

Key Nutritional Tips



Calcium

Found in:- Dairy products, Green leafy vegetables, peas, beans and lentils.



Create:- Creamy cheese, broccoli and spinach pasta



Zinc

Found in:- Lean meat, fish, corned beef, brown and wholemeal bread

Create:- Oven baked turkey escalope in wholemeal breadcrumb



Folate

Found in:- Green leafy vegetables, liver, black eyed beans, peas and bread

Create:- Pan fried liver and bacon with garlic spinach



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Fibre

Found in:- Wholegrain rice, pasta and bread. Nuts, seeds, oats, fruit and vegetables.

Create:- Vegetable lasagne with wholegrain pasta.



Protein

Found in:- Beef, poultry, lamb, quorn, eggs and dairy products

Create:- Quorn spaghetti bolognaise



Vitamin A

Found in:- Carrots, red, orange and yellow peppers. Tomatoes.

Create:- Oven roasted stuffed peppers with rice and vegetables



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Vitamin C

Found in:- Citrus fruits (e.g. oranges) also green and red peppers and cauliflower.



Create:- Fresh spicy cauliflower soup



Iron

Found in:- Liver, beef, spinach and broccoli
Create:- Beef cannelloni or pasta with meatballs

