

#CanUTrustIt?

A British Nutrition Foundation initiative to raise awareness of good quality nutrition and health information



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



World
Cancer
Research
Fund



In celebration of the UN's International Day of Charity BNF has asked some of the UK's best health charities to donate a recipe and show their support for evidence-based nutrition information.

Why #CanUTrustIt?

We are all aware of the enormous amount of health information available online. This can range from **helpful to harmful**, from **balanced to barmy**, from **evidence-based to error-based**. Almost nothing can demonstrate this more than nutrition information for a wide range of health conditions. We know that cooking, food and nutrition has firmly grasped the attention of the UK public and so we at the British Nutrition Foundation have invited a key group of key charities to donate a recipe and show their support for evidence-based nutrition.

Try this for breakfast – Apple & blueberry muesli

Ingredients

- 5 tablespoons rolled oats
- 2 tablespoons sultanas
- 2 tablespoons flaked almonds
- 8 tablespoons apple juice
- 250 ml plain bio-yogurt
- 200 ml semi-skimmed milk
- 1 tablespoon clear honey
- 2 crisp eating apples, cored and grated
- 75 g fresh blueberries

Method

- Mix together the oats, sultanas, almonds and apple juice and allow to stand for a few minutes, until the juice is absorbed.
- Stir the yogurt, milk, honey and grated apple into the oats and leave to stand for 15 minutes.
- Stir in the blueberries and serve.



Apples, like other fruits contain naturally occurring polyphenols as well as pectin – a type of fibre. Apples and blueberries will also count towards your 5-a-day, a target that many of us aren't meeting.

In the UK diet, dairy foods like milk and yogurt are important sources of calcium which helps maintain healthy bones. Milk and yogurt also provide protein, another essential nutrient for bone health.

For lunch on the go – Try Greek-style chicken pittas

Serves 2

Ingredients

- 250g chicken breast, sliced into strips
- 1 tsp dried oregano
- Juice half lemon
- 3 cloves garlic, crushed
- good grind black pepper
- 50g cucumber, finely diced
- 60g 0% fat Greek-style yogurt
- 2 fresh tomatoes, sliced
- 10 fresh mint leaves, torn
- 80g salad leaves
- 2 tsp olive oil
- 2 wholemeal pittas

Method

- Mix the chicken strips, oregano, lemon juice, garlic and black pepper together and set aside to infuse for 10 minutes.
- Meanwhile, in a bowl mix together the cucumber and yogurt. Add tomatoes and mint together and mix with the salad leaves.
- Heat the oil in a small pan, add the chicken and mix well to ensure even cooking – it should take around 4 minutes.
- Warm the pitta bread in a dry frying pan or toaster and cut in half and open to create pockets. Fill with salad and chicken, squeeze with lemon juice from the wedges and drizzle with the yogurt and cucumber mix.

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This type of dish fits really well into a recommended healthy dietary pattern such as the UK's Eatwell Guide. It contains lean protein (chicken), a wholegrain starchy carbohydrate (wholemeal pittas), plenty of salad veg (leaves, cucumber, tomato, mint), low fat dairy (yogurt) and an oil high in monounsaturated fat (olive oil).

Wholemeal bread (such as the wholemeal pittas used here) typically contains more vitamins, minerals and fibre than white varieties. Fibre is associated with a reduced risk of Type 2 diabetes.

80% of people with Type 2 diabetes are overweight or obese at the time of diagnosis. Eating too many foods high in saturated fats and sugars can increase the risk of obesity. Luckily, this recipe is low in saturated fat and sugars!



A super snack – Hummus with vegetable crudité

Serves 4

Ingredients

- 420g (15oz) canned chickpeas, rinsed and drained
- Juice of 1 lemon
- 4 tablespoons extra-virgin olive oil
- 2 tablespoons light tahini
- 1-2 cloves garlic, crushed (optional)
- 1/2-1 teaspoon ground coriander
- 1/2-1 teaspoon ground cumin
- Freshly ground black pepper, to taste
- A selection of prepared fresh vegetable crudité (such as pepper, carrot & cucumber sticks, baby sweetcorn, cherry tomatoes, etc), to serve

Method

- Blend chickpeas, lemon juice, olive oil, tahini, garlic (if using), coriander, cumin and black pepper together in a food processor until they form a coarse paste.
- Arrange prepared vegetable crudité on one large or four smaller serving plates. Spoon hummus into one larger or four smaller serving bowls; serve with the vegetable crudité.



Whilst many of us may too frequently reach for a snack that's high in salt or sugars, BHF's Hummus with vegetable crudité could be a healthy tasty alternative. It is important we don't eat too much salt each day. Eating too much salt can raise our blood pressure and having high blood pressure increases the risk of developing heart disease.

2016 was declared UN International Year of Pulses to recognise their importance as a sustainable plant-based protein. Hummus made from chickpeas is a great dish for vegan, vegetarians, and meat eaters alike!



Tahini is high in unsaturated fat. Too much saturated fat can increase the amount of cholesterol in the blood, which can increase the risk of developing heart disease. There's good evidence that replacing saturated fats with unsaturated fats can help lower cholesterol.

A delicious dinner – Spaghetti with salmon and spinach

Serves 2



Ingredients

- 2 fillets of salmon, fresh or frozen (about 110g per fillet)
- 150g dried wholemeal spaghetti
- 100g fat-free Greek yogurt
- 3 sprigs fresh dill, chopped, or 1–2 teaspoons dried dill
- ½ lemon, juice and zest
- Freshly ground black pepper
- 160g spinach, fresh or thawed from frozen

Method

- Preheat the oven to 180°C/Fan 160°C, place the salmon on a large piece of tin foil, add a tablespoon of water and wrap in a loose parcel. Bake in the oven for about 15 minutes (this may take longer if you are using frozen fillets).
- While the salmon is in the oven, cook the spaghetti in a pan of boiling water according to the packet instructions. Once cooked, remove from the heat, drain the water and set aside in the covered pan.
- Spoon the Greek yogurt into a mixing bowl, then stir in the dill, lemon juice and zest and black pepper.
- When the salmon is cooked, place the fillets onto a plate and shred using a fork. Be sure to discard any bones or skin. Add the shredded salmon to the yogurt mixture and combine.
- Stir the salmon and yogurt mixture and the spinach through the spaghetti. Then return to the hob, on a low heat for 2–3 minutes, until warmed through. Remove from the heat and serve.

A key recommendation for cancer prevention from WCRF is to eat more fruit and veg. Only 8% of 11-18 year olds and 27% of 19-64 year olds are getting their 5-a-day.

This dish contains a great combination of wholegrains, green leafy veg. and oily fish. Wholewheat pasta is fibre-rich. Getting adequate fibre in your diet can help reduce the risk of colorectal cancer. WCRF recommend we include a range of vegetables and fruits of different colours including green like the spinach in this recipe. Oily fish, such as salmon, are rich in long chain omega 3s and in vitamin D.



You can make changes to your life to reduce your risk of getting cancer. WCRF analysis shows that about a third of the most common cancers can be prevented through diet, maintaining a healthy weight and taking regular physical exercise.