



Philippa Parish Nutrition

BSc (Hons) Dip ION MBANT NTC & CNHC Registered Practitioner

Phone: 0117 9863700 Mobile: 07970 950 839

E-mail: philippaparish@blueyonder.co.uk Web: www.philippaparish.com



Ways to Eat more Fruits and Vegetables

Aim for 5-10 portions a day

Potatoes are mainly starch and so do not truly count as vegetables. Best eaten as organic and with the skins on.

Breakfasts

1. Fruit smoothies -, snack. Blend fruits (frozen) with milk/yoghurt.
2. Grill - tomatoes/mushrooms plus cheese on toast.
3. Pancakes - filled with mixed berries and Greek yoghurt, apple and cinnamon, banana and honey, fried onions, sweetcorn and potato, roasted vegetables.
4. Top-up - on cereals: chopped fruit or dried fruit
5. Omelettes - potato, onion, tomato, peppers, mushrooms, sweetcorn.

Lunches

1. Soups - use a wide variety of vegetables and beans and lentils.
2. Mixed salads - peas, sweetcorn, peppers, olives, celery, beetroot, beansprouts, carrots, apples, mushrooms, avocados, tomatoes with pasta, rice, cous cous, millet, bulgar wheat, buckwheat etc.
3. Home made salsa - onions, avocados, tomatoes, fresh coriander, lemon/lime juice blended together.
4. Vegetable and fruit kebabs - mushrooms, onions, pineapple, tomatoes, courgettes, sweetcorn, peppers.
5. Add extra vegetables to sandwiches/wraps, pittas : salad leaves, grated carrot, sliced onion, tomato, peppers, watercress, parsley.

Dinners

1. Stews/casseroles and sauces - add extra vegetables either chopped small, or blended together, or a can of beans/chick peas.
2. Pizzas - add extra vegetables to the topping: peas, sweetcorn, tomatoes, onions, peppers. Serve with a salad.
3. Instead of mashed potato - mixtures of potato, swede, turnip, carrots, parsnips, cabbage, broccoli, cauliflower, pumpkin, squash, sweet potato.
4. Pies - use canned beans and lentils in place of some of the meat and add extra vegetables

: peas, sweetcorn, onions, carrots, tomatoes, parsnips

5. Baked/stewed fruit and dessert.

6. Stuffed vegetables - tomatoes, courgettes, marrows, aubergines. Stuff with savoury rice, Bolognese sauce.

7. Roasted vegetables - courgettes, red onions, aubergines, tomatoes, mushrooms, small potatoes. Roast until soft, eat hot, or cold.

8. Vegetables fritters - sweetcorn, onions, grated potatoes, sliced peppers, fried in a pancake mixture.

Snacks

1. Keep a well-stocked fruit bowl easily accessible and encourage a fruit choice, if hungry.

2. Dips - sticks of carrot, celery and cucumber, cauliflower florets cherry tomatoes dipped into hummus.

3. Mixed dried fruit and nuts and seeds.

4. Rich fruit cake/banana/carrot/apple cake (make with wholemeal flour, add 2 extra eggs and 2tbs chopped nuts), flap jacks (make with twice the recipe quantity of oats and add mixed seeds)

1 Portion equivalent

1 medium piece of fruit, half a large fruit (e.g. grapefruit), 2 small fruits (e.g. kiwi, plums, satsumas), handful of grapes, 3 pieces of dried fruit, 1 tablespoon of raisins, 1 glass (150ml) fruit juice, 2/3 tablespoons canned fruit, 3 tablespoons mixed vegetables, 1 cereal mixed salad, small can of beans.

It is advisable to consult your doctor of any changes you intend to make to your diet, especially if you are on medication. Nutritional therapy should not be considered a replacement for conventional treatment.