



THIS REPORT HAS  
BEEN PRODUCED IN  
COLLABORATION WITH:

 **Rowett Institute**  
of Nutrition and Health  
University of Aberdeen

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Conservation

Climate Change

Sustainability

# Livewell Christmas

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Food is at the heart of many key environmental issues. Growing, producing and importing food contributes substantially to climate change. It's a driving force behind habitat and biodiversity loss. And it's a huge drain on water resources. That's why helping to develop a sustainable food system for healthy people and a healthy planet is one of WWF's priorities.

Our *Livewell* report was designed to start a conversation about what makes a sustainable diet. The report, which we published early in 2011, recommended some simple measures to achieve a diet that's good for people and the planet, such as eating less meat and processed food, and eating more fruit, vegetables and carbohydrates. It showed that a sustainable and healthy diet can be varied and interesting without eliminating any food groups.

Now, with Christmas on its way, we've come up with suggestions for a Livewell festive season. The result shows that during a week that's traditionally a time of celebration and excess, it's possible to enjoy a delicious variety of food – including traditional favourites such as turkey, chocolate, cheese and cashew nuts – and keep to our Livewell guidelines.

Livewell is about a balance over time. The menu listed here is by no means the only option, but more a guide to what your Christmas could look like. You can adapt the diet according to what you can cook, food availability, your location, your personal likes and dislikes and cultural traditions.

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### **Acknowledgements**

This report has been devised by the Rowett Institute of Nutrition and Health, and completed in conjunction with Eat Seasonably and WRAP. Eat Seasonably has demonstrated the variety of seasonal fruit and veg that's grown close to the UK. And frozen or tinned fruit and vegetables are good too – they can have a low footprint, and they contain large amounts of nutrients as they're stored sooner after being picked. WRAP has provided some excellent ideas about how to avoid food waste and make your food and pennies go further.

# LIVEWELL CHRISTMAS MENU – PER PERSON

DAY 1 – CHRISTMAS EVE    DAY 2 – CHRISTMAS DAY    DAY 3 – BOXING DAY    DAY 4 – 27 DECEMBER    DAY 5 – 28 DECEMBER    DAY 6 – 29 DECEMBER    DAY 7 – 30 DECEMBER

	DAY 1 – CHRISTMAS EVE	DAY 2 – CHRISTMAS DAY	DAY 3 – BOXING DAY	DAY 4 – 27 DECEMBER	DAY 5 – 28 DECEMBER	DAY 6 – 29 DECEMBER	DAY 7 – 30 DECEMBER
<b>BREAKFAST</b>	Cereal (wholegrain) + s/s milk 1 slice white toast + LF spread Fruit juice	Salmon + scrambled egg on wholemeal toast Glass of s/s milk	Cereal (Cornflakes, Rice Krispies etc) + s/s milk 2 slices wholemeal toast + LF spread	Cereal (wholegrain) + s/s milk 1 slice white toast + LF spread	Cereal (Cornflakes, Rice Krispies etc) + s/s milk 2 slices wholemeal toast + LF spread Fruit juice	Cereal (wholegrain) + s/s milk 2 slices wholemeal toast + LF spread Jam/marmalade/honey etc	Cereal (Cornflakes, Rice Krispies etc) + s/s milk 2 slices wholemeal toast + LF spread
<b>LUNCH</b>	Bagel LF cream cheese Smoked salmon (lemon juice to taste) 1 pot LF yoghurt	Butternut squash soup, wholemeal roll + LF spread Roast turkey Potatoes (roast + boiled) Cranberry sauce Carrot/parsnips/sprouts Stuffing + gravy Christmas pudding + cream	Vegetable soup Vegetable potato cakes e.g. boiled potato, onion + egg (can also add Christmas Day leftovers) 1 pot LF yoghurt	Vegetable soup Prawn mayonnaise sandwich Wholemeal bread, prawns, LF mayonnaise	Baked potato e.g. served with baked beans + grated LF cheddar (any leftover spaghetti bolognese sauce could also be used)	Vegetable soup Ham roll e.g. wholemeal roll, LF spread + ham	Butternut squash soup Cheese + onion panini/sandwich e.g. white roll (panini), LF spread, LF cheese + onion
<b>DINNER</b>	Vegetable stir fry e.g. mushroom, onion, sweetcorn, broccoli + carrot (orange juice + ginger to taste) Noodles	Cheese + biscuits e.g. LF cheese (e.g. cheddar, cream cheese) or FF cheese (e.g. stilton, edam, gouda, brie) served with oatcakes or crackers Liver pate	Turkey curry Turkey, mushroom, onion, peas + tomato curry sauce Rice Naan bread Mango chutney	Spaghetti bolognese Beef mince, onion, Sweetcorn, tomato sauce + herbs Parmesan cheese Garlic bread	Vegetable chilli Tomatoes, peas, sweetcorn, kidney beans, onions Wholemeal tortilla wrap LF cheese Rice Apple crumble + custard	Pork chop/escalope Gravy Mashed potatoes Cabbage LF yoghurt Frozen berries	White fish (coated) Peas Oven chips Tinned fruit + LF yoghurt e.g. tinned pineapple
<b>SNACKS</b>	Apple/pear 1tsp sugar 100ml s/s milk* Mixed nuts 1 glass diluting juice (made up with water) 1 cereal bar	1 mince pie 1tsp sugar 100ml s/s milk* 1 slice Christmas cake	1 biscuit e.g. shortbread, digestive 1tsp sugar 100ml s/s milk* 1 slice Christmas cake 1 chocolate bar or a few individual chocolates Apple/pear	1 pkt crisps Citrus fruit 1tsp sugar 100ml s/s milk* 1 pot LF yoghurt 1 glass diluting juice (made up with water) Carrot sticks	Citrus fruit 100ml s/s milk* Cashew nuts Sweets e.g. boiled sweets/toffeees 1 glass diluting juice (made up with water)	Mixed nuts (25g) 1 pkt crisps 1tsp sugar 100ml s/s milk* Citrus fruit Sweets e.g. boiled sweets/toffeees	Dried fruit Apple/pear 1tsp sugar 100ml s/s milk* Sweets e.g. boiled sweets/toffeees 1 glass diluting juice (made up with water)

SS – semi-skimmed milk    LF – low fat    FF – full fat, \*as in a small glass or in teas/coffees

# LIVWELL CHRISTMAS SHOPPING LIST FOR A FAMILY OF FOUR

FOOD ITEM	WEIGHT AS EATEN (g)	WEIGHT AS PURCHASED (g)	PACK SIZE REQUIRED	APPROPRIATE STORAGE OF UNUSED ITEMS
<b>STARCHY FOOD</b>				
Spaghetti	920	432	500g pkt dry wt	☐
Noodles	725	341	375g pkt dry wt	☐
Rice	1440	554	1kg pkt dry wt	☐
White bread - loaf	298	298	1 sml loaf (400g)	**
White bread - bagels	360	360	4 bagels	
White bread - panini rolls	340	340	4 panini rolls	
White bread - garlic bread	200	200	1 pk garlic bread	
White bread - naan bread	360	360	4 naan breads	
Flour (for cooking)	192	192	1 sml bag flour (500g)	☐
Wholegrain bread - loaf	1728	1728	3 x 800g loaves	**
Wholegrain bread - rolls	352	352	8 rolls	
Wholegrain bread - tortilla wraps	320	320	1 pk tortillas	
Wholegrain & high fibre cereals	500	500	1 pk cereal (e.g. bran flakes, muesli)	☐
Other breakfast cereals	360	360	1 pk cereal (corn flakes, Rice Krispies)	☐
Potatoes	2985	2985	loose	
<b>FRUIT &amp; VEGETABLES</b>				
Fresh carrots	1680	1931	22 carrots	
Turnips/parsnips	240	333	4 parsnips	
Canned tomatoes	1080	1080	3 x 400g tins	*
Frozen peas	720	720	1 x bag frozen	**
Fresh cabbages, Brussels, other brassicas	380	494	1 lge savoy cabbage	
Fresh cabbages, Brussels, other brassicas	380	551	36 sprouts	
Fresh cauliflowers, broccoli	360	590	1 lge head of broccoli	
Mushrooms	324	324	1 sml punnet	*
Onions	1210	1287	9 med onions	
Canned or frozen sweetcorn	680	680	1 x 1kg bag frozen	**
Fresh pumpkins, squash	1040	1552	1 lge butternut squash	
Apples, pears	1600	1798	16 coxes or royal gala	
Citrus fruit	1920	2743	12 oranges or 24 satsumas	
Canned fruit (e.g. pineapple, tropical fruit)	300	300	1 tin pineapple	
Frozen berries (raspberries, blueberries etc)	240	240	1 sml pk frozen	**
Dried currants	100	100	1 x 500g pk	☐
Fruit juice	1312	1312	1 x 1.5l cartons	*
<b>DAIRY</b>				
Semi-skimmed milk	6100	6100	11 pints	
Cheese (full fat) e.g. Stilton	140	140	1 small piece e.g. Stilton	*
Cheese full fat) - parmesan	20	20	1pk grated parmesan	*
Cheese (reduced fat) e.g. cheddar	400	400	1 medium block	*
Cheese (reduced fat) - cream cheese	120	120	1 tub	*
Yoghurt / fromage frais (low fat)	2500	2500	20 x 125g pots	

KEY: \* = refrigerate \*\* = freeze ☐ = storage cupboard (to be used in following weeks)

FOOD ITEM	WEIGHT AS EATEN (g)	WEIGHT AS PURCHASED (g)	PACK SIZE REQUIRED	APPROPRIATE STORAGE OF UNUSED ITEMS
<b>MEAT, FISH, EGGS, BEANS, NUTS</b>				
Eggs	242	242	1 x 6pk - free range	
Ham	184	184	8 slices	*
Beef	360	522	1 sml pk mince	**
Pork	360	545	4 sml chops	
Turkey	1120	3.5kg turkey	1 sml turkey (3.5kg)	**
Liver pate	160	160	1 sml tub	*
White fish (coated)	480	565	4 fillets e.g. pollock	
Shellfish	160	188	1 sml pk, frozen shelled e.g. prawns	**
Oily fish	400	400	2 pks salmon	
Cashew nuts	100	100	1 lge pk	
Misc. nuts	200	200	1 lge pk	□
Canned beans (kidney)	140	140	1 sml tin	*
Dried lentils	220	220	1 sml pk	□
Canned baked beans	540	540	1kg fridge pack	*
<b>HIGH FAT AND/OR SWEET FOOD</b>				
Biscuits - cereal bars	120	120	8 cereal bars	
Biscuits - oatcakes	120	120	1 pk oatcakes	□
Biscuits - shortbread	60	60	1 sml pk sweet biscuits	□
Buns, cakes and pastries - Mince pies	200	200	4 mince pies	□
Buns, cakes and pastries - Christmas cake	400	400	1 sml Christmas cake	□
Milk & dairy puddings (custard)	400	400	1 tin custard	
Sponge & cereal based puddings	440	440	1 Christmas pudding	
Fresh cream	80	80	1 sml tub	*
Low fat spread	476	476	1 x 500g tub	
Fried potato products (incl. oven chips)	395	395	1 bag frozen chips	**
Roast potatoes	395	494	Loose potatoes	□
Crisps & savoury snacks	280	280	8 x 35g bags (multipack)	□
Sugar	140	140	1 sml pk	□
Preserves (jam, honey etc.)	60	60	1 sml jar	*
Preserves - cranberry sauce	60	60	1 sml jar	*
Preserves - mango chutney	60	60	1 sml jar	*
Sweets	210	210	1 sml pk	
Chocolate	229	229	4 x bars	
Diluting drink (not diet) made up with water	4359	4359	1 bottle (double strength squash)	

KEY: \* = refrigerate \*\* = freeze □ = storage cupboard (to be used in following weeks)

## ADDITIONAL STORE CUPBOARD INGREDIENTS

Herbs – basil, oregano, sage  
 Spices – chilli powder, cumin, paprika  
 Garlic  
 Ginger  
 Black pepper

Vinegar  
 Stock cubes (low salt)  
 Oil for cooking  
 Water (to add to soup & diluting juice)



# Livewell in numbers

**3+2**

Eating three portions of fresh veg and two of fruit a day is a healthy, tasty and 'green' addition to your diet

**40%**

40% of food planted worldwide is wasted, between harvest and kitchen



**3.5 BILLION**

1.5 billion people are overweight, 1 billion are malnourished, and 1 billion suffer from 'hidden' hunger

**30%**

30% of global biodiversity loss is attributable to livestock production, primarily through clearing land to grow animal feed



**Why we are here**

To stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature.

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