Food@Uni Guide

Easy Eating to Support Student Life

Your guide to eating well at the University of Leicester

www.le.ac.uk/foodatuni · go.le.ac.uk/healthyliving · www.le.ac.uk/catering
Want to eat well, easily and cheaply?

Over the last year we have been talking to University of Leicester students to find out what you eat, how you feel about it and what advice you would like. Most of you told us that your diets have changed since you came to university, usually for the worse! You also told us that you would like to know more about eating well, easily and cheaply. You even told us you would like a booklet to help! So we have produced this short guide to give you some ‘food for thought’ and guidance to help you eat well.

This booklet is not a comprehensive guide to all the things you could know about nutrition, cooking and shopping but will introduce to you some **reasons why eating well will help you**, **some tips for easy and cheap cooking and ideas of where to buy food**. Our links section and Food@Uni website ([www.le.ac.uk/foodatuni](http://www.le.ac.uk/foodatuni)) will point you in the right direction to find plenty of useful recipes and look out for our demonstrations and stalls during Food@Uni week.

We’d love to hear what you think of this booklet. Please email any comments to [hero@le.ac.uk](mailto:hero@le.ac.uk).

Happy eating!

*The Food@Uni team*

HERO (Health Education Reaching Out), a project in the Genetics Centre for Excellence in Teaching and Learning (GENIE) - [www.le.ac.uk/hero](http://www.le.ac.uk/hero)

Residential and Commercial Services (RACS) - [www.le.ac.uk/catering](http://www.le.ac.uk/catering)

The University Healthy Living Service - [go.le.ac.uk/healthyliving](http://go.le.ac.uk/healthyliving)

The Students Union - [leicesterunion.com](http://leicesterunion.com)

Follow us on Twitter [@FoodAtUni_UoL](https://twitter.com/FoodAtUni_UoL)
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Why eat the good stuff?

There are a number of advantages to eating well, and by well we mean eating the right amount as well as nutritiously:

• Firstly you are still growing and need nutrients for the growth and repair of cells.

• You will generally feel healthier and have more energy, which will help you write those essays and stay awake in lectures! Your brain works better when it is fed!

• You are also less likely to get sick now and in the future. Eating healthily reduces obesity and this massively reduces the risk of developing diseases such as cancer and heart disease later in life.

What is the good stuff?

It is not all about what you eat but about getting the quantities right too.

There isn’t one single food that will make your body healthy and it is better to eat a wide range of food so your body gets all the nutrients, vitamins and minerals it needs.

Know your labels

Food products have to provide nutritional information about their contents so here are some tips to help you make sense of all the fancy words and values they provide!

The picture below shows a typical label with the key values to look out for highlighted.
What’s GDA?

GDA stands for ‘Guideline Daily Amount’, it gives you a daily guide of what to aim for. Percentages of your GDA are sometimes given.

<table>
<thead>
<tr>
<th>GDA</th>
<th>Calories</th>
<th>Sugar</th>
<th>Fat</th>
<th>Saturated fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>2500</td>
<td>120g</td>
<td>95g</td>
<td>30g</td>
<td>6g</td>
</tr>
<tr>
<td>Women</td>
<td>2000</td>
<td>90g</td>
<td>70g</td>
<td>20g</td>
<td>6g</td>
</tr>
</tbody>
</table>

The Eatwell plate

The Eatwell plate shows the ideal proportions of different food groups that make a balance diet. So, try to eat:

- plenty of fruit and vegetables
- plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties whenever you can
- some milk and dairy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- just a small amount of foods and drinks high in fat and/or sugar

In other words, the odd cheeky Friday night kebab is ok, but having one more frequently than that is not such a good idea!
Cooking know-how

The kitchen kit

Here is our list of essentials of thing you will need when cooking for yourself. Like with foods, supermarkets sell ‘their own brand’ or ‘home-brands’ which are student god sends. The most expensive measuring jug and least expensive both serve the same function, you might as well save your money for something else!

• Frying pan
• Two or three saucepans
• Plastic chopping board
• Couple of sharp knifes
• Wooden, plastic and slotted spoon
• Potato peeler, grater, tin opener
• Colander
• Measuring jug
• Tea towels
• Oven tray
• Oven proof dishes
• Plates and bowls
• Cutlery
Cooking can be achieved cheaply! Our tips..

It is widely known fact that students don’t have excess amounts of money. There is not much we can do about that, but we can give you a load of hints and tips that will help you get as much as you can for your money!

**Shop in the evenings** – fruit and vegetables are sometimes discounted as they are classed as perishable and need to be sold quickly, most discounted items can be found on Sunday evenings (but many shops shut around 4 or 5pm).

**Buy in bulk** – this makes per portion prices significantly cheaper. Pasta and rice in particular keep for ages so spending the extra money short-term is worth it long-term!

**Shop around** – local markets and independent fruit and vegetable stores provide more for less.

- Leicester has the largest outdoor covered market in Europe, which sells a variety of different fruit and vegetables at a cheap price.
- Local chain supermarket convenience stores have increased prices when compared to the larger outlets.

**Wise up to offers** – not all offers will benefit you! Some offers are designed to make a profit by encouraging you to buy more than you can use. Just because something is on offer doesn’t necessarily mean it is going to benefit you or your wallet!
Don’t be lazy – instead of buying a ready meal, cook it yourself! It’ll often cost you less as well as being healthier. Details on how to cook a couple of student meals can be found on the next page.

Get yourself onto a recipe website – use the search filters to limit time to however long you have and then go for it! Links to a couple of student friendly websites can be found in the links sections on the last page.

Small adaptations will make a big change – for example, switching from beef to turkey or Quorn will give you a lower fat and significantly cheaper meal.

Watch the pennies – prepare a weekly budget and stick to it! One way of helping to manage your money when food shopping is to do it online with house mates. You can track how much you’ve spent much more easily than when in a shop.

Supermarket own brands – they really don’t taste much different to the ‘better’, more expensive brands. For example, you’ll never be able to taste the difference in the quality of pasta when eaten as part of a Spaghetti Bolognese.

Don’t waste food – incorporate leftovers and unused food into a dish so nothing is wasted! If you chuck food away you might as well save yourself the effort of buying it and just throw your money away!

Shop on a full stomach – this massively helps to reduce impulsivity when buying and will help you spend less!
Student friendly recipes

To get you started, here are a couple of easy, cheap and nutritious recipes.

‘ED Soup’

ED soup is tasty, very cheap and healthy. This recipe will make enough for 4 good servings and is also suitable for vegetarians.

Cost per portion: 26p!

*Ingredients*

- One onion
- One carrot
- A splash of oil
- One can of chopped tomato or passata (sieved tomatoes)
- One vegetable stock cube
- A small cupful of lentils (about 3/4 handfuls, roughly 200g)
- Roughly one litre of water
- Seasoning
- (Optional extras – pepper, mixed herb, spice, coconut milk)

*Utensils*

- A chopping board
- A sharp knife
- A large saucepan
- A big spoon for stirring and serving

*What to do*

1. Chop up the onion and carrot into small pieces.
2. Slowly soften the carrots and onion in a little bit of oil for around 3 to 4 minutes.
3. Add the lentils, tomatoes, crumbled up stock cube and 800ml of the water.
4. Simmer for 30 minutes, stirring occasionally to ensure the lentils don’t stick and adding water throughout until the soup reaches your desired thickness.
5. The soup is ready when the vegetables are soft, then season to taste with salt and black pepper and enjoy!

*Recipe courtesy of Alysoun Hancock, ED Unit, Students’ Union*
Turkey stir fry

A turkey stir fry is cheap, tasty and healthy. What more could a student want! This recipe from Residential and Commercial Services Executive Head Chef Rob Bean should serve 4.

Cost per portion: £1.06

Ingredients

• 250g turkey breast strips
• 1 red onion - sliced
• 1 red pepper - cut into strips
• 1 yellow pepper - cut into strips
• 1 clove garlic - crushed
• ½ bunch coriander – chopped
• 1 bag/tub beansprouts
• 1 tablespoon olive oil
• 4 tablespoons sweet chilli sauce
• 1 tablespoon lemon juice
• Salt and pepper to taste

What to do

1. Heat pan/wok and oil (should lightly smoke).
2. Add turkey and stir fry for 20-30 seconds.
3. Add peppers/onions and garlic. Season and stir fry for further 30-40 seconds.
4. Add sweet chilli sauce and allow to cook for about a minute (or until turkey is cooked).
5. Add beansprouts, lemon juice and coriander, stir together and serve.

Boiled rice or noodles go well with this.
Fancy a takeaway?

We all like a good takeaway every now and again, when the budget allow, but they really to pack in the calories and fat! Here are our top tips for healthier alternatives (see www.nhs.uk/Livewell/men1839/Pages/Dodgytakeaways.aspx for more tips).

**Fish and chips**

<table>
<thead>
<tr>
<th>Amount of calories – 838!</th>
<th>Amount of fat – 48.3g!</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Avoid</strong></td>
<td><strong>Go for</strong></td>
</tr>
<tr>
<td>Thin cut chips as they absorb more fat than thick chips!</td>
<td>Fish in breadcrumbs as it absorbs less fat than batter.</td>
</tr>
<tr>
<td>Pies, sausages and other chip shop snacks tend to be very high in fat!</td>
<td>Have a portion of mushy peas or baked beans as this will fill you up on healthier foods instead of chips.</td>
</tr>
</tbody>
</table>

**Pizza**

Amount of calories in the average 9 inch pizza – 868!  
Amount of fat – 36.2g!

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Go for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese-stuffed crusts as these are higher in fat than normal crusts.</td>
<td>Thin bases are smaller and will contain less fat.</td>
</tr>
<tr>
<td>Pepperoni as it is very oily; there are many healthy alternatives.</td>
<td>Vegetables provide a healthier option to meat toppings.</td>
</tr>
</tbody>
</table>

**Chinese takeaway**

Amount of calories for sweet and sour chicken, rice and prawn crackers –835!  
Amount of fat for that meal - 23.6g!

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Go for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet and sour chicken/ pork balls, prawn toast and spring rolls; anything crispy has normally been deep fried and therefore high in fat so should be avoided.</td>
<td>Clear soups and broths as they are lower in fat than creamy soups</td>
</tr>
<tr>
<td>Special or egg fried, extra fat has been added through its cooking processes</td>
<td>Plain boiled rice as this avoids the fat added in the cooking process.</td>
</tr>
</tbody>
</table>
Curry

Amount of calories in a chicken tikka masala and a naan bread – 975!
Amount of fat – 42.5g!

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Go for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creamy curries such as korma or passanda.</td>
<td>Dry tandoori dishes as the spices provide the flavour not the fat.</td>
</tr>
<tr>
<td>Deep fried snacks such as bhajis and pakoras as again they are deep fried and high in fat.</td>
<td>Tomato based sauces such as tandoori or madras, as these are much healthier than creamy sauces such as korma.</td>
</tr>
</tbody>
</table>

Kebabs and Burgers

Amount of calories in a kebab – 1009! Amount of fat in a kebab – 62.3g!

<table>
<thead>
<tr>
<th>Avoid</th>
<th>Go for</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mayonnaise and cheese add more fat to the food.</td>
<td>If possible have a grilled burger made of lean meat as the cooking process helps to drain some of the fat.</td>
</tr>
<tr>
<td>Deep fried chicken or fish are high in fat.</td>
<td>Extra salad</td>
</tr>
</tbody>
</table>
The importance of breakfast

• A healthy breakfast keeps you full for longer, meaning you are less likely to snack.
• Breakfast provides your body and brain with the energy it needs until lunch.
• Fat metabolising enzymes are kick-started with a good breakfast.
• People who eat breakfast are less likely to be overweight

Here are some examples of a good breakfast:

Porridge

The oats in porridge are high in carbohydrates which are slow to release energy throughout the day. It also helps to stabilise your blood sugar levels, which in turn helps to provide more energy. Porridge can be eaten with fruit chopped up and thrown in or clear honey drizzled on top.

Breakfast cereals

Breakfast cereals and muesli can be your best friend but also your worst enemy. Avoid sugar coated cereals and go for the high fibre, low fat alternatives. It is also best to use semi skimmed milk instead of full fat. Similarly, breakfast cereals can be eaten with chopped up fruit.

Eggs

Eggs are a good source of protein and contain a healthy fat. A boiled egg with toast is an easy way to provide yourself with a quick, easy and cheap breakfast. You can boil an egg to your own preference; 4 minutes for a runny yolk, 5 minutes for a firm yolk and white and 6 minutes for a hardboiled egg.
Healthy eating in the exam period

Food can affect how you feel and think, how alert you are and your ability to concentrate. For more information on preparation for exams wider than just food related issues visit the Universities Student Support and Development Service’s website found in the links section.

- Plan your meals – go shopping to make sure you have food available at home.
- Eat little and often – aim to have three meals a day as well as mid-morning and mid-afternoon snacks if you need them.
- Don’t skip breakfast.
- Choose foods which are low in sugar.
- Choose foods which are low in glycaemic load such as granary bread, brown rice wholemeal pasta.
- Choose whole foods, including fruits, vegetables and whole grains.
- Include foods which are high in essential fats such as nuts, seeds and oily varieties of fish.
- Avoid fast food and takeaways.
- Have your 5 fruit and vegetables a day.
- It is important to remain hydrated – aim to drink 1.5 litres a day, avoiding sugary and caffeinated drinks.
- Take a break from your studies - don’t eat at your desk.
Eating on campus

Residential and Commercial Services and the Students’ Union run a number of outlets. Visit the Catering Services (www.le.ac.uk/catering) and Students’ Union websites (leicesterunion.com) for more information. Listed below are the main outlets on campus and the food they cater.

**Café Piazza (Charles Wilson Building)**

Monday – Friday  
Term Time 9.30am - 4pm, Vacation 10am - 2pm  
Whether you’re looking for a hot meal or a cold drink, Café Piazza can meet all your needs. With a variety of hot drinks, cakes and sandwiches, spectacular views across Victoria Park, and access to an outside seating area, Café Piazza is the perfect place to relax at any time of the day.

**Chi (Charles Wilson Building)**

Monday – Friday  
Term-Time 8am - 3pm, Vacation 8am - 2.30pm  
Chi is a contemporary café restaurant with an international theme. Offering a fabulous fusion of tastes from Asian style street food to traditional English choices, chi favourites include Malaysian Ginger Beef, Thai Vegetable Curry, Chicken Wraps, and the always popular, All Day Breakfast.

**Delic!ous (Charles Wilson Building)**

Monday – Friday  
Term Time 8am - 7pm, Vacation 8am - 6pm  
Bank Holidays 10am - 4pm  
delic!ous is a one stop shop for your every need. A deli style sandwich and baguette bar, self-service salad bar, hot pastries, soups, pre-made salads, pasta pots, cook at home meals, confectionary, a large selection of hot and cold drinks, newspapers, hampers, groceries, gifts, cards - delic!ous has it all!

**Café Welcome (Henry Wellcome Building)**

Monday – Friday, 10am - 2pm (Term-time only)  
A light, bright and friendly café, featuring sandwiches, cakes and paninis, plus a wide range of hot and cold drinks.
**Library Café (David Wilson Library)**

Monday - Friday 8am - 10pm, Saturday, Sunday and Bank Holidays 9am – 10pm (Vacation opening times may vary)

Located at the front of the David Wilson Library, this contemporary café serves hot paninis, homemade cakes and soups, sandwiches and a selection of specialist coffees, hot drinks and fruit juices. The seating area includes tables and chairs, a breakfast bar and sofas, as well as an outside area for those summer days.

**Planets café bar (The Rattray)**

Monday – Friday, Term Time 10pm - 4pm (closes 2.15pm on Wednesdays)

Offering a selection of baguettes and sandwiches, filled jacket potatoes, cakes and beverages, Planets is the perfect place to stop for a break during the day.

**The I.V. (Maurice Shock Building)**

Monday – Friday, Term-time 9.15am - 4pm
Vacation 10am - 3pm (Friday 10am - 2.15pm)

Serving a wide range of drinks, newspapers, snacks, filled rolls, freshly baked breads, breakfast baguettes and freshly baked cookies and cakes, The I.V offers a large seating area in which to enjoy your food and drink.

**The Arts Bar (Embrace Arts)**

Monday – Friday, 10am - 4pm,
Evenings and weekends – event hours

The Arts Bar is a contemporary café bar which offers a range of speciality coffees and teas, freshly-made paninis, sandwiches, jacket potatoes, soup, light snacks, cakes and confectionery, as well as alcoholic drinks. A modern and vibrant seating area, friendly staff and a welcoming atmosphere make The Arts Bar the place to be.

**1923 (The Square, Students’ Union)**

Monday – Friday, Term-Time 11.00am -4.00pm (last orders at 15:30), and Tapas Menu served until 8pm.

All 1923’s food is cooked fresh on the premises using the freshest ingredients. So it’s at its freshest they try to source as much as they can as LOCAL as they can. Needless to say it's all free range and free of any nasties.
Nourish – Students’ Union Shop (The Square)

Monday - Friday 7.00am - 6.00pm

The place on campus to take away a quick lunch, a drink or some last minute groceries, Nourish serves the students at the University of Leicester incredibly well. Complete with a World Food section, no students can ever go hungry with Nourish.

Starbucks (The Square, Students’ Union)

Monday - Friday 7.00am - 6.00pm

Providing students with that extra caffeine kick before a deadline, the University of Leicester are very fortunate to have a Starbucks within the Percy Gee building. Home to hot drinks and light bites, those looking to sit back and relax on their own or with friends have the option. With exterior seating, its situation directly in between the Square and the outside patio area gives all customers the option to sit in whatever environment they like.
Where to buy food off campus

Local Green Grocers – Graham Parsons, Queens Road, Clarendon Park

The Food@Uni team have teamed up with Graham Parsons Green Grocers on Queens Road just across Victoria Park, a short walk from the University. There you will be able to find everything you will need to eat a healthy diet.

Here they sell every bit of fruit and vegetable imaginable. Not only this but you can get it in the quantity you want, not in the quantity a supermarket wants to sell you. Prices are also much cheaper; the fruit and vegetables found in the price comparisons are sourced from this shop. The staff are friendly and are more than happy to help you out with recipe ideas and guide you in the way of what you will need to buy.

Often unknown to students, their prices are much cheaper than supermarkets, it’s a hidden student gem!
The local supermarkets - shopping outlets for all students!

Supermarkets are great to buy all the staple foods in bulk, which in the long term will work out at a much cheaper cost per portion compared to buying things from smaller shopping outlets. Below are the local supermarkets in relation to campus (Morrisons and Sainbury’s Local) and student halls (Asda in Oadby).

- **Morrison’s – (short walk from campus)**
  
  Freemans Park, Aylestone Road,
  
  LE2 7LT
  
  Monday – Saturday, 8am - 10pm

- **Sainsbury’s Local (near a lot of the student housing and on the 80 bus route)**
  
  87-89 Queens Road, LE2 1TT
  
  Every day 7am - 11pm

- **Asda – Oadby (short walk from student halls)**
  
  Leicester Road, Oadby Frith, LE2 4AH
  
  Monday 7am (24hours) - Saturday 10pm, Sunday 10am - 4am

International shopping outlets in and around Leicester

In 2007 Leicester became the UK’s first ‘plural city’ where no ethnic group had a majority; this is reflected at the University, where there are a considerable number of international students. The details below list international shopping outlets, categorised by the style of cuisine.

For more information about international shopping outlets in Leicester, visit Student Cooking TV website and look in the University of Leicester section (www.studentcooking.tv/le). You can find videos that give tours around the campus facilities and videos that show you what you can buy in some of the shops listed below.
Indian

- Popats Quality Foods
  21-23 Belgrave Commercial Centre,
  160 Belgrave Road, LE4 5AU
  10am - 8pm daily
- Shiva Shakti Foods
  4-6 Macdonald Road, LE4 5HD
  8.30am - 7.30pm daily

Chinese and East Asian

The following outlets have been approved by the University of Leicester Chinese Society

- Asiana Leicester Express
  81 Charles Street, LE1 1FA
  Monday – Saturday 10am - 7pm,
  Sunday 11am - 5pm
- Wang Fung Hong
  1 Jarrom Street, LE2 7DH
  11am - 6pm daily
- The Farmlands
  41-43 Western Boulevard, LE2 7HN
  9.30am - 7.30pm daily
- Tai Fat
  5 Melton Street, LE1 3NB
  Monday – Saturday 10am - 6pm
  (closed Wednesdays), Sunday 11am - 6pm

Afro-Caribbean

- Caribbean Supermarket
  45 St Stephens Road, LE2 1GH
  Monday – Saturday 10am - 8pm, Sunday 10.30am - 8pm
- Afro Superstore
  209 Narborough Road, LE3 2QR
  Monday – Saturday 10am - 7pm, Sunday 11.30am - 5pm
Afro-Caribbean

• Caribbean Supermarket
  45 St Stephens Road, LE2 1GH
  Monday – Saturday 10am - 8pm, Sunday 10.30am - 8pm

• Afro Superstore
  209 Narborough Road, LE3 2QR
  Monday – Saturday 10am - 7pm, Sunday 11.30am - 5pm

East European / Russian

• Euro Food
  242 Narborough Road
  9am - 11pm daily

• Kubus
  86 Narborough Road, LE3 6PA
  9.30am - 10pm daily
Further Links

Below are some links with great advice, help and information to help improve and sustain a healthy diet.

Recipe sites:

www.sortedfood.com - Sorted food is a student run and student based cooking website. A new video is released everyday showing a new recipe of the day. All recipes are accompanied with a walk and talk you through guide to how to make them.

www.studentcooking.tv/le - Residential and Commercial Services at the University have subscribed to the service which provides students with information about facilities on campus, information about the local area and many recipe ideas, again accompanied with a video guide.

www.bbcgoodfood.com - This website allows you to use filters such as cooking time, level of skill, ingredients and many more, to search through loads of recipes to find one that suits you.

Nutrition, diet and health eating related information and advice:

www.nhs.uk/LiveWell/healthy-eating/Pages/Healthyeating.aspx,
www.nhs.uk/Livewell/Goodfood/Pages/eight-tips-healthy-eating.aspx and
www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx

NHS Choices provides detailed information about food related issues such as the eat well plate, losing weight, 5 a day, information about eating disorders and food allergies.

www.bbc.co.uk/health/treatments/healthy_living/nutrition/index.shtml
The BBC also provide beneficial information on general aspects of health and nutrition.

www.nhs.uk/Livewell/teenboys/Pages/Eatwell.aspx
NHS provide video accounts of people that have experienced cooking away from home for the first time.

www.nhs.uk/change4life/Pages/five-a-day.aspx
This page offers five a day information with tips and advice of how to eat healthily.

www.bbc.co.uk/health/treatments/healthy_living/nutrition/index.shtml
Includes information on all aspects of nutrition.

www2.le.ac.uk/offices/ssds/healthy-living-for-students/preparation-for-exams
Information regarding eating around exams. Information is provided by the Student Support and Development Service.