

Affordable staple ingredients

The costs of food and non-alcoholic drinks have increased by 4% in the last year¹.
But healthy habits don't have to break the bank.

Aviva Smart Health's* nutrition team are here to support your wellbeing. Build your meal plans around these affordable and healthy kitchen essentials.

Free range eggs

are one of nature's superfoods – they're nutrition-rich and filling.

- Great scrambled or poached on toast, hard boiled on a salad or served as an omelette with some added vegetables
- An easy meal is a cracked egg stirred into brown rice with some prawns.

Beans and pulses

are high in protein and fibre, as well as being low in saturated fat. And they're a cheap way to consume good-quality protein.

- Add chickpeas to curries, lentils to bolognese and beans to shepherd's pies
- Vegetables can easily be made into soup by adding cannellini or butter beans
- Hummus, stews, falafel, chillies and veggie burgers are great meal options
- Cheaper meat options can contain around four times as much saturated fat as extra-lean meat, so it's worth considering having a meat-free meal at least a few times per week.

Porridge oats

are highly nutritious and also cheaper than many cereals.

- Soak oats in milk or fruit juice overnight – they make for great breakfast options
- Pair with yogurt and mix with cinnamon and fruit for flavour
- Use any leftovers to make homemade flapjacks.



Potatoes

are an incredibly versatile ingredient which can be served in many different ways.

- Boiled, roasted, microwaved, air fried, mashed... you've got endless options
- Jacket potatoes are a great healthy staple when paired with baked beans or tinned tuna for added protein
- Sweet potatoes come from the same family – flavourful and vitamin-packed for when you want a change.

Wholegrain rice

helps keep your digestive system healthy and is more filling than white rice.

- The bigger the pack, the cheaper the rice – purchase in large quantities to get more value as rice has a long shelf life.

Frozen fruits and vegetables

are highly nutritious foods as the nutrients are sealed in during the freezing process.

- Great way to get in your five a day
- Provide good value for money as smaller punnets can be more expensive – choose a large bag of frozen fruits and take out small amounts when you need.

Condiments, herbs and spices

are the hidden heroes in making food exciting. Get a good stock of herbs and spices in your cupboard to add variety to your meals.

- Stock cubes are useful for soups and sauces – keep your eye out for reduced salt versions
- Tinned tomatoes make for a great sauce base
- Olives, fish sauce, black bean sauce, marmite, sweet chilli sauce, chutneys, olive oil, sun-dried tomatoes and soy sauce add depth and flavour to food.

Frozen or tinned fish

make the perfect budget-friendly substitute for expensive fresh fish and it doesn't even need cooking.

- Tinned tuna, salmon, sardines, mackerel, anchovies and pilchards provide an omega 3 hit – great on toast or added to pasta sauces to build flavour and texture
- Frozen fish fillets without added sauces or coatings are better choices than fish fingers.

Advice from expert nutritionists.

Consultations with expert nutritionists are available with Aviva Smart Health.

Ask the team any questions you have about your diet and they'll help you cook up ideas on what foods to include, and some healthy habits to pick up. Not to mention plenty of meal and snack ideas. It's all to help and support you reach your nutritional goals.

To book your consultation, visit the website: smarthealth.aviva.com

Download the app



This guide was written by Sarah West, Nutritionist at Teladoc Health.

Sources:

¹Is the cost of living crisis over and will the prices in the UK ever come down?, Big Issue, April 2024 (last accessed 02/05/2024).

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The registration number is 473752.

EDCO 4229-0225

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