

Top Tips and Activities!

Healthy Roast dinner



Sunday Roasts are a traditional English meal and can be a healthy meal choice if prepared and cooked in the right way. However due to roasting vegetables and the types of sauces we add, they can often be high in fat and salt. A healthy roast dinner should include a source of carbohydrates, plenty of vegetables and a source of protein.

Key points to remember when preparing and cooking your next roast!!

- Poultry such as chicken or turkey are a good protein sources and are low in fat but remember to remove the skin before serving.
- Choose red meats such as lamb or beef to ensure you're getting plenty of iron, but remove any visible fat when cooking, and avoid crackling on pork.
- A healthy alternative to the traditional roast potato is to dry roast them by - par boil your potatoes and then place them in the oven to cook on baking paper - still roast potatoes, just less fat!
- Instead of roast potatoes opt for boiled potatoes and remember to leave the skin on as it's packed with nutrients.
- Replace some of the potatoes with butter nut squash or sweet potato.
- Two ways to make a healthier gravy are:
 - Use the water from the vegetables; this water is packed with vitamins and minerals lost from the vegetables through cooking.
 - Make use of the juices from the meat, leave to settle first then remove fat from the juices and use the remaining liquid for extra taste
- When preparing vegetables try and gather as many different colours to make it look fun and colorful and to ensure you are getting a wide range of nutrients.
- Try not to use creamy sauce such as cheese sauces to accompany your roast – if you do use cheese sauces opt for mature cheese and skimmed milk.
- When cooking and serving vegetables, try and use herbs and spices for flavour instead of adding butter.
- Try and steam vegetables rather than boil to reduce nutrient loss.
- Opt for al dente vegetables as the closer to raw they are, the more nutrients they contain!
- When eating your roast opt for orange juice to accompany the meal as it will help the absorption of the iron from iron rich vegetables
- Don't over fill your plate; you can always go back for more.
- If you want stuffing with your roast opt for fruit or nut based as these are healthier options.
- For a vegetarian option have a nut roast or baked fish.
- Sometimes a desert is a must! ! If eating a crumble have a homemade topping using whole flour and oat mix, and stewed fruits with yogurt etc.