

LOCKDOWN LIFE

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Healthy Eating!

Sometimes it feels hard to stay healthy during lockdown. But eating healthily is a great way to look after your mental and physical wellbeing.



Why not send me some pictures of your Lockdown baking, or share one of your favourite recipes and you could feature in the next edition of **Lockdown Life!**

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Eat The Rainbow

A colourful plate is appealing and healthy!

Eating a variety of foods can help you get the vitamins and minerals you need to keep your body and mind healthy during lockdown.

Why not try these fun vegetable kebabs?



Or this colourful fruit rainbow!



Healthy Tips

It's easy to make a few swaps to make your meals just a little more healthy.

- **Wholegrains are heart healthy!**
Choose wholemeal pasta and flour, or brown rice. Wholegrains are high in fibre, making you feel fuller for longer.
- **Leave the skin on potatoes to boost your fibre and vitamin intake.**



- **Add in extra fruit and vegetables.**
Check out the attached recipes for inspiration!
- **Try a fruity smoothie for a delicious nutrient packed drink**
- **Eat oily fish for a great source of protein, omega-3 and vitamin D!**

Let me know if you have any inspiring healthy eating tips!

Try A New Recipe!

Cooking is a great hobby – many people find it relaxing, and it can help relieve stress and anxiety. Plus, you get to eat the end result!

Now is a great time to experiment with ingredients that you might not have tried before.



There are loads of free recipes on the internet, but I've attached some of my favourites for you to try.



Don't forget to share your results!

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