

# Shopping and cooking

## Free online information and resources

There are thousands of websites and apps to help you live a healthier lifestyle. We've highlighted a few of the free ones that you might find helpful to support you on your journey to living a fitter, healthier life.

Not technically minded? Don't worry, to access any of the websites we suggest you either:

- Hold down the "Ctrl" key on your keyboard and click on the links (at the bottom of each suggestion); OR
- Copy the link into your browser

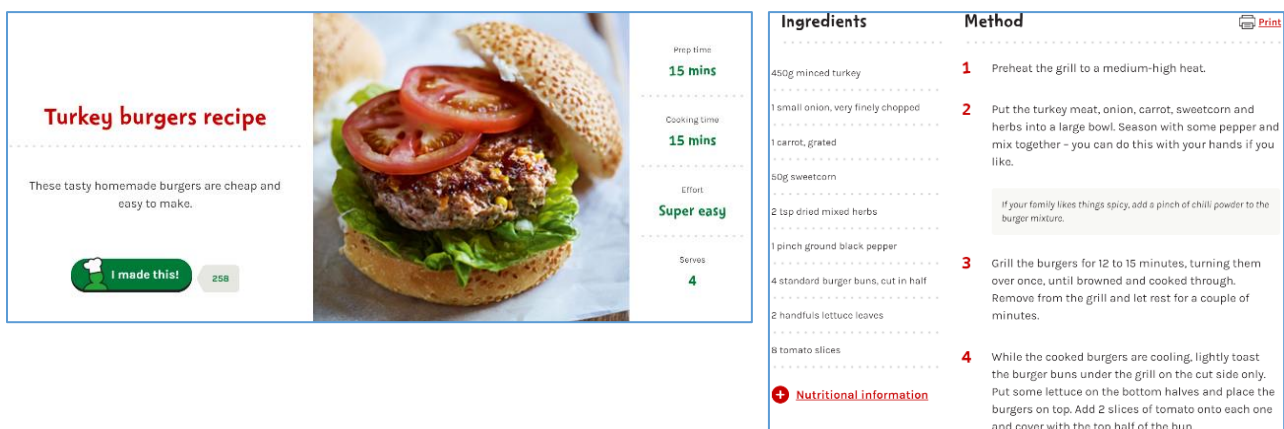
Note: If you find any of the links have stopped working please email us at [ci@discovermomenta.com](mailto:ci@discovermomenta.com) and we will update the document for everyone.

## Cooking: Recipes

### NHS Change4Life Recipes

If cooking hasn't really been your thing but you want to do more, this website might be just right for you. It offers a choice of healthy recipes for cooking on a budget that the whole family can enjoy. Each recipe includes a photo, ingredients list and simple instructions explaining how to make each meal. There's also at-a-glance information on preparation and cooking times, how many people the recipe will serve and even a guide on how much effort it takes to make it!

You can see this from the example below.



**Turkey burgers recipe**

These tasty homemade burgers are cheap and easy to make.

**Prep time**  
15 mins

**Cooking time**  
15 mins

**Effort**  
Super easy

**Serves**  
4

**Ingredients**

- 450g minced turkey
- 1 small onion, very finely chopped
- 1 carrot, grated
- 50g sweetcorn
- 2 tsp dried mixed herbs
- 1 pinch ground black pepper
- 4 standard burger buns, cut in half
- 2 handfuls lettuce leaves
- 8 tomato slices

**Method**

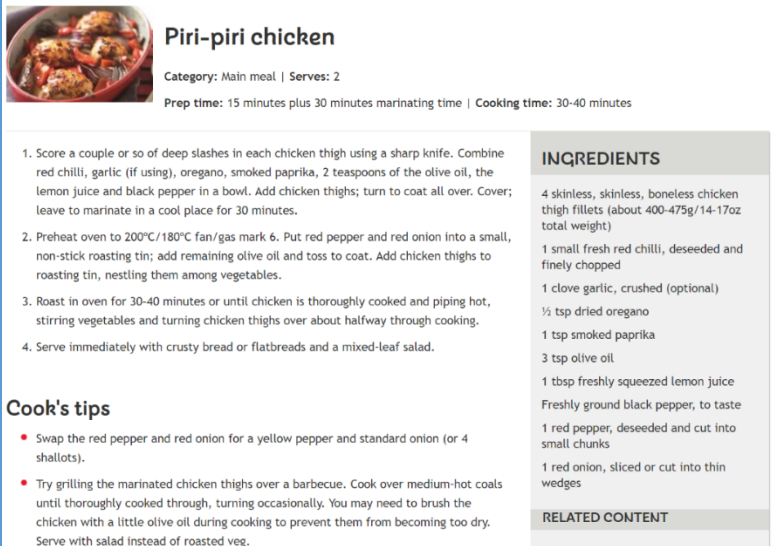
- 1 Preheat the grill to a medium-high heat.
- 2 Put the turkey meat, onion, carrot, sweetcorn and herbs into a large bowl. Season with some pepper and mix together – you can do this with your hands if you like.
- 3 Grill the burgers for 12 to 15 minutes, turning them over once, until browned and cooked through. Remove from the grill and let rest for a couple of minutes.
- 4 While the cooked burgers are cooling, lightly toast the burger buns under the grill on the cut side only. Put some lettuce on the bottom halves and place the burgers on top. Add 2 slices of tomato onto each one and cover with the top half of the bun.

**Nutritional information**

<https://www.nhs.uk/change4life/recipes>

## British Heart Foundation (BHF) website

This website has hundreds of healthy recipes and provides information on the ingredients, preparation, cooking time and number of serves. It also uses the traffic light system to indicate whether the recipe is low or medium in fat, saturated fat, salt and sugar - which is really helpful.



**Piri-piri chicken**  
Category: Main meal | Serves: 2  
Prep time: 15 minutes plus 30 minutes marinating time | Cooking time: 30-40 minutes

1. Score a couple or so of deep slashes in each chicken thigh using a sharp knife. Combine red chilli, garlic (if using), oregano, smoked paprika, 2 teaspoons of the olive oil, the lemon juice and black pepper in a bowl. Add chicken thighs; turn to coat all over. Cover; leave to marinate in a cool place for 30 minutes.

2. Preheat oven to 200°C/180°C fan/gas mark 6. Put red pepper and red onion into a small, non-stick roasting tin; add remaining olive oil and toss to coat. Add chicken thighs to roasting tin, nestling them among vegetables.

3. Roast in oven for 30-40 minutes or until chicken is thoroughly cooked and piping hot, stirring vegetables and turning chicken thighs over about halfway through cooking.

4. Serve immediately with crusty bread or flatbreads and a mixed-leaf salad.

**Cook's tips**

- Swap the red pepper and red onion for a yellow pepper and standard onion (or 4 shallots).
- Try grilling the marinated chicken thighs over a barbecue. Cook over medium-hot coals until thoroughly cooked through, turning occasionally. You may need to brush the chicken with a little olive oil during cooking to prevent them from becoming too dry. Serve with salad instead of roasted veg.

**INGREDIENTS**

4 skinless, skinless, boneless chicken thigh fillets (about 400-475g/14-17oz total weight)

1 small fresh red chilli, deseeded and finely chopped

1 clove garlic, crushed (optional)

½ tsp dried oregano

1 tsp smoked paprika

3 tsp olive oil

1 tbsp freshly squeezed lemon juice

Freshly ground black pepper, to taste

1 red pepper, deseeded and cut into small chunks

1 red onion, sliced or cut into thin wedges

**RELATED CONTENT**

**Nutritional information**

Each portion contains:

Energy 1655kJ 394kcal 20%	Sugars 9.3g Low 10%	Fat 15.3g Med 22%	Saturates 4.1g Low 21%	Salt 0.5g Low 8%
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% = an adult's reference intake

Another neat idea is the search engine function. Not only can you search for recipes by meal type e.g. breakfast, but you can also sort by other preferences including dietary requirement, cuisine and preparation and cooking time. For example, you can find recipes that are:


- Vegetarian, South Asian, Main meals which take less than 45 minutes to prepare and cook
- Nut-free, British and Mediterranean, Breakfasts which take less than 20 minutes to prepare and cook

You get the idea...

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating/recipe-finder>

## NHS OneYou Easy Meals App

If you prefer using apps rather than looking through websites, this one lets you search for recipes by meal and create shopping lists – offering similar information to the websites outlined previously. Some of the functionality seems to be in the ‘early stages of development’, but the recipes are helpful.



**EASY MEALS APP**

Our free Easy Meals app is a great way to eat foods that are healthier for you. Search recipes by meal time and create shopping lists.

Get the Easy Meals app

<https://www.nhs.uk/oneyou/for-your-body/eat-better/>

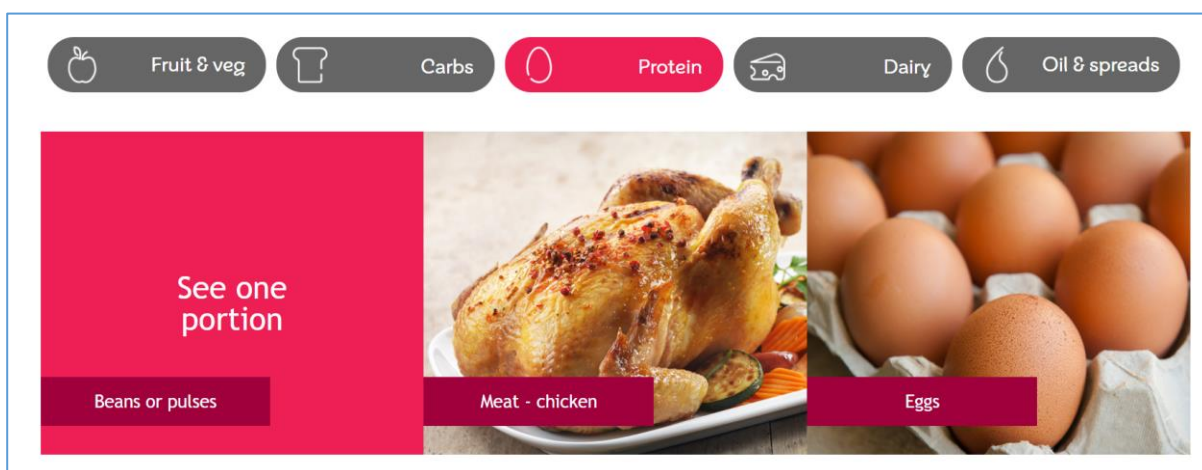
# Cooking: Portion size guide

## British Heart Foundation (BHF) website

If you're not using a recipe but want to get your portion sizes right, you can refer to the information in your *Momenta Workbook*, but you might also find this helpful. Using clear images, it offers the most straightforward and helpful information we've found to date.

The link below takes you to the main page, then you can click on each of the five food group tabs for photos of what one portion of commonly eaten food looks like for that food group on the Eatwell guide / *Momenta Healthy eating guide*.

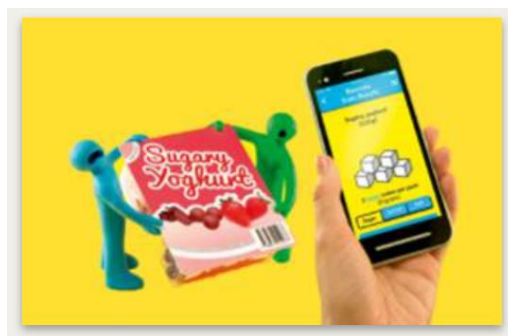
[https://extras.bhf.org.uk/patientinfo/portion-size\\_v1.0/app/](https://extras.bhf.org.uk/patientinfo/portion-size_v1.0/app/)



# Shopping: Label reading

## NHS Change4Life Food scanner App

This app enables you to quickly and easily scan the bar code of thousands of foods / products and get immediate information on the sugar, fat and salt content. Use together with your *Momenta* label reading skills to help you and your family make healthier food and snack decisions. It's particularly helpful if you or the kids are trying to find some healthy snacks – and fun for them to use.



<https://www.nhs.uk/oneyou/for-your-body/eat-better/>