

Welcome

FINDING HOPE WITH OMS - 10th Anniversary Edition

Webinar series

OMS Easy and Family-Friendly Foods

Tuesday 28th June at 7.30pm BST

Hosted by

Sam Josephs



*OMS Facilitator and
Nutritional Therapist*

OMS Food Guidelines

- Dairy-free
- Plant-focused
- Wholefood
- Fish & Seafood
- Oily fish 3x a week



The Benefits of Healthy Eating for All

- Heart health
- Reduced cancer risk
- Better mood
- Gut health
- Improved memory
- Weight loss
- Reduced diabetes risk
- Improved bones and teeth
- Better sleep
- **NEXT GENERATION...**



I want... or I need?



‘While it should be the case that “children eat what their parents serve”, our clinical experience tells us that “parents serve what their children eat.”’

Dr Keith Williams, Director of Penn State Hershey Children’s Hospital Feeding Program, 2011

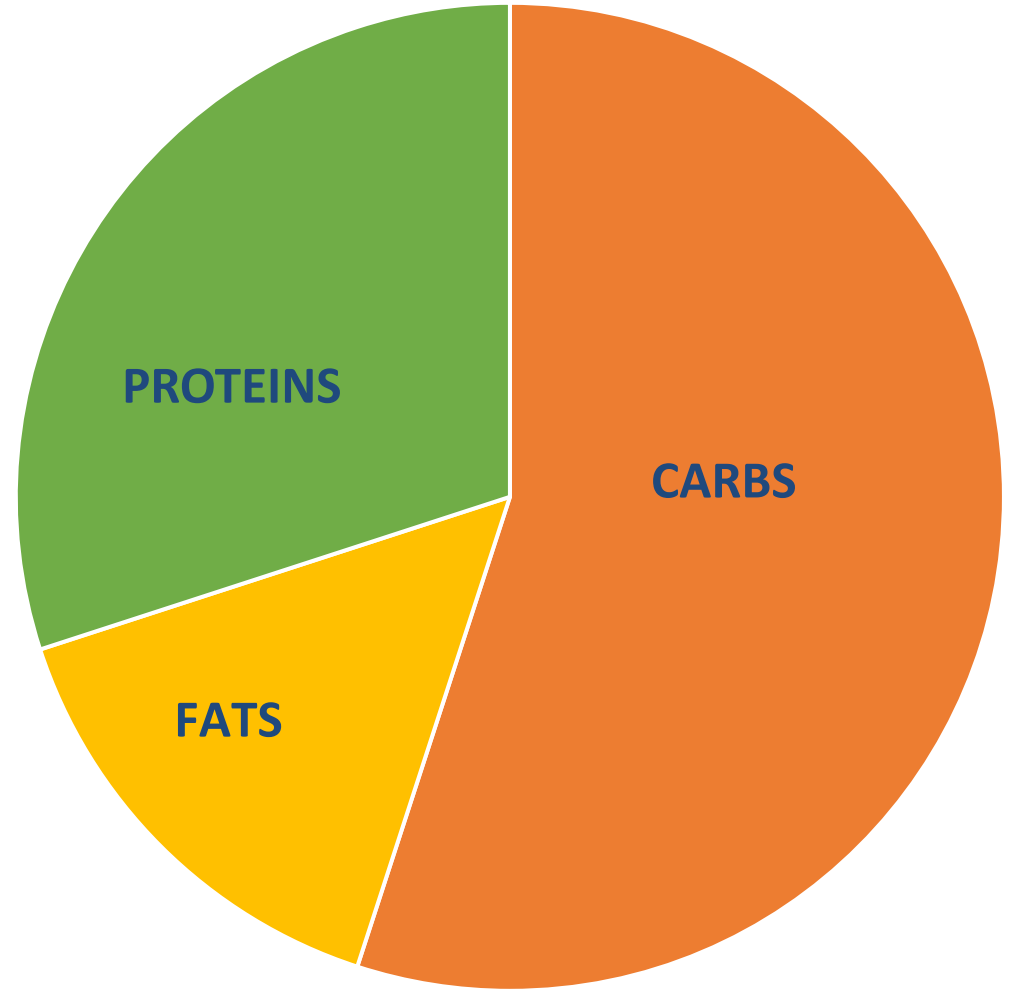
Barriers in the Kitchen



- Fatigue
- Mobility & dexterity
- Cognitive issues
- Budget
- Fussy kids
- Fussy partners or parents!
- Confidence

Macro – Nutrients

- **Carbohydrates**
 - Wholegrains, all vegetables, fruits
- **Proteins**
 - Fish, seafood, beans, lentils, nuts, seeds, soy, egg white
- **Fats**
 - Oily fish, flax & olive oils, nuts, seeds, avocados, olives



Micro-Nutrients



- **Vitamins ADEK**
 - Avocados, nuts, seeds, oils
- **Vitamins Bs & C**
 - Wholegrains, fish, seafood, beans, lentils, veggies & fruits
- **Minerals**
 - Fish, seafood, wholegrains, nuts, seeds, soy, green leafy veg,
- **Antioxidants**
 - VARIETY! Colours especially!

- ✓ Eat a rainbow (7)
- ✓ Avoid trans fats
- ✓ Eat nuts, seeds & avocados
- ✓ Eat root veg
- ✓ Eat wholegrains
- ✓ Eat fruits
- ✓ Eat pulses, beans, fish
- ✓ Keep moving
- ✓ Sleep well

HEALTH AND WELLBEING *zzz*
 Sleeping and feeding times are important determinants of overall health. Sleep 7-9 hours ideally starting before midnight. Eat regular meals and avoid snacking.

EAT A RAINBOW
 7 a day
 (5 veg and 2 fruit)

EXERCISE
 Keep moving and stay active. Use the stairs, walk whenever you can. Walk an extra stop. Park further away. Stand rather than sit at your desk.

LEAFY GREENS & SALADS

ROOT VEG & WHOLEGRAINS
 Eat root vegetables as well as whole grains (like wild and brown rice, whole oats, quinoa). Limit refined grains (like pasta and bread) which affect the body in a similar way to sugar.

DRINKS
 Drink water, tea (black, green, fruit and herbal infusions), avoid drinks that are high in sugar or artificial sweeteners, including fruit juice.

OILS
 Cook with healthy saturated fats like butter or coconut oil, and add olive oil at the table. Avoid margarines and trans fats. Eat raw nuts, seeds and avocados.

PROTEIN
 Make fish, poultry and eggs your principal sources of protein, and eat lean red meat, bacon and other processed meats only occasionally. Eat pulses (lentils, beans, chickpeas) and nuts and seeds as vegetable protein. Limit dairy to a small matchbox of cheese, half a cup of live unsweetened yoghurt or a small glass of milk a day.

FRUIT
 Eat 1-3 palm-sized portions of fruit a day. Choose different colours and eat locally (e.g. pears, apples, plums, berries) and seasonally.

OTHER VEG

Multi-vitamin and extra vitamin D for most people. Probiotics and blood sugar support, as advised by nutrition healthcare professional.

THE WELLNESS SOLUTION

BANT
 THE SEAL OF EXCELLENCE FOR NUTRITION HEALTH PROFESSIONALS



Easy OMS Cooking with Fish

Fish parcels:

- White or oily fish – whole, fillet or steak
- **Herbs** eg tarragon, basil, parsley, thyme, mint, dill, chives, coriander, oregano, marjoram, rosemary, sage, lemongrass
- **OR spices** eg 5 spice, cumin, ground coriander, paprika, onion & garlic powder, turmeric, garam masala, allspice, cayenne pepper, ground ginger
- **Toppings** eg olives, capers, lemon slice/juice/zest or other citrus, tomato, chilli (fresh or flaked), onion, balsamic or other vinegars, soy/tamari, teriyaki sauce, sweet chilli sauce



Easier OMS Fish Dishes!

Fish traybake:

- White, oily, whole, fillet or steak
- Layer with quick roasting veg eg onion (red, brown, white), leeks, courgette, tomatoes, green beans, chicory, fennel, aubergine. Also works well with mixed frozen veg!
- ADD HERBS and/or spices
- Add roasting liquid – white wine, vermouth (Martini), stock, soy sauce & water, teryaki sauce, tin of tomatoes or passata, lemon juice or other citrus fruits, balsamic vinegar etc
- Add a tin of beans / chickpeas and reduce fish portion size to reduce cost



Easy Beans & Lentils

- **Middle Eastern:** cumin, allspice, cinamon, nutmeg, chilli, tinned tomatos etc. Delicious with butternut squash, chickpeas, apricots or raisins, flaked or whole almonds
- **Indian:** cumin, ground coriander, turmeric, curry leaves, fennel seeds etc. With tinned tomatoes / soy yoghurt / cashew cream; both beans and lentils work well – red/yellow/green/brown; aubergine, peppers, okra, , cauliflower, spinach, green beans etc
- **Mexican:** chipotle chilli, paprika, bay leaves etc. Add kidney or cannellini beans; corn, peppers, serve with avocado and tomato salsa etc
- **Traditional:** stock base, thyme, rosemary, bay, red wine, onions, peppers celery, carrots, parsnips, butter beans, etc



Easy Plant-Based Substitutes

Burgers & 'Meat-less' balls:

- A combination of beans & oats and/cooked rice/stale bread blitzed to make crumbs, along with herbs & spices make good patties
- Lentils work better in 'meat' balls for some reason!
- Tofu burgers from firm tofu or tempeh
- **Try:** 1 pack of tofu combined with siracha, sweet chilli sauce or soy sauce, tomato puree, chopped onion, nutritional yeast flakes, coriander & seasoned. Blend altogether to make firm and BBQ friendly patties!



For a BBQ, use a grill mesh or sheet so they don't fall apart!

Easy Wholegrain Salads

Use up leftover rice, pasta, quinoa, millet, pearl barley, buckwheat etc

- **Mediterranean:** basil, olives, capers, sundried tomatoes, pine nuts, celery, olive oil and balsamic vinegar
- **S.Asian:** cabbage, pakchoi, sugar snaps, coriander, lime, soy, toasted cashews, drop of sesame oil and lime juice
- **Indian:** lentils or chickpeas, raisins, shredded lettuce, carrot, coriander; soy yoghurt mixed with garam masala/curry powder & mango chutney
- **Middle-Eastern:** cherry tomatoes, cucumber, green pepper, shredded red cabbage, cumin, sumac, parsley, lemon juice – top with pomegranate seeds
- **Leftover roast veg** mixed with wholegrains & topped with herbs is super easy. Drizzle on tahini or avocado dressing for protein and good fats



Easy OMS-Friendly Dips

- For sandwiches, for snacks with crudités or crackers
- Tin of beans eg borlotti, cannellini, butter beans, black beans, kidney beans, chickpeas
- Tinned fish like mackerel, salmon, tuna
- Blitz and loosen with dollop of soy yoghurt – or a little tahini
- Add flavour combos eg lemon & dill; soy sauce & coriander; tahina & garlic; tomato & basil; onion and chives etc



Easy OMS Snacks

- Choose a piece of fresh fruit or bowl of berries
- Dried fruit, with nuts or seeds (trail mix)
- Nuts if not allergic, with/or olives
- Vegetable crudité's dunked in humus / tahina / guacamole / soy tzatziki / salsa
- Plain soy yoghurt with berries – or make into a smoothie
- Baked spiced chickpeas
- Wholegrain crackers with dips, nut butters, marmite & veggies
- Wholegrain muffin / banana bread / nutty biscuits / date balls / Nak'd bars or other cereal bars or homemade versions



Easy OMS Picnics

- Sandwiches, wraps & burritos
- Savoury muffins
- Mixed bean salads – in jacket potato skin?
- Grain-based salads: with beans, tinned fish, veggies etc
- Grilled salmon / prawn skewers / calamari rings / kedgeree
- Quiche & savoury tarts eg zucchini/courgette or Tofu Filo Pie
- Seafood gumbo - rice & seafood with cajun spices eg allspice & cayenne
- Seafood paella – rice & seafood Spanish spices eg paprika & saffron
- Dips like guac, salsa, tzatziki (soy), humus, tahini, babaganoush, mackerel or salmon pâté etc



Easy Summer BBQ – Happy July 4th!

Easy BBQ sauce - equal portions of :

Balsamic vinegar, Worcester sauce, Ketchup, Honey, Soy sauce / GF soy sauce or tamari

Easy Salsa Verde :

Mixed green herbs (eg parsley, basil, tarragon, coriander, dill etc), lemon juice, rinsed capers, garlic, Dijon mustard, olive oil salted anchovy (optional)

Fish & Seafood :

- Whole fish in foil with herbs; marinated salmon steaks or fillets; fresh sardines; prawn skewers; whole squid



Easy Summer BBQ

Veggies :

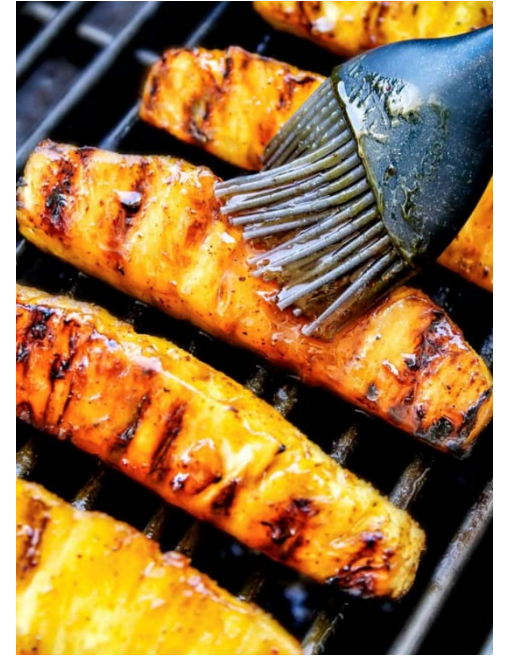
- Aubergine (for dip?); skewers to make BBQ'd salad; corn in husk; cauliflower steaks; portobello mushrooms; zucchini/courgette; cherry tomatoes; onions; peppers; avocados. **Grill oil-free & dress/marinade AFTER**

PB alternatives :

- Tofu burgers; seitan burgers; tempeh & veggie kebabs; homemade bean patties on a grill mat

Fruit :

- Pineapple – brushed with rum syrup, banana - in foil with nut butter & cocoa powder filling; watermelon –with chilli and lime; stone fruit & strawberries on kebab sticks



Family-Friendly Hacks

- **Switching:**
 - 'White' to brown (wholegrain incl breakfast cereal)
 - Soft drinks & juices to water / herbal tea
 - Oils – EVOO; flax on pasta / toast / salad dressings
 - Land for sea or plants (tofu, nuts, seeds, eggs)
- **Adding:**
 - Extra portion of colourful, varied veggies
 - A can of chickpeas into rice or lentils onto salad
 - Flaked almonds, walnuts or chia onto porridge/cereal
- **Reducing:**
 - Frequency of family meat-based meals – Meat-Free Monday
 - Portion sizes of meat / chicken – curry vs whole steak
 - Batch making sauces/marinades/soups rather than buying



**PLEASE SHARE YOUR
COMMENTS AND ANY QUESTIONS!**

