Healthy eating for busy apprentices

Realistic ideas for working days, training, shifts and tight budgets.



What does healthy eating mean?

A variety of foods over time: fruit and vegetables (aim for 5 portions daily), starchy foods such as potatoes, rice, bread and pasta (choose higher-fibre types when you can), protein foods, and dairy or fortified alternatives. Choose unsaturated oils in small amounts and have foods high in salt, sugar and saturated fat less often. No one meal needs to be perfect.

Tips for work and training

- Carry a refillable water bottle; most adults aim for 6–8 cups or glasses of fluid a day, with more sometimes needed during hot or physically demanding work.
- Keep low-cost staples handy: oats, beans, lentils, frozen vegetables and tinned tomatoes.
- Plan food around your actual breaks; leftovers can make an easy lunch if stored and reheated safely.
- Pick food you enjoy and that works for your budget, culture, allergies and routine.

Your one small change

This week I could try: _____

3 quick, budget-friendly recipes



Overnight oats | 5 minutes + chilling

Mix ½ cup oats with ½ cup milk or fortified alternative and 2 tbsp yoghurt. Add sliced banana or frozen berries. Cover and refrigerate overnight.

Tip: Keep chilled; use a suitable milk alternative if needed.



Bean & veg wrap | 10 minutes

Drain and rinse ½ tin of beans. Mash lightly with a little yoghurt or hummus, add grated carrot and chopped tomato, then roll into a wholemeal wrap.

Tip: Use any vegetables you have; check allergens in wraps and spreads.



Jacket potato with beans | 10 minutes prep + cooking

Bake a potato until soft (or microwave following appliance guidance). Heat baked beans until piping hot; spoon over the potato and add a side of vegetables.

Tip: Use a microwave where available; check that the potato is cooked through.

Food safety: refrigerate perishable food promptly, follow packaging instructions and reheat leftovers until steaming hot. Recipes are ideas, not individual medical advice.
More guidance: NHS Eatwell Guide — www.nhs.uk/live-well/eat-well/