TANGERINE Project

(nuTritional heAlth aNd aGeing in oldER ethnIc miNoritiEs)

10 key tips for healthier ageing in ethnic minority communities

1 Make traditional dishes healthier

Change how you cook or what you use

- Bake, grill, air fry, or steam instead of deep frying
- Use less fat. Choose vegetable oils like sunflower or olive instead of ghee or butter

2 Eat fast foods as a meal, not a snack

Pizza, fried chicken, chips, and burgers should be eaten as part of a meal, not between meals

3 Drink water often

Water or drinks without sugar are best

- Cut down on sugary drinks like fizzy drinks, sweet tea, fruit juice, and mocktails

4 Enjoy fruits in small amounts

Fruits give vitamins and fibre, but they have natural sugars.

- Eat different kinds of fruit
- Have 2–3 portions a day

5 Eat more vegetables

Add spinach, okra, peppers, or aubergine to curries, stews, salads, or rice dishes

6 Get enough protein

Eat meat, fish, eggs, or dairy every day

7 Try plant proteins too

Beans, lentils, chickpeas, tofu, and soya are good choices

- Mix them with grains and dairy or add to vegetable dishes for a balanced meal

8 Add more fibre

Use wholemeal flour for chapatis or oats for fufu. Try brown rice for biryani or jollof

- Mix wholemeal or brown with white versions if that works better for family meals

9 Choose healthy snacks

Eat biscuits, cakes, ladoo, baklava, crisps, meat pies, or puff-puffs only sometimes

- Choose handful of nuts, fruit, or yoghurt more often

10 Swap unhealthy pastries

Instead of croissants or bakery foods high in fat, choose porridge, wholegrain toast, eggs, or yoghurt for breakfast

For more information about the TANGERINE *Project or for copies of other language versions of this and other resources, visit:*

https://nccdsw.co.uk/clusters/research/tangerine-nutritional-health-and-ageing-in-older-ethnic-minorities