

Eating healthy, keeping healthy!

Reading the label on food
packaging is an easy way to
choose healthier options

Really? Show me how
when we get to the shops



HEALTHY START

HS115PREG

Making sense of food labels

Reading food labels can help you to eat a healthy balanced diet when you are pregnant.

Reading food labels

Food labels (also known as nutrition labels) are normally found on the back or side of a food product. They show the amount of total fat, saturated fat, sugars and salt in a product. Paying attention to this label can help you choose between products and keep a check on what you are eating.

How can I tell if a food is high or low in saturated fat, sugar or salt?

It's easy – just compare what is on the nutrition label with this handy list:

Total fat

High: more than 20g of fat per 100g

Low: 3g of fat or less per 100g

Saturated fat

High: more than 5g of saturated fat per 100g

Low: 1.5g of saturated fat or less per 100g

Sugars

High: more than 15g of total sugars per 100g

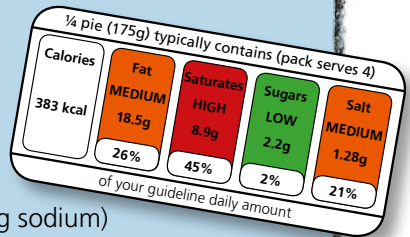
Low: 5g of total sugars or less per 100g

Salt

High: more than 1.5g of salt per 100g (or 0.6g sodium)

Low: 0.3g of salt or less per 100g (or 0.1g sodium)

Sometimes nutrition information is also on the front of pack with traffic light colour coding or the percentage of guideline daily amounts (GDAs). This makes it even easier for you to choose healthier options.



You can find more information on healthy eating and foods to avoid during pregnancy at www.healthystart.nhs.uk

Pancakes!

It's Pancake Day on February 21 – join in the celebrations by making home-made pancakes with healthy fruit toppings, helping you on your way to 5 A DAY!



Ingredients

(Makes 6 pancakes)

For the pancake mixture:

- 55g plain flour
- 1 egg
- 100ml milk mixed with 40ml water
- 1 tablespoon of oil
- topping of your choice (see suggestions below)

Toppings suggestions:

- Sliced banana.
- Plain low-fat yoghurt and fruit.
- Stewed eating apples – to stew fruit, remove cores and chop into bite-sized pieces. Then heat in a pan with a little water until soft. There is no need to add any sugar as the fruit has natural sugar in it already.
- Summer berries – you can buy frozen berries with your Healthy Start vouchers. Just defrost them and serve with your pancakes.

Method:

1. Put the flour in a large mixing bowl. Then make a well in the centre of the flour and break the egg into it.
2. Whisk the egg and flour together. You can use any sort of whisk or a fork.
3. Slowly add small quantities of the milk and water mixture and keep whisking. Don't worry about any lumps that appear. They will eventually disappear as you whisk.
4. Heat the oil in a frying pan until it's hot. Turn the heat down to medium. Then using a large spoon or a ladle add enough pancake mix to thinly coat the bottom of the pan.
5. After a minute or two, check that the underside of the pancake is cooked. It will look golden brown.
6. When it is ready, flip the pancake over and cook the other side. This will only take a few seconds.
7. Dish out onto a warm plate and serve with your favourite healthy toppings!

What's good to buy now and what's coming next?

February/March

Carrots, leeks, cauliflower,
spring onion



April/May

Cherries, apricots, cucumber,
lettuce



Next month: Don't miss our updated essential guide to Healthy Start for 2012/13



www.healthystart.nhs.uk

0845 607 6823 (local call rate from BT landlines)

If your circumstances change (for example, when you have your baby), remember to tell HMRC Tax Credits and Jobcentre Plus straight away. That way, you'll keep getting the right amount of Healthy Start vouchers.