

Eat Well Newham

7 principles to help you feel happier and healthier through the food you eat

EAT MORE

Vegetables



Beans and pulses



Lean proteins



Roughage, wholemeal and unprocessed foods



Seasoned, not salty food



Drizzle your food with oil, don't drown it!

Stay hydrated. Aim to drink 6-8 glasses of water a day.



Tinned fish, beans, pulses → quick and cheap staples.



Look for ones without added salt or sugar.

Seasonal vegetables: fresher, planet-friendly swap



Frozen vegetables and fish: nutritious, convenient and often cheaper than fresh



Beans and lentils: budget-friendly protein



Helps you use less meat

Choose wholegrain pasta, bread, rice to add fibre



These will keep you fuller for longer

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TIME SAVING TIPS

Batch cook meals and freeze extra portions for a quick, healthy options on busy days.

Use tinned beans and pulses for fast, ready to eat protein.

Planning meals helps save time and reduces stress. If you have a family, planning and cooking together helps everyone look forward to dinner!

