for 25-30 mins. Fluff with a fork. Check back of packet for cooking instructions to be sure!
Recipe ideas: Great for soups, stews, or cold salads.
Nutrients: Fibre, selenium, phosphorus.





Healthier Breakfast, Snack, Dips & Sweet Dessert Ideas

Are you a fan of sweet desserts and snacks like crisps but also want to embrace healthier options? Thanks to the valuable insights from the East African & Middle Eastern health study group, we understand the love for indulgent treats and the desire for healthier alternatives.

Based on these insights from the group, we've curated a delightful sample of recipe ideas that are both tasty and nutritious.

Eating healthy doesn't mean giving up on treats; it's all about moderation and incorporating goodness into your diet.

Note: *any recipes which use honey isn't* ***vegan*** *because it's made by bees. Being vegan means not using any animal products. So, recipes with honey aren't vegan*

Healthy Breakfast Ideas



Superfood Breakfast Bowl with Whole Oats (vegan or vegetarian depending on which yogurt you use)
Servings: 4

Ingredients:

- 1 cup Greek yogurt or vegan yogurt such as soy, coconut or almond yogurt
- 1 cup mixed berries (blueberries, strawberries, raspberries - can use frozen and will be cheaper and more nutritious)
- 1/2 cup whole oats
- 1 tablespoon seeds of your choice
- 2 tablespoons chopped nuts (almonds, walnuts, or pecans)
- 1 tablespoon honey or maple syrup (optional)

Instructions:

1. In a bowl, combine the Greek yogurt, whole oats, and seeds.
2. Layer the mixed berries on top of the yogurt and oat mixture.
3. Sprinkle the chopped nuts over the berries.
4. Drizzle honey or maple syrup on top for added sweetness, if desired.
5. Stir all the ingredients together just before eating to enjoy a delightful and nutritious breakfast that's packed with fiber from the whole oats, protein from the Greek yogurt, and a burst of antioxidants from the mixed berries.



Healthy Breakfast Ideas

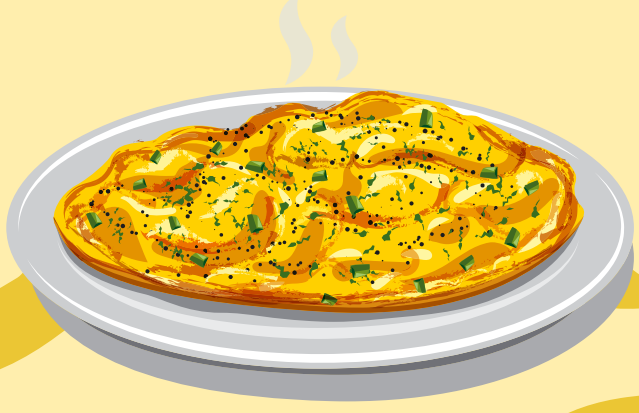
Veggie-Packed Omelette with Cheese, Salmon, or Tuna
Servings: 4

Ingredients:

- 6 large eggs
- 1 cup chopped mixed vegetables (bell peppers, spinach, onions, mushrooms)
- Salt and pepper to taste
- 1 tablespoon olive oil
- 1/2 cup shredded cheese (cheddar, feta, or your favourite cheese) - Optional and can use vegan options
- 1/2 cup tinned and drained salmon or tuna flakes - Optional
- Cultural seasonings like turmeric (Asian), sumac (Middle Eastern), or paprika (East African) for added flavour

Instructions:

1. In a bowl, whisk the eggs, seasoning, salt, and pepper together.
2. Heat olive oil in a non-stick pan over medium heat and sauté the chopped vegetables until tender.
3. If using cheese, sprinkle the shredded cheese evenly over the sautéed vegetables.
4. If using salmon or tuna, add the cooked flakes to the pan with the vegetables.
5. Pour the whisked eggs over the vegetables, cheese, and fish (if using) and cook until the eggs are set.
6. Fold the omelette in half and serve



Snack Ideas

Nutritious Seed and Nut Trail Mix (vegan)

This wholesome and nutritious mix seed and nut trail mix is the perfect snack to keep you energised throughout the day. Its high in fibre, protein and essential omega fats!



Ingredients (1 Week's Supply):

- 150g almonds
- 100g pumpkin seeds
- 100g sunflower seeds
- 100g walnuts
- 75g flaxseeds
- 75g chia seeds (optional)
- 75g unsweetened dried cranberries or raisins (optional, for a touch of sweetness)
- 50g unsweetened coconut flakes (optional, for added texture)
- 1 teaspoon ground cinnamon (optional, for extra flavour)

Instructions:

1. In a large mixing bowl, combine all the ingredients - almonds, pumpkin seeds, sunflower seeds, walnuts, flaxseeds, chia seeds, dried cranberries or raisins (if using), coconut flakes (if using), and ground cinnamon (if using).
2. Mix everything together until well combined, ensuring an even distribution of ingredients.
3. Divide the trail mix into seven equal portions.

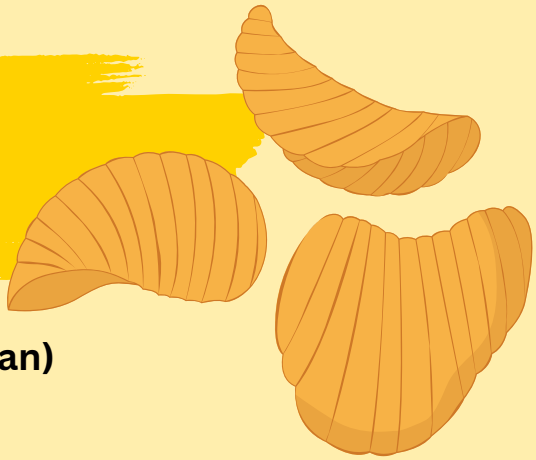
Recommended Portion per Day: Enjoy one portion (approximately 125g) of this nutritious trail mix per day as a healthy snack.

Storage: To maintain freshness, store the trail mix in an airtight container in a cool, dry place. You can also portion it into individual snack-sized bags for easy grab-and-go options throughout the week.

Suggested Twists:

1. **Chocolate Crunch:** Add a handful of dark chocolate chips (70% cocoa or higher) to the mix for a delightful chocolaty twist.
2. **Spicy Kick:** Sprinkle some cayenne pepper or a pinch of chilli powder to the mix for a spicy kick that tantalizes your taste buds.
3. **Mediterranean Blend:** Mix in some dried apricots, pistachios, and a dash of ground cumin for a Mediterranean-inspired variation.

Snack Ideas



Seasoned Baked Sweet Potato Chips (vegan)
Servings: 4

Ingredients:

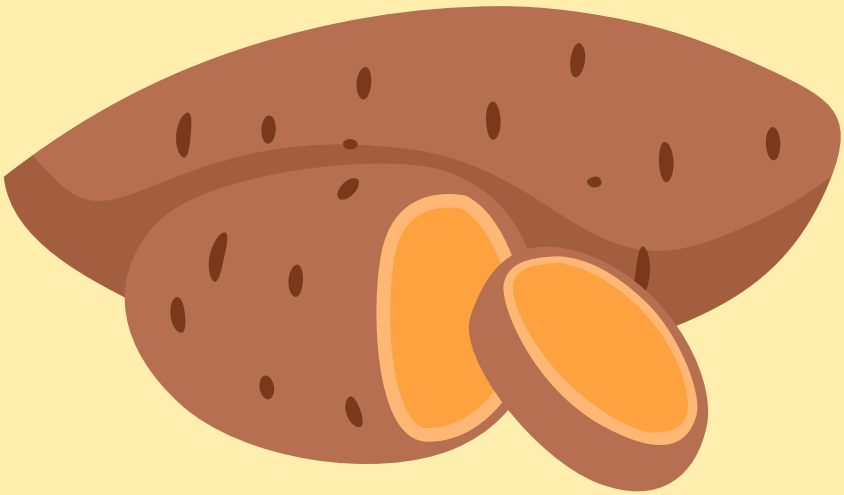


- 2 large sweet potatoes, thinly sliced
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- Salt to taste

Instructions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the sweet potato slices with olive oil, paprika, garlic powder, onion powder and pinch of salt until evenly coated.
3. Arrange the slices in a single layer on the baking sheet.
4. Bake for 15-20 minutes or until crispy, flipping them halfway through.
5. Sprinkle with cultural seasonings like garam masala (Asian), sumac (Middle Eastern), or peri-peri spice (African).





Easy Healthy Dips



Selection of wholesome dips perfect for pairing with veggie sticks, pita bread, tortillas, or crackers.

BBQ-Inspired Greek Yogurt Dip (vegan or vegetarian) Servings: 4

Ingredients:

- 1 cup Greek or dairy-free yogurt
- 1 cucumber, grated and drained
- 2 cloves garlic, minced
- 1 tablespoon fresh chives, chopped
- 1 tablespoon fresh mint leaves, finely chopped
- 1/2 tsp smoked paprika (for smokiness)
- 1 dash of Worcestershire sauce
- 1 teaspoon maple syrup or honey

Instructions:

1. In a bowl, combine all ingredients and mix thoroughly.

Creamy Avocado Salsa Twist (vegan or vegetarian
Servings: 4

Ingredients:

- 2 large ripe avocado
- Juice of 2 fresh limes
- 3 tablespoons Greek or dairy-free yogurt
- 2 clove garlic, minced
- 1/2 teaspoon ground cumin
- 1/2 tablespoon maple syrup or honey
- Handful of chopped cherry tomatoes
- Chilli flakes to taste (optional)
- Salt and pepper to taste

Instructions:

- Blend all ingredients in a food processor until you reach your desired consistency- can make it smooth or keep it chunky.

Roasted Red Pepper Hummus with Sun-dried Tomatoes (vegan)
Servings: 4

Ingredients:

- 1 can chickpeas, drained and rinsed
- Few slices roasted red pepper (from a jar), chopped
- 2 tablespoons of sun-dried tomatoes
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Cultural seasonings like cumin (Asian), za'atar (Middle Eastern), or harissa (North African).
- Salt and cayenne pepper to taste

Instructions:

1. In a food processor, blend chickpeas, roasted red pepper, sun-dried tomatoes tahini, lemon juice, and minced garlic until smooth.
2. Gradually add olive oil while blending, until desired consistency is reached.
3. Add seasoning, pinch of salt and pepper to taste and then blend.



Sweet: Black Bean Chocolate Brownies (vegan if you don't use honey)

Enjoy healthier, gluten-free black bean brownies with optional nutty, fruity, or zesty orange twists for tasty variations.

Makes 16 Squares

Ingredients:



- 2 cans (850 grams total) black beans, rinsed and drained
- 50 grams unsweetened cocoa powder
- 80 grams oats
- 1/2 teaspoon salt
- 220 grams pure maple syrup, honey or stevia
- 110 grams vegetable or olive oil
- 4 teaspoons vanilla extract
- 4 grams baking powder
- 170 grams dark chocolate chips (optional)
- Optional Flavour Twists:
  - For Nutty Brownies: Add 1 cup of chopped nuts (e.g., walnuts or almonds).
  - For Fruity Brownies: Mix in 1 cup of dried fruits (e.g., cranberries, cherries, or raisins).
  - For Orange Chocolate Brownies: Add the zest of two oranges to the dry ingredients and include 2-3 tablespoons of fresh orange juice to the wet ingredients.

Instructions:

1. Preheat the oven to 175°C (350°F) and grease a baking pan.
2. In a food processor, combine the black beans, cocoa powder, oats, salt, maple syrup or honey, vegetable or olive oil, vanilla extract, and baking powder. Process until smooth and well combined.
3. If you're trying one of the optional flavour twists, fold in the additional ingredients at this stage. For Nutty Brownies, add chopped nuts; for Fruity Brownies, add dried fruits; for Orange Chocolate Brownies, add orange zest and juice. You can also include the dark chocolate chips for an extra twist.
4. Pour the batter into the greased baking pan and spread it evenly.
5. Bake for approximately 20-25 minutes, or until a toothpick inserted into the center comes out with moist crumbs.
6. Remove from the oven and let the brownies cool completely before cutting into 16 squares.
7. Serve and enjoy these delicious and healthier black bean brownies. They can be served with Greek yogurt for an added creamy touch.



Sweet: Blueberry Chocolate Chip Oatmeal Muffins (vegan if you don't use honey)

Enjoy these delightful Blueberry Chocolate Chip Oatmeal Muffins, packed with nutritious ingredients and a burst of fruity sweetness! Perfect for breakfast or as a satisfying snack.



Serves: 12 muffins:
Ingredients:

- 180 grams rolled oats
- 120 grams whole wheat flour
- 5 grams baking powder
- 2.5 grams baking soda
- 1.5 grams salt
- 2.5 grams cinnamon
- 2 ripe bananas, mashed
- 170 grams honey or maple syrup
- 60 grams unsweetened applesauce (cooked and puréed apples)
- 60 grams almond milk (or any milk of your choice)
- 5 grams vanilla extract
- 140 grams fresh or frozen blueberries
- 85 grams dark chocolate chips



Instructions:

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners.
2. In a bowl, combine the rolled oats, whole wheat flour, baking powder, baking soda, salt, and cinnamon.
3. In a separate bowl, mix together the mashed bananas, honey or maple syrup, applesauce, almond milk, and vanilla extract.
4. Gradually add the wet ingredients to the dry ingredients and stir until just combined.
5. Gently fold in the blueberries and dark chocolate chips.
6. Spoon the batter into the prepared muffin tin, filling each cup about 3/4 full.
7. Bake for 18-20 minutes or until a toothpick inserted into the center comes out clean.
8. Allow the muffins to cool in the tin for a few minutes, then transfer them to a wire rack to cool completely.

Sweet: Berry and Apple Oat Crumble (vegan if you don't use honey)

A delicious and healthier Berry and Apple Oat Crumble! Goes Perfectly with Greek yogurt.

Serves: 6
Ingredients:

- 500 grams mixed berries (strawberries, blackberries, raspberries) - you can use frozen
- 2 medium-sized apples, peeled, cored, and sliced
- 3 tablespoons honey or maple syrup
- 1 tablespoon lemon or orange juice
- 100 grams whole wheat flour
- 100 grams rolled oats
- 50 grams olive oil
- 1/2 teaspoon ground cinnamon
- Optional: Greek yogurt for serving



Instructions:

1. Preheat the oven to 180°C (350°F). Grease a baking dish with olive oil or cooking spray.
2. In a bowl, combine the mixed berries, sliced apples, honey or maple syrup, and lemon or orange juice. Toss gently to coat the fruit evenly.
3. Transfer the fruit mixture to the greased baking dish, spreading it out in an even layer.
4. In a separate bowl, mix together the whole wheat flour, rolled oats, melted olive oil, and ground cinnamon. Stir until well combined and the mixture resembles crumbly texture.
5. Sprinkle the oat crumble mixture over the fruit in the baking dish, covering it evenly.
6. Place the baking dish in the preheated oven and bake for approximately 30-35 minutes, or until the fruit is bubbling and the crumble topping is golden brown.
7. Remove from the oven and allow the crumble to cool for a few minutes before serving.
8. Serve warm with a dollop of Greek yogurt









From Bland to Bold: Creating Healthy Salads

In discussions about diet, participants from our pilot health program expressed their dissatisfaction with salads, finding them boring and unappealing.

Responding to their feedback, we have developed an easy format to help you make salads truly exciting. Starting with creating the foundation-layering a salad, and then creating nutritious yet fun salad dressing ideas!

Say farewell to dull greens as we embark on a journey to transform salads into tantalising culinary creations.



Creating the Layers of a Salad

Mastering the art of salads begins with a solid foundation and skillful layering like a lasagna, before you drizzle abd dazzle your salad with a tasty salad dressing . Here are the simple steps:

Step 1: Base it up! Pick from a medley of greens: spinach, romaine, kale, iceberg, watercress, radish, butter lettuce, mixed baby greens, or any leaves of your choice.

Step 2: Mix it up with a colourful array! Layer your salad with a variety of fruits and veggies like cherry tomatoes, sliced cucumbers, roasted or picked beets, fresh berries, sliced oranges, diced avocados, sweetcorn, roasted sweet potatoes, pomegranate seeds, bell peppers, grated carrots etc. Hace them raw or roast them them up!

Step 3: Drizzle and dazzle! Add your favourite salad dressing or drizzle of choice and give it a good mix to coat every leaf with flavour

Step 4: Crown it with goodness! Garnish your salad with a delightful assortment of herbs, seeds, nuts, and fruits. Try roasted almonds, sunflower seeds, chia seeds, pine nuts, walnuts fresh basil leaves, coriander, mint, pomegranates, dried cranberries, sliced apples, crumbled feta cheese, shaved Parmesan cheese or cubed cheddar cheese, cooked chicken, tuna, salmon, etc. Anything goes!

East African Inspired Salad Dressings



Mango Tango Magic
Blend 1 ripe mango, 2 tbsp tamarind paste, 2 tbsp lime juice, 2 tbsp olive oil, 1 tsp honey/maple syrup (optional), 1 tsp ground cumin, 1/2 tsp ground coriander, salt, and pepper. This makes enough for 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.





Peanut Perfection Potion
Whisk together 1/4 cup creamy peanut butter, 2 tbsp soy sauce, 2 tbsp apple cider vinegar, 1 tbsp sesame oil, 1 tbsp honey/maple syrup, 2 minced garlic, 1 tsp grated ginger, and cayenne pepper. Thin with water as needed. This makes enough for 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.

Berberelicious Dream
Whisk together 2 tbsp tahini, 3 tbsp lemon juice, 1 tbsp olive oil, 2 minced garlic, berbere spice blend, salt, and pepper. Thin with water as needed. This makes enough for 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.



Middle Easten Inspired Salad Dressings



Mint Lemonade Twist
Whisk together 1/4 cup lemon juice, 2 tbsp olive oil, 1 tbsp honey/maple syrup, finely chopped mint leaves, ground cumin, salt, and pepper. This makes enough for 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.





Za'atar Zing Zest
Whisk together 1/2 cup Greek yogurt, 2 tbsp olive oil, 2 tbsp lemon juice, za'atar spice blend, 2 minced garlic, salt, and pepper. This makes enough for generous 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.

Middle Eastern Blaze
Whisk together 2 tablespoons tahini, 2 tablespoons lemon juice, 1 tablespoon honey, 1 teaspoon harissa paste, 1/2 teaspoon ground cumin, 1/4 teaspoon ground cinnamon. This makes enough for 1 generous salad bowl. Increase ratios if you are making a large jar, which you can store in the fridge for up to one week.









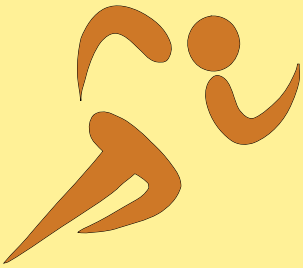
Five Pillars of Wellbeing

To lead a thriving life, there are five pillars of wellbeing that can help reduce health risks:

1. ***Nutrition***
2. ***Exercise***
3. ***Nurturing hobbies and interests***
4. ***Breath work***
5. ***Maintaining good sleep hygiene***



These pillars not only reduce stress but also aid in managing health risk factors.



We've already extensively covered nutrition. Now, let's briefly touch on the remaining four pillars. Through consultations with participants in the pilot health study, we discovered that a lack of knowledge, stress, and family/work demands often prevent them from incorporating many of these pillars. In this final section, we'll briefly explore **exercise**, **hobbies and interests**, **breath work**, and **sleep** to provide you with a starting point. All of these aspects play crucial roles in helping you manage your health and enhance your overall wellbeing.







Exercise Snacking!

Exercise reduces health risk factors and boosts mood through hormones like endorphins, serotonin, and dopamine. Take the stairs, go for brisk walks, dance for 5 minutes to your favourite music - simple changes make a huge difference. For those seeking ideas to incorporate at home in short bursts, try exercise snacking.





Have you heard of Exercise Snacking?

Exercise snacking is your secret weapon! Sneak in 1-5 minute short bursts of activity scattered throughout the day to keep your heart pumping and mind energised. Did you know that these short bursts can be just as effective, if not more, than going to the gym for an hour? It's true! You don't need a long workout session to reap the benefits.

Here are some power-packed moves to get you started:

1. Running on the Spot: Keep your heart rate up by running on the spot for 1-3 minutes.
2. Toe Touches: Stretch and engage your core by touching your toes for 1-5 minutes.
3. Side Leg Lifts: Sculpt your hips and thighs by lifting and lowering your legs for 1-5 minutes.
4. Wall Push-Ups: Build upper body strength with wall push-ups for 1-5 minutes.
5. Standing Calf Raises: Target those calf muscles by rising up on your toes for 1-5 minutes.

For more exercise snack inspiration, you can search terms like "exercise snacking," "high-intensity training (HIT)," or "short exercises to do at home" on YouTube. There are plenty of videos available that you can follow from the comfort of your home. Get ready to make exercise a delightful part of your daily routine!

Me Time Matters: Hobbies & Interests

Engaging in activities, developing interests, and cultivating hobbies can significantly improve health and wellbeing. A study by the University of Exeter found that individuals who participated in regular leisure activities had a **30% lower risk of developing depression**. Furthermore, a study published in the British Journal of Sports Medicine showed that actively engaging in hobbies and leisure activities was associated with a **40% lower risk of chronic health conditions, such as heart disease and diabetes**. Here's a few suggestions to get you thinking, but start exploring fun activities that will make you happy - "fun" and "happy" are the key words!

Sewing: Helps you relax, keeps your heart steady, improves focus, and lowers blood pressure, reducing stress. It makes you feel happier by releasing the happy hormone dopamine, giving a creative outlet, and a sense of accomplishment.





Art Activties: Express yourself through art to reduce stress, enhance mood, and boost your immune system. Creating art releases dopamine, a pleasure-inducing chemical in the brain.

Dancing: Groove your way to better health! Dancing improves balance, flexibility, and cognitive function. University of Oxford found that regular dancing improves cardiovascular fitness, increases muscle strength, and enhances balance and coordination.



Volunteering: Help others and improve your mental health. Volunteering enhances life satisfaction and can increase longevity. Acts of kindness release the hormone oxytocin, promoting happiness and well-being.



Gardening: Nurture your well-being with gardening. It reduces stress, improves mood, and increases physical activity. Garden soil contains a bacterium linked to increased serotonin production, elevating mood and reducing anxiety.

Breathing for Better Life

Breathwork, an ancient practice rooted in pranayama yoga, offers many health benefits by triggering a relaxation response in the brain and body. Practicing slow, controlled breathing can reduce anxiety, depression, high blood pressure and pain. It also positively impacts the vagus nerve, a key nerve connecting the brain to various organs, influencing mood, digestion, and overall wellbeing. Additionally, breathwork helps with insomnia, improves cardiovascular health, and aids in coping with chronic conditions like arthritis. Incorporating breathwork into your daily routine can help you gain more control and inner peace!

4-7-8 Breathing

One effective breathing technique is called "4-7-8 breathing," which helps promote relaxation and reduce stress. Here's how to practice it:



1. Find a comfortable seated position or lie down if you prefer.
2. Place the tip of your tongue against the roof of your mouth, just behind your front teeth, and keep it there throughout the exercise.
3. Close your eyes and take a slow, deep breath through your nose, counting to four in your mind. Feel your abdomen expand as you inhale.
4. Hold your breath for a count of seven.
5. Exhale completely through your mouth, making a "whoosh" sound, counting to eight in your mind. Focus on releasing all the air from your lungs.
6. This completes one breath. Now, inhale again and repeat the cycle three more times.

Practice this technique twice a day or as needed and start enjoying the benefits of deep breathing!

Sleep For Better Health...

Don't underestimate the power of sleep! It's a necessity for your overall health and well-being. Lack of sleep can contribute to poor physical and mental health. Your body needs time to restore and rapair. Read our floating clouds to get some better sleep tips!

Creating a Restful Sleep Environment:
To improve your sleep, try maintaining a **cool room temperature** (15-19°C or 59-66°F). Research has shown that a cooler room can help deeper, more refreshing sleep; allowing your body to regulate its temperature, boost the production of melatonin (the sleep hormone) and can reduce disruptions. **Use** earplugs, an eye mask, or play soothing sounds like rain or guided sleep meditation. **Download** apps like **Calm** or **Headspace** to ease you into a more restful night's rest.

Limit caffeine and stimulants:
Avoid them near bedtime. Have a calming herbal tea or warm milk instead.

Establish a stress free bedtime routine:
Establish a bedtime routine, avoid screens an hour before bedtime. Screens emit blue light, disrupting melatonin production and affecting sleep. Engage in relaxing activities like reading, taking a bath, or meditating to improve sleep quality and overall wellbeing.

Regular exercise:
Exercising during the day helps improve sleep by regulating circadian rhythms—our internal body clock that influences sleep-wake cycles. Choose enjoyable exercises to make them a sustainable part of your routine, such as brisk walking, gardening or cycling.



Natural Sleep Supplements: Magnesium Bisglycinate and Inulin
You can try magnesium bisglycinate supplements or chicory-derived inulin powder. Found online or in health stores, opt for pure, binder-free versions. Magnesium aids in muscle relaxation, calms the nervous system, and promotes GABA production in the brain for better sleep. Inulin, (made from the chicory plant) supports gut health, indirectly influencing sleep regulation.
Follow recommended dosages and instructions for optimal results. Also, you can try adding magnesium and inulin-rich foods into your evening meal, like leafy greens, nuts, seeds, whole grains, and bananas. Magnesium can encourage melatonin production (sleep hormones), while inulin influences serotonin (mood hormone). But please consult a healthcare professional for personalised advice if you are having problems with sleeping!

Resources:



Explore these resources to enhance your wellbeing and gain valuable insights on various health aspects.

Heart UK
Your go-to hub for heart health advice, support and lots of recipes ideas.
https://www.heartuk.org.uk

British Heart Foundation
Lots of useful advice to manage your heart health, nutritional advice and recipes.
https://www.bhf.org.uk/informationsupport/heart-matters-magazine/nutrition

NHS BMI
Calculate your BMI and take control of your weight and health.
https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/

British Nutrition Foundation
A charity giving people, educators and organisations access to expert and reliable information on nutrition.
https://www.nutrition.org.uk/our-work/



Diabetes UK
Useful informortion on how to manage diabetes and reduce risks.
www.diabetes.org.uk

NHS Blood Pressure
Manage your blood pressure effectively with expert guidance.
https://www.nhs.uk/conditions/high-blood-pressure-hypertension/

NHS Heart Age Calculator
Discover your heart's age and make positive changes
https://www.nhs.uk/health-assessment-tools/calculate-your-heart-age

Lambeth Together
Lambeth Together is dedicated to transforming health and wellbeing in Lambeth. Their mobile bus service provides advice on managing bills, welfare benefits, blood pressure checks, and more. Visit their website for schedules and services.
https://www.lambethtogether.net/lambeths-health-and-wellbeing-bus/

Healthy Living Platforrm
Healthy Living Platform is a Lambeth charity that promotes healthier and more sustainable lives by connecting communities through food. They offer information on services, events, food training courses, and job opportunities.
https://healthylivingplatform.org

Stakeholders

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