

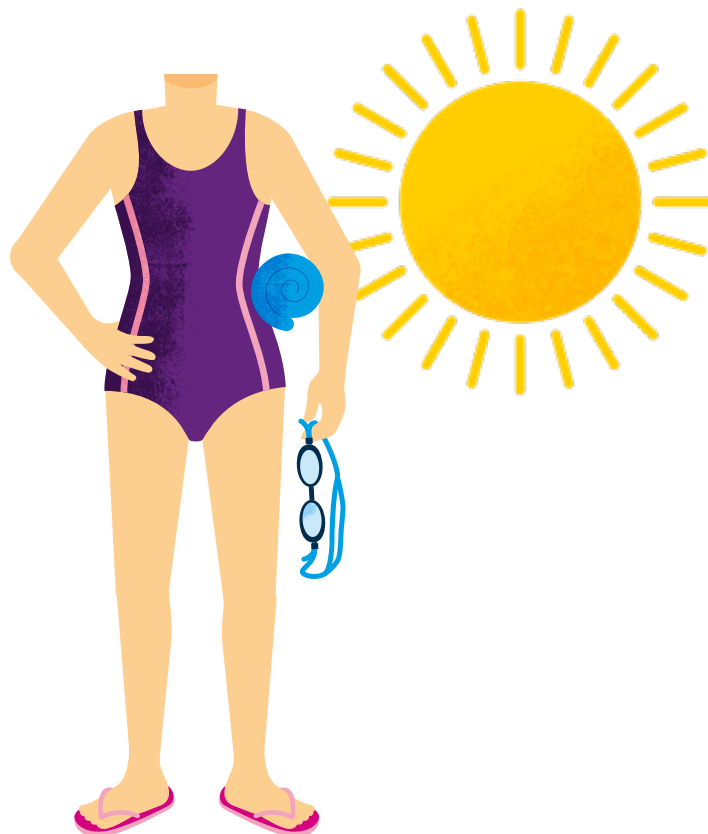


# Healthy summer recipes and tips

Our Bupa nurses have put together these healthy summer recipes and simple tips to help you eat well during the warmer months.



You may find that your appetite changes along with the seasons. As the weather gets warmer, you prefer crisp salads, a light dinner and cool refreshing flavours rather than the comforting soups and stews of winter. So we've put together some meal ideas to help you eat healthy, fresh and seasonal produce this summer.



### Summer salads

If you're creating a colourful summer salad, base your meal around the Eatwell Guide below to help you get a good balance of nutrients.



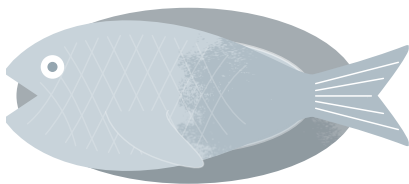


## Starchy carbohydrates

Carbohydrates are your body's main source of energy and you're recommended to include them with every meal. Examples include bread, rice, cereals, potatoes and pasta. Wholemeal and wholegrain varieties are the best choices because they're often a better source of nutrients and fibre, which helps to keep you feeling fuller for longer.

### Top tip

Add wholemeal pasta, brown rice, cous cous, noodles or potato to your salad.



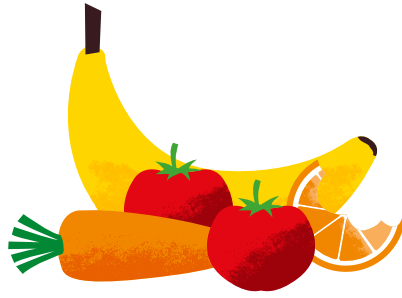
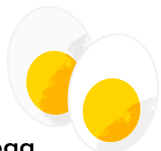
## Protein

Protein is essential for growth and repair of your body, as well as healthy muscles and bones. Adding protein to your salad will also help you to feel fuller for longer. Some examples of protein-rich foods include meat, fish, eggs, beans, nuts, lentils and meat alternatives like tofu.

If you're a meat eater, choose lean meat and unprocessed options like poultry and oily fish. If you prefer a meat-free meal, beans, peas and lentils are great choices because they're low in fat, high in fibre and nutrients and can count towards one of your 5 a day.

### Top tip

Add grilled chicken breast or fish, boiled egg, chickpeas, hummus, lentils or grilled tofu to your salad.

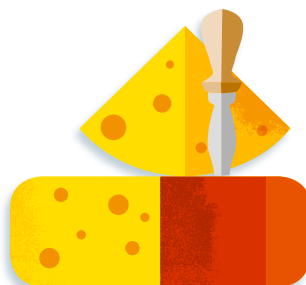


## Fruit and vegetables

Fruit and vegetables should make up just over a third of your food each day. So make the most of what's in season by adding a variety of nutrient-rich fruit and vegetables to your summer salads. Aim to eat at least five portions of different fruit and vegetables every day. The more colours you include, the better.

### Top tip

Use different varieties of leafy vegetables such as rocket, watercress, spinach or kale as the base of your salad. Add variety with chopped peppers, spring onion or grated carrot. Then top your salad with fruit such as pomegranate seeds or chopped strawberries.

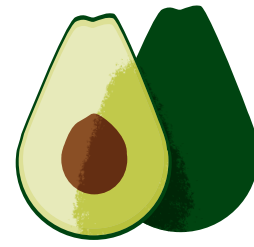


## Dairy

Dairy foods such as cheese and yoghurt are good sources of protein, vitamins and calcium, which are important for growth, repair and strong healthy bones. But some dairy products can be high in saturated fat and sugar, so choose low-fat and low-sugar varieties where you can.

### Top tip

Chop up a small (around the size of a matchbox) piece of low-fat cheese such as reduced-fat feta or cheddar and stir it through your salad.



## Healthy fats

Fats provide you with energy and important vitamins such as A, D, E and K. Unsaturated fats are sometimes known as 'good' fats and help to keep your heart healthy. Avocado, nuts, olive oil and seeds are rich sources of these healthy, unsaturated fats.

### Top tip

Sprinkle chopped nuts or toasted seeds such as pumpkin or sunflower seeds over your salad.



Be mindful when choosing your salad dressing as some can be high in fat and sugar. If in doubt about which dressing is healthier, check the traffic light label on the bottle and choose from those that list fat and sugar as green categories.

### Top tip

Instead of creamy white dressings, lightly pour lemon juice or balsamic vinegar over your salad for extra flavour.



# Recipes

Here are some of our favourite summer recipes using fresh, seasonal ingredients for you to try at home.



## What's in season?

- apricots
- spring onions
- watercress
- lettuce
- mint
- rhubarb
- peas
- spinach

## Drink: Super green smoothie

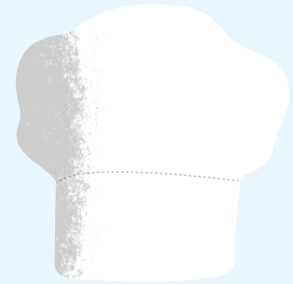
Serves 2

### What you'll need

- 3 large handfuls of fresh spinach
- 1 large apple
- 200g of pineapple, diced
- ½ an avocado
- 3 sprigs of fresh mint leaves
- 3 pitted dates
- ¼ tsp of turmeric
- the juice of ½ a lemon
- 1 tbsp of flaxseeds
- 150ml of water (or more if it's a little too thick)
- ice cubes

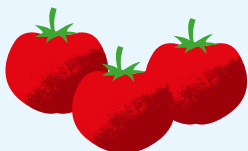
### Method

Simply mix all the ingredients together in a blender and blend until smooth.



## What's in season?

- tomatoes
- asparagus
- aubergine
- blackcurrants
- carrots
- radish
- fennel
- mangetout



## Starter: Bruschetta

Serves 6-10

### What you'll need

- 1 large wholemeal baguette
- 1 large ball of reduced-fat mozzarella cheese
- 1 punnet of cherry tomatoes
- a handful of fresh basil
- 1 tbsp of balsamic vinegar
- 2 cloves of garlic
- extra virgin olive oil to serve
- salt and pepper to taste

### Method

**1** Preheat your oven to 190°C/375°F.

**2** Cut the baguette in half lengthways, lightly toast it and set it aside on a baking tray.

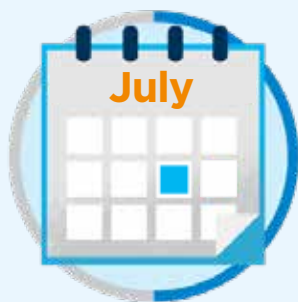
**3** Slice the mozzarella, quarter the tomatoes and crush the garlic.

**4** Mix the mozzarella, tomatoes, garlic and balsamic vinegar together in a bowl and lightly season with the salt and pepper.



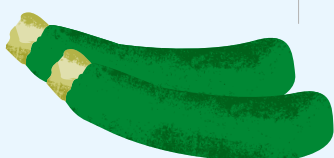
**5** Lay the mixture on top of the bread and cook in the oven for 10 minutes until the cheese is melted and a golden brown colour.

**6** Cut into slices and garnish with a few fresh basil leaves and extra virgin olive oil.



### What's in season?

- courgette
- beetroot
- broad beans
- cherries
- garlic
- watermelon
- raspberries



## Main course: Courgette cakes

Serves 8-10

### What you'll need

- 3 large courgettes
- 1 medium onion, finely chopped
- olive oil
- 2 cloves of garlic, chopped
- 3 tbsp of plain flour
- 1 large egg
- 100g of reduced-fat feta cheese
- a small handful of dill, chopped

### Serve with

Chutney and a side-salad.

### Method

**1** Coarsely grate the courgettes into a colander and leave to one side in the sink for 30 minutes.

**2** Warm the onions in a shallow pan over a low heat, just enough to soften it slightly but not enough to colour it.

**3** Lightly wring out the grated courgettes by hand to remove any excess water.

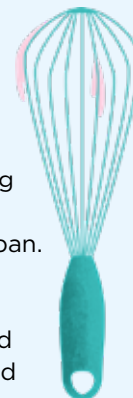
**4** Add the courgette and garlic to the warmed onions. Gently stir in the flour and cook for 2-3 minutes.

**5** Beat the egg in a bowl and add it to the pan.

**6** Crumble in the cheese and add the dill and season to taste.

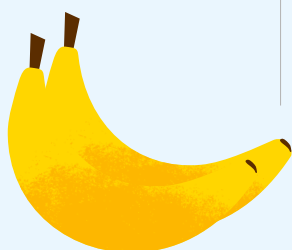
**7** Heat 3 tbsp of olive oil in a separate pan. Scoop out a heaped tablespoon of the courgette mixture, drop it into the hot oil and fry until it's golden on the underside. Turn and fry the other side.

**8** When the cake is cooked, pat it with kitchen paper. Continue until all the mixture is used.



### What's in season?

- strawberries
- bananas
- blackberries
- broccoli
- figs
- celery
- peaches



## Dessert: Strawberry and banana ice cream

Serves 6-10

### What you'll need

- 4 frozen over-ripe bananas
- 2 tbsp of almond butter
- 200g of strawberries
- ½ tsp of vanilla extract or 1 vanilla pod

### Method

**1** Blend the bananas and almond butter in a blender until they're smooth and creamy.


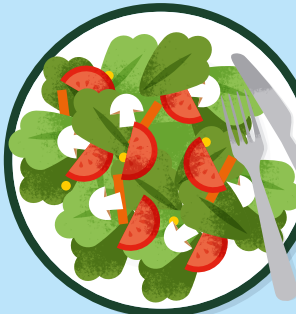

**2** Add the strawberries and vanilla and pulse, leaving a few chunks of strawberry.

**3** Place the mixture into an airtight container and freeze for 30 minutes for a soft texture or 2-3 hours if you prefer a firmer texture. If your ice cream becomes too hard, let it defrost for 10-15 minutes before serving.



# Summer food swaps

A treat is fine every now and then, but why not try some of these delicious healthier alternatives this summer?

Summertime treat	Why not try...
<b>Ice cream</b>	<ul style="list-style-type: none"><li>● Frozen yoghurt</li><li>● Ice lollies</li><li>● Low-fat yoghurt</li><li>● Homemade smoothies</li><li>● Mashed frozen banana</li></ul> 
<b>Barbeque foods</b>	<ul style="list-style-type: none"><li>● Vegetable skewers</li><li>● BBQ chicken breast (rather than processed meats such as sausages)</li><li>● Homemade vegetable or bean burgers</li><li>● Colourful side-salads</li><li>● Homemade marinades</li><li>● Fruit skewers</li></ul> 
<b>Alcohol</b>	<ul style="list-style-type: none"><li>● Try combining crushed ice with fruit and fresh juices for a refreshing mocktail</li><li>● Opt for a spirit with low-calorie mixer such as rum and diet coke or gin and diet tonic</li><li>● Dilute your drink with club soda or sparkling water: for example, make up a white wine spritzer</li></ul> 
<b>Fizzy and flavoured drinks</b>	<ul style="list-style-type: none"><li>● Flavour your own water. Try adding mint, strawberries, cucumber, or lemon</li><li>● If choosing store-bought flavoured water, check the label for the sugar content and choose the 'no added sugar' varieties</li><li>● Choose diet and sugar-free soft drinks and cordials</li></ul> 