

Nutrition for Everyday Health

A quick guide to simple foods that nourish your body — even when you're busy.

Protein

Builds and repairs tissues, supports hormones and energy:

eggs | chicken breast or thigh | Greek yogurt (natural or plain) | cottage cheese
tinned tuna or salmon | lentils (tinned or dried) | baked beans | tofu

Fruit

Packed with vitamins, antioxidants, and natural fibre:

apples | bananas | berries (frozen or fresh) | oranges or satsumas
pears | grapes | tinned peaches (in juice not syrup)

Vegetables

Essential for gut health, vitamins, and immune support:

carrots (raw or cooked) | broccoli or cauliflower (fresh or frozen) | frozen peas or green beans
spinach or kale | sweetcorn (tinned or frozen) | cherry tomatoes

Grains & carbs

Energy boosters and key sources of fibre and B vitamins:

wholemeal bread or toast | oats (porridge or overnight) | brown rice
wholewheat pasta | new potatoes or sweet potatoes | wholegrain crackers

Fibre-rich foods

Supports digestion, heart health, and keeps you full longer:

porridge oats | chia seeds or ground flaxseeds | lentils and beans
pears and apples (with skin) | brown rice or wholemeal pasta | popcorn (plain)

Healthy fats (don't skip them!)

Support brain health, hormones, and joint function:

olive oil (for cooking or salad dressing) | nuts (almonds, walnuts, etc.) | avocados
nut butter (peanut, almond – no added sugar) | oily fish (sardines, salmon, mackerel)

And don't forget water

Aim for 6–8 glasses a day. Herbal teas count too. Add lemon or cucumber if plain water feels dull.

Keep it simple

You don't need to overhaul your diet overnight. Start by:

- Adding one extra veg to your dinner
- Swapping white bread for wholemeal
- Eating fruit as a mid-morning snack
- Having eggs or Greek yoghurt for breakfast
- Keeping tinned fish, beans, and frozen veg handy