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Opening Extract from...

Good Housekeeping Calorie Counter Cookbook

Written by
Good Housekeeping Institiute

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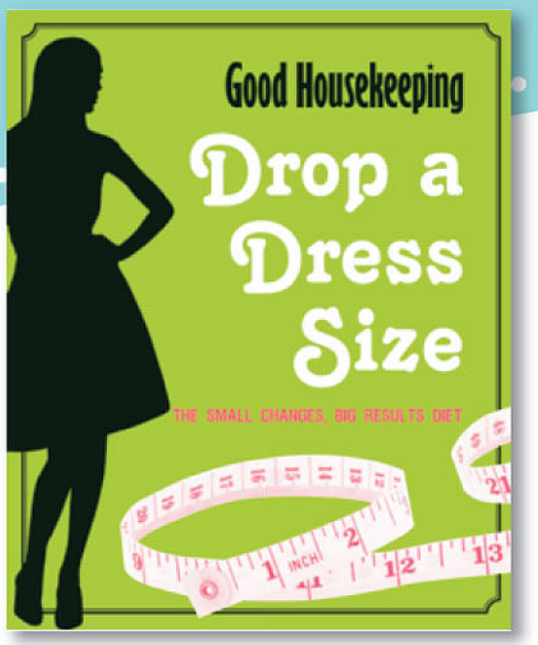
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A healthy diet

Counting calories is important when you're trying to drop pounds, but you also need to make sure your diet is healthy and contains a good balance of nutrients. Here's what you need to eat each day.

Fat

Your body needs fat from foods to provide fuel and help to keep cell membranes healthy. It is also a source of vitamins A, D and E, and essential fatty acids (omega-3s and omega-6s), which the body cannot make itself.

However, eating too much fat can be unhealthy because – compared to carbohydrate and protein – it is very high in calories. It is therefore important for your health that you watch the amount of fatty foods you eat. Aim to replace some of the unhealthy saturated fat in your diet with healthier unsaturated fat, as this will provide a better balance and will be beneficial for your heart.

There are three main types of fat – saturated, monounsaturated and polyunsaturated – and most foods contain a combination of these three. Foods also contain other fats, as described right:

Saturated fat can raise blood cholesterol levels, which increases the chance of developing heart disease. It is found in fatty meat, sausages, burgers, bacon, butter, chocolate, cheese, palm oil ('vegetable fat'), and foods made from butter or vegetable fat (such as pies, biscuits and cakes).

Trans fats are found in *hydrogenated fat*, formed when hydrogen is added to liquid oils to make them solid. They increase blood levels of LDL cholesterol ('bad' cholesterol), harden your arteries and increase your risk of heart disease. Many manufacturers have removed these fats, but high levels may still be found in deep-fried fast foods, cakes, biscuits and doughnuts. Check the label for hydrogenated fat.

Monounsaturates and polyunsaturates are both types of unsaturated fat. These don't raise blood cholesterol in the same way as saturated fats and they provide you with the essential fatty acids that the body needs.

Monunsaturated fats are found in olive oil, margarine made with olive oil, avocados, nuts, seeds, peanut butter and rapeseed oil.

Polyunsaturated fats are found in sunflower oil, corn oil, safflower oil, margarine made with sunflower oil, nuts and seeds.

Omega-3 fatty acids are essential for regulating blood pressure and blood clotting and for boosting immunity. They help to reduce the risk of heart disease and are found in oily fish, walnuts, pumpkin seeds, flaxseed oil, rapeseed oil and omega-3 eggs.

Omega-6 fatty acids are important for healthy skin and hormones. They are found in most vegetable oils, vegetable oil margarine, and products made from them. Use sparingly, as a high intake will block the uptake of omega-3 fats.

Protein

We need to eat protein to make and repair body cells, as well as to manufacture enzymes, hormones and antibodies. The richest sources include meat, fish, poultry, eggs, milk, cheese and yogurt, and good levels are also found in beans, lentils, nuts, seeds, Quorn, tofu and cereals. When two or more plant proteins are combined (such as beans on toast) the overall protein value increases.

Carbohydrate

Sugars and starch provide energy for daily activities as well as fuel for exercise. Your brain, nervous system and heart need a constant supply of carbohydrate in order to function properly. Generally, carbohydrates in fibre-rich unprocessed foods, such as wholegrains, potatoes, beans, lentils, fruit and vegetables, provide longer-lasting energy and help you feel full for longer. These foods should make up most of your carbohydrate intake.

Fibre

The digestive system requires fibre from foods for it to work properly, and fibre is also useful for weight control. There are two kinds: insoluble and soluble. Most plant foods contain both, but proportions vary. Good sources of insoluble fibre include whole grains (such as brown rice, wholemeal bread) and vegetables. These foods help speed the passage

of food through your gut, preventing constipation and bowel problems, and they make you feel full after eating. Soluble fibre – found in oats, beans, lentils, fruit and vegetables – reduces harmful LDL cholesterol levels, and it helps to control blood glucose levels by slowing glucose absorption. It also reduces hunger and improves appetite control. A healthy diet should contain at least 18g (¾oz) a day.

Salt and sodium

On a food label, salt is often listed as sodium, and 1g of sodium is roughly the same as 2.5g of salt. It's the sodium that can lead to health problems such as high blood pressure, increasing your risk of stroke and coronary heart disease. Adults should not have more than 6g (about 1 tsp) of salt per day.

The eatwell plate

To help you eat healthily, the government has devised an eating system called the eatwell plate, based on the five food groups:

- Bread, rice, potatoes, pasta and other starchy foods
- Fruit and vegetables
- Milk and dairy foods
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Foods and drinks high in fat and/or sugar

The eatwell plate shows the different types of food you need to eat – and in what proportions – to have a well balanced and healthy diet. You should try to eat a wide variety of foods from the first four groups every day, and limit the amount you eat from the fifth group.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal. And you might find it easier to get the balance right over a longer period, say a week. Based on the eatwell plate, you should try to eat:

Bread, rice, potatoes, pasta and other starchy foods

Eat these foods at each meal

These foods should make up roughly a third of the food you eat. Try to choose wholegrain varieties where you can, such as wholemeal bread and pasta, wholegrain breakfast cereals and wholegrain rice. A portion is:

- 2 slices of bread
- 5 tablespoons (180g) pasta or rice
- 40g bowl of breakfast cereal
- 1 fist-sized (150g) potato

Fruit and vegetables

Eat at least 5 portions a day

These foods should make up about a third of the food you eat each day. Aim to eat a variety of fruit and vegetables each day. Fresh, frozen, tinned, dried and juiced all count.

A portion is 80g or any of these:

- 1 apple, banana, pear or orange
- 2 small fruits e.g. satsumas, plums, apricots
- 3 heaped tablespoons of vegetables
- a dessert bowl of salad
- a glass (150ml) of fruit juice (counts as a maximum of one portion a day)

Milk and dairy foods

Eat 2 or 3 portions a day

Foods in this group include milk, cheese and yoghurt. Choose lower-fat options where available, such as skimmed milk. Or you could have just a small amount of the high-fat varieties less often.

A portion is:

- 200ml milk
- A small pot of yoghurt
- A matchbox sized (40g) piece of cheese

Meat, fish, eggs, beans and other non-dairy sources of protein

Eat 2 portions a day

Try to eat some foods from this group each day and aim for at least two portions of fish a week, including a portion of oily fish. Some types of meat can be high in saturated fat so try to choose leaner cuts where possible and trim excess fat. Beans, peas and lentils are good alternatives to meat because they're naturally low in fat, and they're high in fibre, protein, and vitamins and minerals.

A portion is:

- A piece of meat, chicken or fish the size of a deck of cards (70g)
- 2 eggs
- 2 heaped tablespoons of beans or lentils
- 2 tablespoons (25g) nuts or seeds

Foods and drinks high in fat and/or sugar

Eat only small amounts of these foods

These foods include cakes, biscuits, spreads, crisps, sugar, confectionery and soft drinks. Cutting down on these types of food could help you control your weight because they contain lots of calories.

Vitamins and minerals

Vitamins support the immune system, help the brain function and convert food into energy. They are important for healthy skin and hair, controlling growth and balancing hormones. Some vitamins – the B vitamins and vitamin C – must be provided by the diet daily, as they cannot be stored.

Minerals are needed for structural and regulatory functions, including bone strength, haemoglobin manufacture, fluid balance and muscle contraction.

Mineral	Use	Best food sources
Calcium	Builds bone and teeth. For blood clotting, nerve and muscle function	Milk and dairy products; sardines; dark green leafy vegetables; pulses; Brazil nuts; almonds; figs; sesame seeds
Iron	For the formation of red blood cells and for oxygen transport. Prevents anaemia	Meat and offal; wholegrain cereals; fortified breakfast cereals; pulses; green leafy vegetables; nuts; sesame and pumpkin seeds
Zinc	For a healthy immune system, wound healing, and skin and cell growth	Eggs; wholegrain cereals; meat; nuts and seeds
Magnesium	For healthy bones, muscle and nerve function and for cell formation	Cereals; fruit; vegetables; milk; nuts and seeds
Potassium	For fluid balance, and for muscle and nerve function	Fruit; vegetables; cereals; nuts and seeds
Sodium	For fluid balance, and for muscle and nerve function	Salt; processed meat; ready meals; sauces; soup; cheese; bread
Selenium	An antioxidant that helps protect against heart disease and cancer	Cereals; vegetables; dairy products



UNDER 300 CALORIES

Turkey Meatballs with Barbecue Sauce

Preparation Time 15 minutes • Cooking Time about 20 minutes • Serves 4 •
Per Serving 281 calories, 10g fat (of which 3g saturates), 10g carbohydrate, 1.3g salt • Easy

500g (1lb 2oz) turkey mince
2 tsp ground coriander
½–1 red chilli, seeded and finely chopped
½ tbsp olive oil
1 onion, finely chopped
1 garlic clove, crushed
400g can chopped tomatoes
2 tbsp soy sauce
3 tbsp tomato ketchup
salt and freshly ground black pepper
fresh coriander, chives or parsley to garnish
boiled wholegrain rice to serve

1. Preheat the oven to 200°C (180°C fan oven) mark 6 and line a baking tray with baking parchment.

2. Put the turkey mince into a large bowl, add the ground coriander, chilli and plenty of seasoning and mix through (using your hands is easiest). Form into walnut-sized meatballs – you should have about 20.

3. Arrange the meatballs on the prepared tray and cook in the oven, turning midway, for 20 minutes or until golden and cooked through.

4. Meanwhile, heat the oil in a large pan over a medium heat. Add the onion and fry for 10 minutes or until softened. Stir in the garlic and cook for 1 minute, then add the tomatoes, soy sauce, ketchup and seasoning. Bring to the boil, then reduce the heat and simmer for 10 minutes or until thickened slightly.

5. Add the meatballs to the sauce and stir gently to coat. Garnish with fresh herbs and serve with boiled wholegrain rice.



Beans on Toast

Preparation Time 5 minutes • Cooking Time about 15 minutes • Serves 4 •
Per Serving 364 calories, 9g fat (of which 2g saturates), 55g carbohydrate, 2g salt • Easy

1 tbsp olive oil
2 garlic cloves, finely sliced
400g can borlotti or cannellini beans, drained and rinsed
400g can chickpeas, drained and rinsed
400g can chopped tomatoes
2 fresh rosemary sprigs
4 slices sourdough or Granary bread
25g (1oz) Parmesan

1. Heat the oil in a pan over a low heat, add the garlic and cook for 1 minute, stirring gently.

2. Add the beans and chickpeas to the pan with the tomatoes and bring to the boil. Strip the leaves from the rosemary, then chop finely and add to the pan. Reduce the heat and simmer for 8–10 minutes until thickened.

3. Meanwhile, toast the bread and put on to plates. Grate the Parmesan into the bean mixture, stir once, then spoon over the bread. Serve immediately.

HEALTHY TIP
This low-GI breakfast will give you energy through until lunchtime.



Harissa Chicken & Couscous Salad

Preparation Time 25 minutes • Cooking Time about 25 minutes • Serves 4 •
Per Serving 346 calories, 7g fat (of which 3g saturates), 28g carbohydrate, 3g salt • Easy

1 tbsp rose harissa paste
4 skinless chicken breasts
1 litre (1¾ pints) chicken stock
200g (7oz) giant wholewheat couscous
½ courgette, finely chopped
100g (3½oz) cherry tomatoes, quartered
2 spring onions, finely sliced
40g (1½oz) feta cheese, crumbled
a large handful of fresh coriander leaves, roughly chopped
salt and freshly ground black pepper
tzatziki to serve (optional)

1. Preheat the oven to 200°C (180°C fan oven) mark 6. Rub harissa paste over the chicken breasts and put them on a baking tray. Roast for 20–25 minutes until cooked through.

2. Meanwhile, bring the stock to the boil in a large pan. Add the couscous and simmer according to the pack instructions or until tender – about 8 minutes. Drain.

3. Transfer the couscous to a large platter, add the courgette, tomatoes, onions, cheese, coriander and some seasoning and mix through.

4. Carefully slice the cooked chicken and lay on top of the couscous salad. Serve warm or at room temperature, with tzatziki, if you like.



HEALTHY TIP
The tomatoes are full of vitamin C, which is a powerful antioxidant and anti-viral nutrient crucial for a healthy immune system.

Naan Pizza

Preparation Time 5 minutes • Cooking Time about 10 minutes • Serves 2 • Per Serving 417 calories, 7g fat (of which 1g saturates), 61g carbohydrate, 2.9g salt • Easy

2 plain naans
2 tbsp caramelised red onion chutney
50g (2oz) soft goat's cheese, crumbled
75g (3oz) cherry tomatoes, quartered
2 fresh thyme sprigs, leaves picked
a small handful of rocket
extra virgin olive oil to drizzle (optional)
freshly ground black pepper
green salad to serve

1. Preheat the oven to 220°C (200°C fan oven) mark 7. Put the naans on a baking sheet, then spread the onion chutney over them. Dot with the goat's cheese, tomatoes and thyme leaves, then season with ground black pepper.

2. Cook in the oven for 5–10 minutes until the cheese has softened and the pizza is piping hot. Garnish with rocket leaves, drizzle with oil, if you like, and serve with a green salad.



Mexican Chickpea Burger

Preparation Time 25 minutes • Cooking Time about 18 minutes • Serves 4 • Per Serving 787 calories, 49g fat (of which 11g saturates), 45g carbohydrate, 0.5g salt

For the burgers
400g can chickpeas, drained and rinsed
1 large egg
400g can lentils, drained and rinsed
75g (3oz) fresh white breadcrumbs
4 spring onions, finely sliced
1 green chilli, seeded and finely chopped (see Safety Tip, page 52)
finely grated zest of 1 lime
a small handful of fresh coriander, roughly chopped
1 tbsp olive oil
salt and freshly ground black pepper

To serve
1 avocado, peeled, stoned and sliced
juice of 1 lime
2 spring onions, finely sliced
2 tomatoes, finely chopped
a small handful of fresh coriander, chopped, plus extra to garnish
4 large flour tortilla wraps
soured cream (optional)

1. To make the burgers, put the chickpeas, egg and plenty of seasoning into a food processor and whiz until smooth. Scrape the mixture into a large bowl and stir in the lentils, breadcrumbs, spring onions, chilli, grated lime zest and chopped coriander and mix to combine. Divide the mixture equally into four and shape each into a flattened patty.

2. Heat the oil in a large frying pan and fry the patties for 10 minutes, turning once, or until golden and piping hot throughout.

3. Meanwhile, put the avocado slices into a bowl and squeeze the juice from half the lime over them. In a separate small bowl, stir together the spring onions, tomatoes, coriander and remaining lime juice.

4. Serve the burgers, avocado and salsa folded into the tortillas, with soured cream, if you like.



SAVE EFFORT
This is a great way to use storecupboard chickpeas and lentils.

Poultry & game	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
CHICKEN							
Breast, grilled, skinned	130g	191	4.0	1.2	0	39	0
Breast, grilled, with skin	130g	225	8.0	1.2	0	38	0
Chicken curry	300g	522	31	14	19	42	4.5
Chicken fricassée	200g	214	12	4.8	5.2	21	1.0
Chicken goujons	90g	249	13	3.6	18	18	0.6
Chicken Kiev	170g	456	29	12	19	32	1.0
Chicken korma	350g	455	20	6.0	16	53	1.4
Chicken pie	130g	374	23	9.1	32	12	1.0
Chicken roll	12g	16	1.0	0.2	0.6	2.1	0
Chicken slices	40g	46g	1.0	0.2	0.8	9.3	0
Coronation chicken	200g	728	63	11	6.4	33	*
Drumsticks, roasted	90g	104	5.0	1.4	0	15	0
Drumsticks, roasted, skinned	47g	71	2.0	0.7	0	13	0
Leg quarter, casseroled	146g	317	20	5.5	0	33	0
Leg quarter, casseroled, skinned	146g	257	12	3.4	0	37	0
Leg quarter, roasted	146g	345	25	6.7	0	31	0
Leg quarter, roasted, skinned	146g	134	5.0	1.5	0	23	0
Thighs, casseroled	45g	105	7.0	2.0	0	10	0
Thighs, casseroled, skinned	45g	81	4.0	1.1	0	12	0
Whole, roasted	100g	218	13	3.4	0	26	0
Wing quarter, casseroled	150g	315	19	5.3	0	37	0
Wing quarter, casseroled, skinned	150g	246	9.0	2.6	0	40	0
TURKEY							
Breast, grilled, skinned	100g	155	2.0	0.6	0	35	0
Dark meat, roasted	90g	159	6.0	1.8	0	27	0
Drumsticks, roasted	45g	84	4.0	1.2	0	12	0
Light meat, roasted	90g	138	2.0	0.6	0	30	0
Mince, stewed	100g	126	7.0	2.0	0	29	0
Roast turkey	90g	154	6.0	1.9	0	25	0
Thighs, casseroled, skinned	80g	91	4.0	1.3	0	28	0
Turkey slices	23g	26	0.5	0.1	0	5.3	0
Duck, roasted	185g	783	70	21	0	37	0
Duck, roasted, skinned	185g	361	19	6.1	0	47	0
Goose, roasted	185g	557	39	12	0	51	0
Goose, roasted, skinned	185g	390	41	*	0	54	0
Pheasant, roasted, skinned	160g	352	19	6.6	0	45	0
Pigeon, roasted, skinned	115g	215	9.0	*	0	33	0
Rabbit, stewed, skinned	160g	182	5.0	2.7	0	34	0
Venison, roasted	120g	198	3.0	*	0	43	0

Puddings	Av Portion	Calories	Fat, g	Saturated fat, g	Carbohydrate, g	Protein, g	Fibre, g
Apple crumble	150g	311	10	*	55	2.7	2.4
Apple pie	110g slice	293	15	*	39	3.2	1.9
Bakewell tart	120g slice	547	22	*	82	7.6	2.3
Blancmange	150g	171	6.0	3.4	27	4.6	0
Bread & butter pudding	150g	240	12	*	26	9.3	0.5
Cheesecake	100g slice	426	36	19	25	3.7	0.4
Chocolate mousse	60g	89	4.0	2.0	12	2.4	*
Christmas pudding	100g	329	12	6.1	56	3.0	1.7
Crème caramel	100g	102	2.0	0.9	21	3.0	*
Fruit crumble	150g	329	12	6.0	54	3.6	1.9
Fruit mousse	60g	86	4.0	2.5	11	2.7	*
Fruit pie	110g slice	288	15	4.6	37	3.4	1.9
Fruit pie, individual	60g each	214	8.0	3.2	34	2.6	*
Jelly	125g	76	0	0	19	1.5	0
Lemon meringue pie	80g slice	201	7.0	2.5	35	2.3	0.6
Pancakes	60g each	181	10	4.2	21	3.6	0.5
Pavlova	80g	230	11	5.8	34	2.2	0.2
Profiteroles	90g	311	23	13	22	5.0	*
Rice pudding, canned	125g	106	2.0	0.9	20	4.1	0.1
Rice pudding, canned, low fat	125g	89	1.0	0.6	17	4.4	0.1
Sponge pudding	110g	374	18	5.6	50	6.4	1.2
Spotted dick	110g	360	18	*	47	4.6	1.1
Treacle tart	90g slice	341	13	3.9	57	3.5	1.0
Trifle	150g	249	12	3.6	32	3.9	0.6

*No information available
Tr trace quantities < 0.1 g