



World
Cancer
Research
Fund



BUDGET BITES

Eat well, spend less



Dear supporter,

Thank you for choosing World Cancer Research Fund's cookbook,
Budget Bites.

Whether you are cooking for yourself or your whole family, there's no better time than now to cook healthier meals while making savings. We want to show you that healthy food doesn't need to be bland, costly, difficult or time-consuming to prepare, whatever you may think!

Our Budget Bites cookbook brings together nutritious and flavourful dishes while still being budget friendly. It also looks at some common myths around eating well, while giving you some top tips, from weekly food shops to meal prepping like a pro!

The focus of the recipes in this cookbook is on using nutritious, everyday affordable ingredients, and at the same time making sure they all follow our Cancer Prevention Recommendations. We have also ensured that all the recipes contain no added salt or sugar. Have a look through our recipes to see how you can reduce the cost of your meals without skimping on the flavour. Remember, eating well doesn't have to be expensive!

We have a range of recipes, including vegetarian and vegan options, so we are confident you will find something you like or that suits your whole family.

We hope you enjoy these recipes as much as we do, and please do share them with your friends and family and help us spread our cancer prevention messages.

Best wishes,

A handwritten signature in black ink that reads "Zoe Griffiths". The script is cursive and fluid, with the first name "Zoe" and last name "Griffiths" clearly distinguishable.

Zoe Griffiths

Registered Nutritionist

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Nutrition information: Our nutrition information is calculated by registered nutritionists and is based on readily available products that contain the lowest possible amount of salt, fat and sugar. This information is to be used as a guide and may vary depending on what products you use. Try to choose foods that contain no added salt or sugar, and opt for low or reduced-fat, salt and sugar versions where possible.

If you adjust the recipes using our top tips or serving suggestions, the nutrition information will no longer be accurate.

Cost per recipe: The cost of each recipe provided is correct at the time of print. However, the cost and nutritional information of each recipe will naturally differ over time and be dependent on where you shop.

GETTING STARTED



Do you want to cook in a healthier and more sustainable way for both your wallet and your health? The store cupboard staples list below is a great place to start, with some simple foods we believe are essential to keep stocked up on at home or to keep on your weekly shopping list. These nutritious and affordable staples are ideal for use in our recipes, but also for last-minute meals or when you have no time to get to the shops. Also, take a look at our recipe website for lots more healthy meal ideas wcrf-uk.org/recipes.

Store cupboard staples

Tinned:

- Chickpeas
- Lentils
- Beans
- Vegetables
- Tomatoes (perfect for sauces)
- Tuna and other fish, i.e., sardines, mackerel, pilchards
- Fruit (in juice not syrup)

Remember: when buying tinned products always choose those with no added salt or sugar.

Dried:

- Herbs and spices
- Brown pasta and rice
- Chickpeas
- Lentils
- Pulses
- Fruit
- Potatoes
- Onions
- Brown bread

Oils:

- Olive oil/vegetable oils

Fridge staples

- Vegetables – eg carrots
- Milk (low-fat/skimmed milk, long-life, or plant-based alternatives like oat, soya and almond milk)
- Eggs
- Low-fat yoghurt

Freezer staples

- Fruit – eg berries
- Vegetables – eg peas, broccoli, and mixed vegetables

Remember: you can keep bread in the freezer if you won't finish a whole loaf before its best before date. Take out slices when you need them, so you don't waste food.

TOP TIPS

Meal plan and prep

This will help you buy only the things you need for the week without buying food you might use but end up throwing away. We have included a template at the back of this cookbook for you to plan your weekly meals. In addition, meal prepping lunches in advance doesn't need to be time-consuming. Chopping up some vegetables is an easy way to feel prepared for the week and can reduce the temptation to skip cooking and buy a takeaway.



Weekly shop

Try to stick to a weekly shop and follow a shopping list based on your meal plan. This will help stop you from overbuying. If you can't do weekly shops, shopping less often can help reduce unnecessary purchases.

See our cupboard staples for more ideas on what to buy.

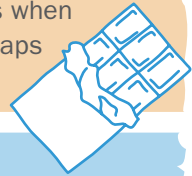
Online shopping is a great way to check the cost as you put items into your basket.

Remember, supermarket own-brands are often just as good as branded.



Don't do your food shop hungry

You are more likely to buy too many highly processed foods when you're hungry and perhaps craving certain foods.



Eat more plants!

Buy more plant-based foods such as pulses like beans, peas and lentils, as well as fruit, vegetables and wholegrains as meat and animal products tend to be more expensive.



Buy seasonal

Fruit and vegetables that are in season can be cheaper because they are sometimes grown locally and often cost less to produce.



Stock up on frozen and tinned fruit and vegetables

They last longer than fresh, and are often just as nutritious and cheaper. Frozen fruit is great in smoothies, porridge and even desserts. Frozen veg can save time, and are great in casseroles, stews and stir-fries.



RED KIDNEY BEAN ENCHILADAS



Ingredients

1 tablespoon vegetable oil
1 onion, diced
1 red pepper, cut into strips
1 clove garlic, crushed
½ teaspoon hot chilli powder
1 teaspoon ground cumin
400g tin chopped tomatoes
400g tin red kidney beans, drained and rinsed
8 wholemeal tortillas
1 red onion, chopped
2 tomatoes, chopped
80g iceberg lettuce, cut lengthways into strips
50g reduced-fat Cheddar cheese, grated

Number of portions: 4

Cooking and preparation time: 25 minutes

Cost per dish: £3.70 (based on serving 4)

Method

To make the tomato sauce:

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and red pepper and cook until they start to soften. Then add the garlic and cook for a further minute.
3. Add the hot chilli powder and ground cumin and cook for a further 2 minutes.
4. Add the tinned tomatoes and red kidney beans and cook for 2-3 minutes until the red kidney beans have been heated through thoroughly.

To assemble the enchiladas:

1. Heat the tortillas according to packet instructions.
2. Open the first tortilla and spread some of the tomato sauce across the centre of the tortilla.
3. Sprinkle on some red onion, tomato, iceberg lettuce and cheese.
4. Fold up the tortilla to encase the filling and repeat for the rest of the tortillas.
5. Serve immediately.

Top tip

This recipe also works well with chickpeas. Just substitute the red kidney beans with a tin of chickpeas. Just make sure to check for no added salt or sugar.

Add a squeeze of lime juice for a little freshness.



Nutrition information (per serving)

Calories
505

Fat
12g

Sugar
15g

Fibre
17g

Protein
22g

Salt
1.1g

5 A DAY
4.5



GARDENER'S PIE



Ingredients

1 tablespoon vegetable oil
1 onion, diced
2 cloves garlic, crushed
400g tin chopped tomatoes
400g tin haricot beans, drained and rinsed
300g frozen mixed vegetables such as carrots, peas and green beans
1 reduced-salt vegetable stock cube dissolved in 150ml boiling water
Freshly ground black pepper
2 teaspoons dried thyme
2 tins new potatoes in water, drained and sliced lengthways
50g reduced-fat Cheddar cheese, grated

Method

1. Heat the oil in a large non-stick pan over a medium heat.
2. Add the onions and cook until they start to soften. Then add the garlic and cook for a further minute.
3. Stir in the tinned tomatoes, haricot beans, frozen mixed vegetables, vegetable stock, freshly ground black pepper and dried thyme. Bring to the boil and simmer for 5 minutes to heat through thoroughly.
4. Tip the mixture into an ovenproof dish and arrange the sliced potatoes over the top of the mixture.
5. Sprinkle with grated cheese and place under a grill for around 7 minutes until golden brown.
6. Serve immediately.

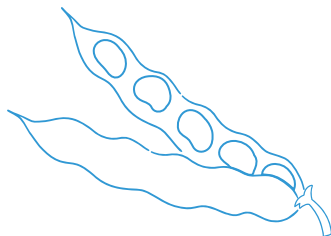
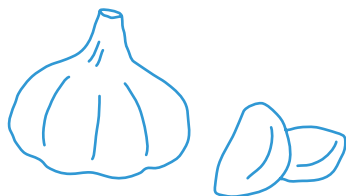
Top tip

Substitute the haricot beans for borlotti beans or butter beans for a slight variation on this recipe. Tinned beans like these are types of pulses which are high in protein and fibre and a good source of iron, B vitamins (including folate), potassium and zinc.

Number of portions: 4

Cooking and preparation time: 30 minutes

Cost per dish: £2.64 (based on serving 4)



Nutrition information (per serving)

Calories
313

Fat
8.2g

Sugar
9.9g

Fibre
19.6g

Protein
13g

Salt
0.6g

5 A DAY
3



CARIBBEAN PEPPERPOT WITH TOFU



Ingredients

300g brown rice
2 tablespoons vegetable oil
1 onion, diced
1 clove garlic, finely chopped
3 sweet potatoes, peeled and cubed
2 leeks, sliced
2 large carrots, peeled and sliced
1 reduced-salt vegetable stock cube dissolved in 1200ml boiling water
1 teaspoon dried thyme
1 teaspoon dried chilli flakes
Freshly ground black pepper
150g pre-sliced frozen okra or defrosted frozen okra, sliced
280g packet of tofu, drained and cubed

Method

1. Cook the rice according to packet instructions.
2. Heat 1 tablespoon of the oil in a large non-stick pan over a medium heat.
3. Add the onions and cook until they start to soften. Then add the garlic and cook for a further minute.
4. Add the sweet potatoes, leeks, carrots, vegetable stock, dried thyme, dried chilli flakes and freshly ground black pepper. Bring to the boil, cover with a saucepan lid and simmer for 15 minutes, stirring occasionally.
5. Add the okra and simmer for a further 5 minutes or until the vegetables are cooked and the liquid in the pepperpot has reduced. You may need to add more water to prevent sticking.
6. While the okra is cooking, prepare the tofu. Heat 1 tablespoon of vegetable oil in a frying pan over a medium-high heat and fry the tofu for 5 minutes until golden brown, stirring frequently. Add to the pepperpot and mix thoroughly.
7. Serve with the rice.

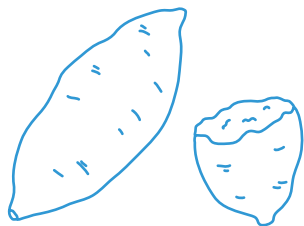
Number of portions: 4

Cooking and preparation time: 35 minutes

Cost per dish: £4.16 (based on serving 4)

Top tip

Caribbean pepperpot is traditionally made with seasonal vegetables so vary this recipe by using your favourite seasonal vegetables.



Nutrition information (per serving)

Calories
575

Fat
15g

Sugar
15g

Fibre
12g

Protein
19g

Salt
0.3g

5 A DAY
2.5



MIXED VEGETABLE AND RED LENTIL CURRY



Ingredients

300g brown rice
1 tablespoon vegetable oil
1 onion, diced
1½ tablespoons medium curry powder
1 clove garlic, crushed
800g frozen mixed vegetables
400g tin chopped tomatoes
150g dried red lentils
550ml boiling water

Number of portions: 4

Cooking and preparation time: 35 minutes

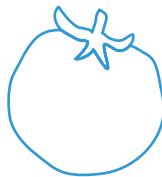
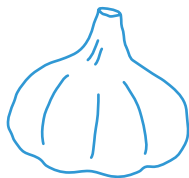
Cost per dish: £2.44 (based on serving 4)

Method

1. Cook the rice according to packet instructions.
2. Heat the oil in a large non-stick pan over a medium heat.
3. Add the onion and curry powder and cook until the onion is starting to go golden brown. Then add the garlic and cook for a further minute.
4. Add the frozen mixed vegetables, tinned tomatoes, dried red lentils and water. Bring to the boil, cover with a saucepan lid and simmer on a low heat for 25 minutes until the lentils and vegetables are cooked, stirring occasionally. You may need to add more water to prevent sticking.
5. Serve with the rice.

Top tip

This recipe works well with any frozen mixed vegetables so choose your favourite for a great quick curry recipe. You can also substitute the rice for couscous if you fancy something a little different. The recipe can also be topped with a plant-based yoghurt like soya.



Nutrition information (per serving)

Calories
562

Fat
7.1g

Sugar
17g

Fibre
16g

Protein
23g

Salt
0.4g

5 A DAY
4.5



MASTERING THE MEAL PREP

Meal prepping is a great way to save money, and time. It can also help you maintain a healthy diet and be organised throughout the week, whether you are preparing vegetables or a full meal ready for each day. Below are some helpful tips you might like to try.

Chop and peel fruit and vegetables when you buy them



- This might not be suitable for every vegetable, but it works well for those that are time-consuming and fiddly to prepare, such as peeling and chopping carrots and potatoes (although you retain more nutrients in the food if you don't peel them). Cut up fruit such as mango and pineapple as a healthy snack, great paired with natural low-fat yoghurt. Peel, chop and pop them into airtight containers to keep in the fridge. Then they are ready to use when you need them.



- You can even store chopped carrots in the freezer.



Prepare lunches ahead of time

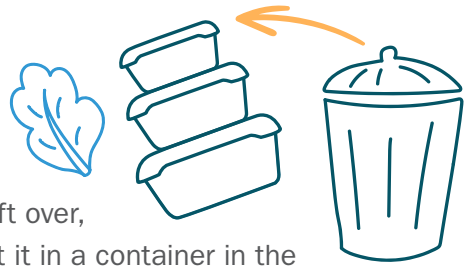
- If you know you will be out at work, have nutritious lunches ready to grab from the fridge that you can eat straight away or heat up. They'll help you avoid meal deals or fast food on the go, which often result in spending more money and eating less nutritious food.
- As with any meal, try to make a balanced lunch. Include a carbohydrate such as rice, pasta or sweet potatoes, a protein source like tinned chickpeas, and plenty of vegetables. There are no rules, just try to eat a variety.
- Prepare a salad and chop up meat like chicken or turkey, or some tinned fish to pop into wraps or sandwiches.

Top tip: If using a salad dressing, keep it to one side in a container until you are ready to eat. This stops the food from going soggy.

Box it, don't bin it

Using leftovers is a great way to save money and reduce food waste.

When cooking a meal, if there is any left over, instead of throwing it away, you can put it in a container in the fridge and eat it the next day. Keeping leftovers can save you money and time.



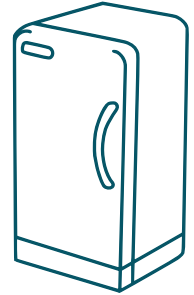
Top tip: You can even cook more portions than you need and use up any ingredients that will otherwise go off.

Recipes in this cookbook that would work great as leftovers include the mixed vegetable and red lentil curry, gardener's pie and mackerel and sweetcorn pasta.



Freeze for the future

Some produce is cheaper bought in bigger quantities, for example, chicken breasts. If you do buy more than you need (of any protein or meal) separate them out and freeze what you won't use before the use-by date.



This doesn't need to just be chicken, frozen vegetables bought in bigger quantities can often be cheaper too. Just be sure to always defrost food correctly in the fridge, not at room temperature and do not freeze again after defrosting. Once cooked, only reheat your food once.

If you have made a big batch of a recipe in this cookbook, wait for it to cool down, portion it out into individual plastic containers, note the date on the container and freeze it to use over the next few weeks. Just defrost (safely), heat up and enjoy.

A final note – if you have fresh fruit and vegetables that are past their best before date, don't throw them away. They are great blended in a smoothie or in a soup.



CHICKEN MOUSSAKA

Ingredients

300g brown rice
1 tablespoon vegetable oil
1 onion, finely diced
2 medium carrots, finely diced
1 clove garlic, crushed
250g low-fat chicken mince (typically 5-6% fat)
150g frozen sliced peppers
400g tin chopped tomatoes
400g tin cannellini beans, drained and rinsed
3 teaspoons dried oregano
1 teaspoon dried mint
Freshly ground black pepper
250ml low-fat Greek-style yoghurt
2 eggs

Number of portions: 4

Cooking and preparation time: 40 minutes

Cost per dish: £4.20 (based on serving 4)

Method

1. Preheat the oven to 200°C/180°C fan.
2. Cook the rice according to packet instructions.
3. Heat the oil in a large non-stick pan over a medium heat. Cook the onions and carrots until starting to soften. Add the garlic and cook for a further minute.
4. Add the chicken mince, stirring constantly and breaking into small pieces with a wooden spoon, until cooked.
5. Add the frozen peppers, tinned tomatoes, cannellini beans, 2 teaspoons of the dried oregano, dried mint and freshly ground black pepper. Bring to the boil and simmer on a low heat for a few minutes until the ingredients are all heated through and the sauce has slightly thickened.
6. Put the sauce into an ovenproof dish.
7. In a separate bowl, mix the yoghurt, eggs and 1 teaspoon of the mixed herbs. Spoon evenly over the top of the chicken mixture to cover it and place in the oven for 15-20 minutes until the top has set and has gone golden brown.
8. Serve with the rice.

Top tip

For a slight variation, use turkey mince or to make a vegetarian version use Quorn mince, or just leave out the mince altogether.



Nutrition information (per serving)

Calories
571

Fat
11g

Sugar
16g

Fibre
12g

Protein
36g

Salt
0.6g

5 A DAY
3.5



CHICKEN CHOW MEIN

Ingredients

250g wholewheat dried egg noodles
(4 x 62.5g nests or 5 x 50g nests of noodles)
.....
1 tablespoon vegetable oil
.....
350g skinless frozen chicken breast,
defrosted, cut in half and sliced
.....
1 onion, cut in half and sliced
.....
½ red pepper, sliced
.....
1 large carrot, cut into matchsticks
.....
125g savoy cabbage, shredded
.....
125g broccoli, florets only, cut into
smaller pieces
.....
½ teaspoon Chinese five-spice
.....
2 tablespoons reduced-salt soy sauce
.....

Method

1. Prepare the noodles according to the packet instructions.
2. Heat the oil in a wok or deep, large pan on a high heat.
3. Add the chicken and cook for 3 minutes, stirring constantly. Add the onion, red pepper, carrot, cabbage and broccoli then stir continuously for a further 5-7 minutes. Cook until the chicken is cooked through and the vegetables are softened but still crunchy.
4. Add the Chinese five-spice and soy sauce. Stir through to mix. Turn off the heat.
5. When the noodles are ready, drain them and add them to the wok, mixing thoroughly.
6. Serve immediately.

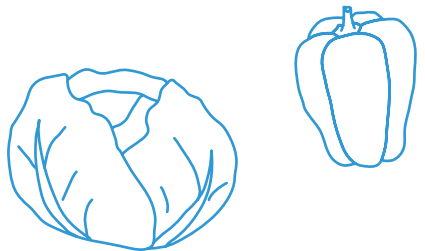
Number of portions: 4

Cooking and preparation time: 25 minutes

Cost per dish: £3.88 (based on serving 4)

Top tip

Mix up your chow mein by varying the vegetables every time you make it. Courgettes, cauliflower, green beans, leeks, mushrooms, pak choi, peas, water chestnuts, radishes, beansprouts, spring onions, kale and all types of cabbage work really well in stir-fries.



Nutrition information (per serving)

Calories
412

Fat
6.4g

Sugar
9.1g

Fibre
8.7g

Protein
35g

Salt
1.2g

5 A DAY
1.5



MYTH BUSTERS



More and more of us are keen to follow a healthy diet and there's a lot of information out there, but a lot of it just isn't true. These are some of the most common myths.

"Eating a healthy diet is always more expensive"

Many factors affect how much you will spend on your food shop, from how many mouths you have to feed, to where you live and shop. However, there are some ways to keep the cost down. Buying tinned foods such as beans, lentils and vegetables as well as frozen fruit can help to reduce food costs. Plus, frozen and tinned food is often just as good for you as fresh.

"Eating my 5 A DAY is expensive"

If you are on a budget, there are some ways to help you get your 5 A DAY more cheaply, such as:

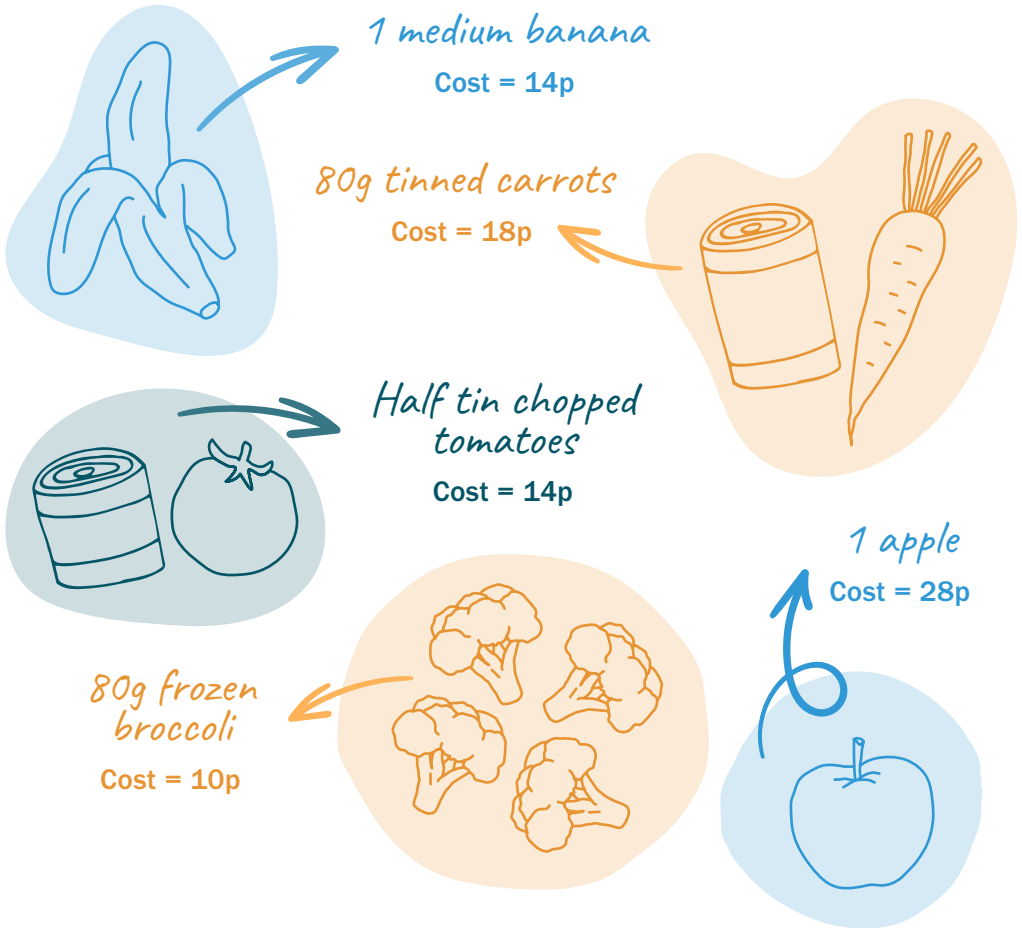
- Buying fruit and vegetables that are in season.
- Buying tinned and frozen. They are often cheaper and last longer than fresh (they are also just as nutritious and still count towards your 5 A DAY). If you buy tinned fruit, make sure it's in juice not syrup.
- Buying at a local market. They can sometimes provide great deals and value for money.

Apples and bananas are great foods to eat. The fruit and veg you buy don't need to be fancy or expensive. When you're next shopping, see what's on offer and try something new. Many supermarkets now offer 'wonky' fruit and vegetables. They are often sold cheaper because they look different, but they are perfectly fine to eat and can be better for the environment.

"How can I reach my 5 A DAY?"

A 5 A DAY example:

Chopped banana on your morning porridge, a sandwich for lunch with a side of carrot sticks and houmous, chopped tomatoes in your evening curry with a side of greens, and natural low-fat yoghurt with a grated apple for a healthy snack.



The total cost of this 5 A DAY would be 84p

Costs displayed are an approximate guide and may differ

“If I don’t eat meat, I won’t get enough protein”



Plants contain proteins too. In fact, plant-based sources of protein contain several different nutrients, such as vitamins, minerals, and fibre, especially in pulses like beans. Eating enough fibre each day is a key part of a healthy diet, and our research has shown that a fibre-rich diet can help to reduce your risk of bowel cancer.

There is no reason you can’t get enough protein if you are eating plant-based sources of protein. Try to have a serving at each meal and aim to vary your sources of plant-based proteins.

Good sources include pulses like beans, chickpeas, and lentils, chia seeds, nuts and seeds, quinoa, soya-based products like tofu, and Quorn. If you are vegetarian, getting enough protein is simpler because foods such as eggs, yoghurt and milk are all rich in protein, and contain other important nutrients such as calcium and vitamin B12.



“Eating vegetables is tasteless”



You can use lots of different herbs and spices when cooking with vegetables to help with flavour. Plants are often associated with being tasteless because they don’t contain the same levels of fat found in other foods. However, vegetarian and vegan dishes can be full of flavour, especially when prepared properly using different cooking methods and combining various ingredients and seasoning. Try one of the vegetarian dishes in this book and see how flavoursome they can be.

“Cooking nutritious meals takes too long”

It doesn’t have to. Just look at some of the recipes we have in this book, and you will see that with some planning ahead, most meals can be quick, tasty, and healthy. If you plan to make the most of leftovers and meal prep, you can easily cut your time in the kitchen. We have a whole range of recipes that take as little as 20 minutes to prepare on our website wcrf-uk.org/recipes.

"But my meal isn't complete without meat"

You can create a healthy, balanced meal without red or processed meat. Our research shows that reducing how much red and processed meat you eat can help protect you against bowel cancer. See our guides here

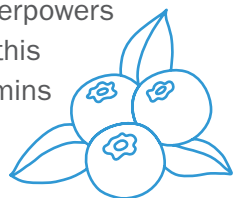
wcrf-uk.org/health-guides for other ways to reduce your risk of cancer.

You can swap meat for alternatives like tofu, tempeh, seitan, Quorn or pulses. Just check the label to make sure it contains no added salt or sugar.



"I need to buy superfoods to be healthy"

There's no such thing as a superfood, it's just a marketing term. The media often gives the impression that certain foods like blueberries, goji berries and avocados have certain superpowers that make them better than other fruit and vegetables, but this isn't true. All plants have differing and varying levels of vitamins and minerals, so it's best to have a variety in your diet. Choosing those you enjoy is a great place to start.



For lots of **nutritious and easy-to-make recipes**, why not have a look at the recipes on our website:

wcrf-uk.org/recipes

You can also **download or order a range of cookbooks for free**, from Family Flavours to British Favourites – we have something for all:

wcrf-uk.org/cookbooks



WHITE FISH POKE BOWL

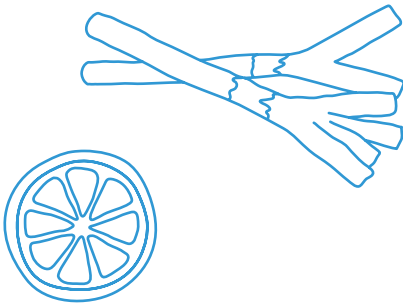
Ingredients

300g brown rice
4 fillets white frozen fish, defrosted and cut into chunks
3 oranges, zest and juice
Freshly ground black pepper
2 tomatoes, sliced widthways
250g red cabbage, sliced
1 large carrot, peeled and cut into matchsticks
A bunch of spring onions, peeled and sliced
125g low-fat natural yoghurt
1 tsp dried parsley
20g sesame seeds

Number of portions: 4

Cooking and preparation time: 30 minutes

Cost per dish: £4.84 (based on serving 4)



Method

1. Set the oven to 200°C/180°C fan.
2. Cook the rice according to packet instructions.
3. Place the fish, orange zest, orange juice (reserve 2 tablespoons orange juice for the yoghurt dressing) and freshly ground black pepper in a bowl. Stir it to mix and divide between 4 pieces of aluminium foil on a baking tray. Fold over to create 4 parcels. Place in the oven and bake for 15-20 minutes until the fish is cooked.
4. Add the cooked rice to 4 bowls.
5. Then arrange the tomatoes, red cabbage, carrot and spring onions into the 4 bowls.
6. To make the yoghurt dressing, mix the yoghurt, 2 tablespoons of the orange juice and the dried parsley in a small bowl. Stir well to mix. Set aside.
7. Remove the fish from the oven and place in the bowls.
8. Then drizzle the yoghurt dressing across the poke bowl by dripping it from the side of a teaspoon or pouring from a jug.
9. Sprinkle on the sesame seeds.
10. Serve immediately.

Top tip

Choose your favourite raw vegetables to create your own Fish poke bowl. Go for bright colours like peppers, beetroot or radishes to create a vibrant and tasty dish.

Nutrition information (per serving)

Calories
495

Fat
6.6g

Sugar
13g

Fibre
9g

Protein
39g

Salt
0.9g

5 A DAY
2.5



MACKEREL AND SWEETCORN PASTA



Ingredients

300g wholewheat pasta
1 large courgette, diced
300g frozen sweetcorn
1 tablespoon vegetable oil
1 large red onion, diced
1 clove garlic, crushed
400g tin chopped tomatoes
Freshly ground black pepper
2 teaspoons mixed herbs
4 x 125g tins mackerel in spring water or brine, drained and mashed into smaller pieces

Method

1. Boil the pasta in a large non-stick pan according to packet instructions. Add the courgette and sweetcorn for the last 5 minutes of cooking time.
2. Meanwhile, heat the oil in a large non-stick pan on a medium heat.
3. Add the red onion and cook until starting to soften. Then add the garlic and cook for a further minute.
4. Add the tinned tomatoes, freshly ground black pepper, mixed herbs and mackerel. Cook on a low heat until the fish is heated through.
5. Drain the pasta, courgette, and sweetcorn. Add to the mackerel mixture and mix together.
6. Serve immediately.

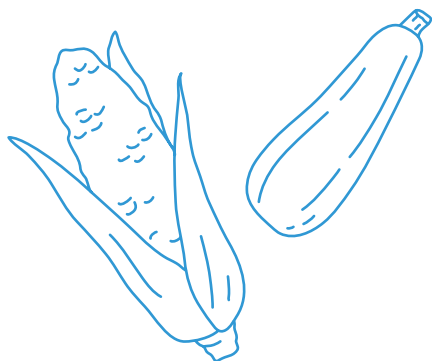
Number of portions: 4

Cooking and preparation time: 30 minutes

Cost per dish: £4.94 (based on serving 4)

Top tip

Any tinned oily fish such as sardines or pilchards work well in this recipe. Just take out the mackerel and replace it with your choice of oily fish. Oily fish contain omega-3 fats that help to maintain a healthy heart.



Nutrition information (per serving)

Calories
474

Fat
22g

Sugar
8.7g

Fibre
7.5g

Protein
26g

Salt
0.7g

5 A DAY
3.5



BAKED PEACHES WITH AN OATY TOPPING



Ingredients

2 x 415g tins peach halves in juice, drained
100g porridge oats
40g dried apricots, chopped
20g sunflower seeds
1 orange, zest and juice
1 teaspoon cinnamon

Method

1. Preheat the oven to 210°C/190°C fan.
2. Put the peaches, hole side up in an ovenproof dish.
3. In a bowl, mix together the oats, dried apricots, sunflower seeds, orange zest, orange juice and cinnamon.
4. Spoon the oaty mixture into the holes of the peaches and cook in the oven for 10 minutes until the mixture starts to crisp and go slightly brown.
5. Serve immediately.

Number of portions: 4

Cooking and preparation time: 20 minutes

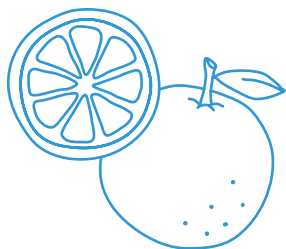
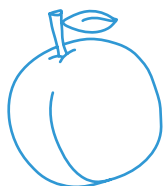
Cost per dish: £2.47 (based on serving 4)

Serving suggestion

Serve with a tablespoon of low-fat Greek-style yoghurt per person. Sprinkle a tiny amount of cinnamon on the yoghurt for a creamy and aromatic addition.

Top tip

Tinned peach slices or fresh peaches in season can also be used for this recipe. It also works very well with tinned apricot halves.



Nutrition information (per serving)

Calories
209

Fat
4.4g

Sugar
19g

Fibre
6.2g

Protein
4.7g

Salt
0.1g

5 A DAY
1



FRUITY YOGHURT OATY POTS



Ingredients

60g oats
200g green grapes, sliced in half lengthways
2 bananas, peeled and sliced
2 red apples, cored and chopped, skin on
400g low-fat natural yoghurt
20g pumpkin seeds

Method

1. Dry fry the oats in a frying pan for 2 minutes to toast them.
2. Divide the grapes, bananas and apples between 4 bowls.
3. Spoon on the natural yoghurt.
4. Sprinkle on the toasted oats.
5. Sprinkle on the pumpkin seeds.
6. Serve immediately.

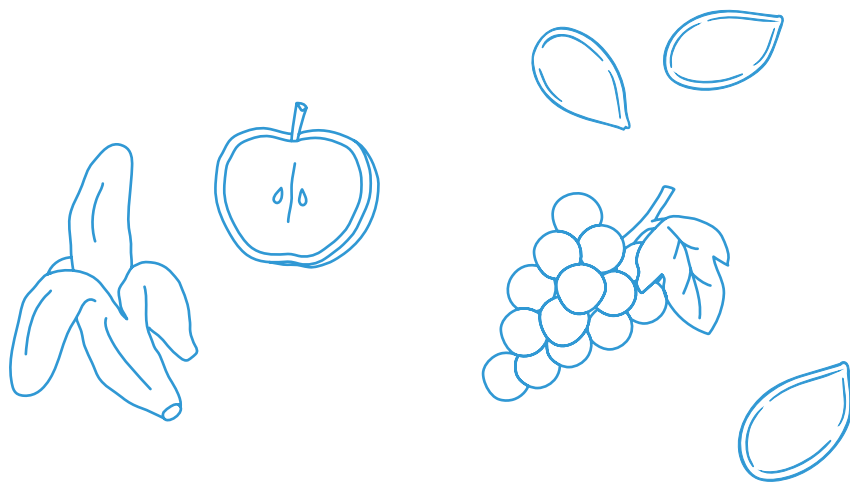
Number of portions: 4

Cooking and preparation time: 20 minutes

Cost per dish: £1.56 (based on serving 4)

Top tip

You can use any fruit you have to make this recipe. Fresh, frozen, tinned and leftover fruit all work well in this recipe and all count towards your 5 A DAY.



Nutrition information (per serving)

Calories
274

Fat
5.1g

Sugar
34g

Fibre
4g

Protein
9.8g

Salt
0.2g

5 A DAY
2



WEEKLY MEAL PLANNER



You can use the template provided below to plan out 7 days of meals to help you stay on track for a healthy week. Don't forget some meals might be suitable for leftovers to eat the next day.

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

SHOPPING LIST

Use the template below to write out your shopping list.

Remember to look back at those staples we mentioned earlier.

Have a look at your meal plan for the week and see what you already have, so you don't buy more than you need.



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Cancer Prevention Recommendations



Be a healthy weight

Keep your weight within the healthy range and avoid weight gain in adult life



Be physically active

Be physically active as part of everyday life – walk more and sit less



Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet



Limit consumption of 'fast foods' and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight



Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat, such as beef, pork and lamb. Eat little, if any, processed meat



Limit consumption of sugar-sweetened drinks

Drink mostly water and unsweetened drinks



Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol



Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone



For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby



After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

Not smoking and avoiding other exposure to tobacco and excess sun are also important in reducing cancer risk.

Following these Recommendations is likely to reduce intakes of salt, saturated and trans fats, which together will help prevent other non-communicable diseases.

About us

World Cancer Research Fund examines how diet, weight and physical activity affect your risk of developing and surviving cancer. As part of an international network of charities, we have been funding life-saving research, influencing global public health policy and educating the public since 1982.

To date, we have invested around 140 million into research. As part of this, we created the Global Cancer Update Programme (CUP Global) – the world's largest and most authoritative source of up-to-date scientific research on cancer prevention.

Every day in the UK, around 1,100 people will hear the words 'you have cancer', but we know that 40% of cancers are preventable. That's why we turn our findings into easy-to-understand advice so everyone can make small everyday changes to their lifestyle and help reduce their cancer risk.

While society continues searching for a cure, our prevention and survival work is helping people to live longer, happier and healthier lives – free from the devastating effects of cancer.

Preventing Cancer. Saving Lives.

By following our Cancer Prevention Recommendations, choosing not to smoke (or giving up smoking) and being safe in the sun, you will have the best chance of living a life free from the disease.

Find out more: wcrf-uk.org/our-research

Contact us

We're always looking for ways to improve the information we provide.

If you have any comments or suggestions about any aspect of this booklet or our other health information, please contact us at resources@wcrf.org with your feedback.

Recipes by Zoe Griffiths, Registered Nutritionist (zgnutrition.co.uk)

Food photography by Matilda Bourne (matildabourne.co.uk)



For any enquiries or to request the information in large print, please contact us.

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Will you help us build a world where fewer people every day get preventable cancers? Our work is funded solely by charitable donations. Your support will help us continue providing easy-to-access health information to help people reduce their risk of cancer: **wcrf-uk.org/donate**