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| Low-fat cooking methods are best: grill, griddle, boil, dry-roast (without added fat) poach or steam rather than fry. | 30-minute easy grilled chicken and vegetables - Simply Delicious |
| Base your meals and snacks on carbohydrates such as pasta, rice, potatoes and whole grains. | The Whole Truth About Whole Grains | Live Science BROWN RICE PASTA WITH A RAINBOW OF VEGGIES | The Restaurant Fairy&#39;s Kitchen™ |
| Have several small meals during the day, without long gaps in between. | Small Meals vs. Regular Meals - Which is the Healthier Diet? - The Picky  Eater |
| Use unsaturated fat spreads, choose from olive or vegetable oil rather than butter. This helps to lower blood cholesterol. | Monounsaturated Fat | American Heart Association |
| Trim all the fat from your meat. | Lean Meat Pack from online butcher Great British Meat Company |

**HEALTHY EATING TOP TIPS**

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| Use peas, beans, lentils and chickpeas to extend meat dishes. For example mixing cooked lentils into a Bolognese sauce will make it go further, and will keep you fuller for longer. | Royal Foods Beans Lentils Chick Peas Kidney Bean Pinto White Yellow Bajella  EO Medammas Baked Beans |
| Think of vegetables as the main part of the meal, rather than an accompaniment. | 7,904 Half Plate Of Vegetables Stock Photos, Pictures &amp; Royalty-Free Images  - iStock  Easy Vegan Curry - Nora Cooks |
| Base desserts on fresh fruit, fruit canned in natural juice, low-fat natural yoghurt or fromage frais. | g35vu8n8 |
| Enjoy crunchy raw vegetables as snacks. You could keep ‘hunger boxes’ in the fridge, filled with a variety of chopped fresh fruit and vegetables. | Avocado Dip with Mixed Vegetable Sticks | The Healthy Eating Hub |