

**Eatwell
Be Active**
Southwest Vic.

A Healthy Communities Initiative

NUTRITION KIT

***Healthy eating information, resources &
activities for the disability sector***



***Developed by the Eat Well Be Active- Southwest Vic project
dietitian***



NUTRITION KIT

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Background & use of the Eat Well Be Active Nutrition Kit



This kit is designed to be used in the disability sector by staff, clients and carers from residences, day programs, groups, respite & outreach. The aim of this kit is for disability organisations, staff, carers and clients to work together to create a healthy eating environment where healthy food choices are promoted through events, policy, activities, day programs, residences, respite and outreach/support work. This kit is designed for use in conjunction with the Healthy Food Fast Cookbook.

This kit can be used;

- To assist with training and induction of staff in the disability sector
- By staff to assist with teaching and promoting healthy eating to clients
- In residences to assist in planning and providing healthy meals & snacks
- In day programs and groups to find ideas and activities
- By dietitians & health professionals to teach & promote nutrition to patients with a disability, their carers & support staff and also patients with low literacy levels or mental health issues.

This kit was created by the Eat Well Be Active - South West Vic project dietitian Kim Dutkowski. Eat Well Be Active- South West Vic is a Healthy Communities Initiative phase 2 project (2011-2013) which aimed to reduce overweight and obesity in people (18 + years) with a disability and carers by increasing healthy eating behaviours and physical activity opportunities.

This kit is designed to assist in increasing the healthy eating habits of everyone, regardless of whether they are overweight/obese or not.

To ensure maximum use of the kit in the disability sector;

- Management have a copy
- Use kit for training, induction & reference in nutrition policy
- Keep in a prominent position in residence/day program kitchens
- Ensure staff are aware of location and contents of kit
- Add nutrition information/recipes received to kit

Supporting clients to eat a healthy diet

1. **Understand** the effects of poor nutrition and overweight/obesity.
2. **Learn** about Swap it and the 3 Eat Well Be Active nutrition messages.
3. **Use** the Nutrition Kit and Healthy Food fast Cookbook to teach / cook / talk about / promote Swap It and the 3 nutrition messages.
4. **Involve** clients in activities/meals that promote healthy eating.
5. **Help** clients to make one new healthy food swap/change. Support, encourage and congratulate them on any small food swap they make.
6. **Be** a role model.
7. **Promote** nutrition to other staff and carers.
8. **Consider** other opportunities for your organisation to promote healthy food choices and physical activity eg. catering, fundraising.



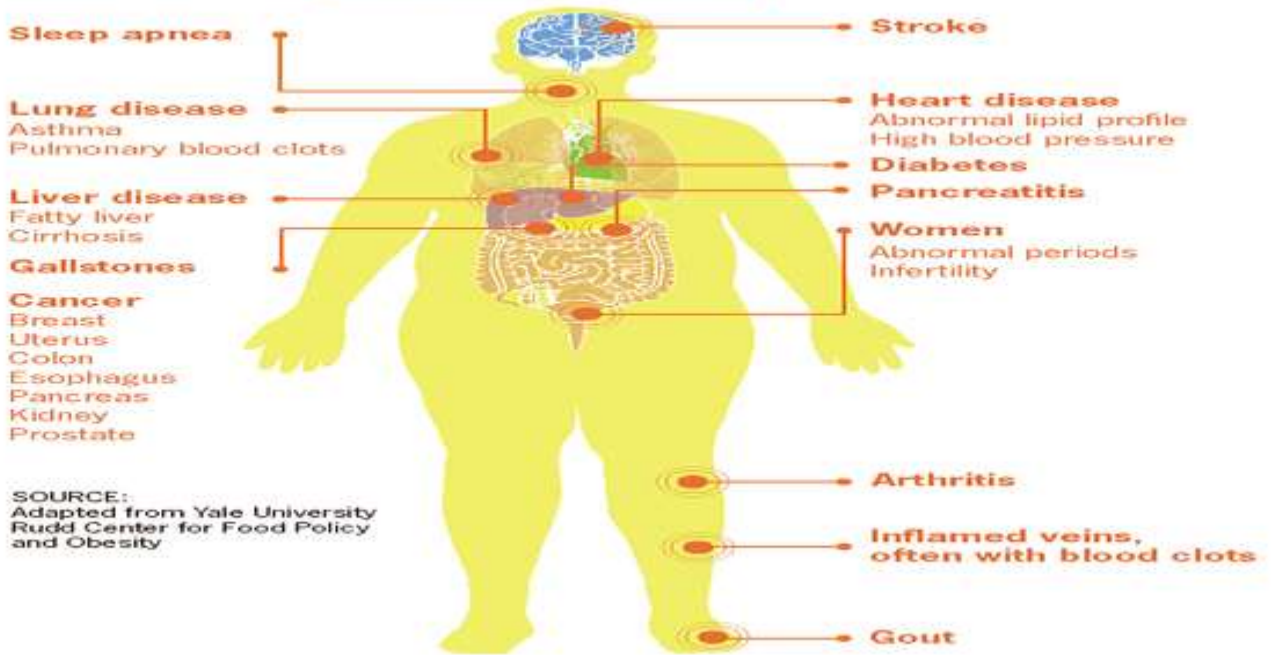


Effects of poor nutrition and Overweight/Obesity



- 69% of people with a profound/severe disability are overweight or obese¹
- 23% have diabetes or a high sugar level before the age of 25¹
- Having poor nutrition and/or being overweight or obese means an increased risk of developing the following chronic diseases and conditions;

Medical Complications of Obesity



2

- These conditions will significantly reduce life expectancy, increase hospitalisation, reduce mobility and impact on the client's, staff and carers quality of life⁵
- A small weight loss or preventing further weight gain can help reduce the risk of developing these conditions.

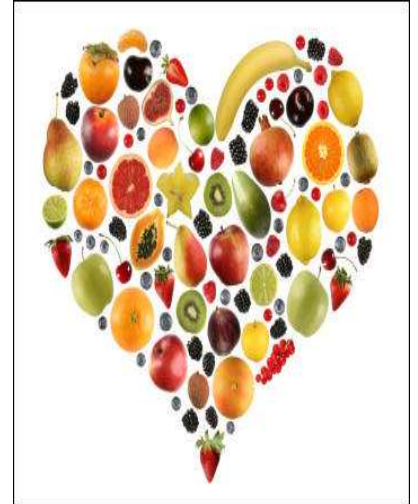
Why are people with disabilities more likely to be overweight or obese?³

- Lower energy or food needs
- Difficulties or low levels of participation in physical activity
- Medication
- Large serving sizes
- A lot of takeaway, fizzy drinks, cordial, juice and high energy treats
- Not enough fruit, veg, wholegrain breads & cereals, low fat dairy or water



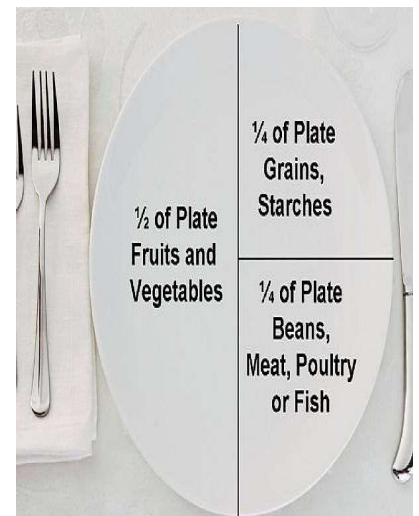
GO for 2 serves of fruit a day

- **1 serve** = 1 medium piece of fruit (apple) or 2 small pieces (apricot) or 1 cup fruit salad/tinned fruit or small handful dried fruit.
- Taste great & can be included at breakfast, snacks, lunch & dessert.



FILL half your plate with vegies at lunch & dinner

- Include fresh & cooked vegies, frozen vegies, tinned vegies, beans, chickpeas & lentils.
- Aim for a vegie rainbow = 5+ different types of vegies across breakfast, lunch, dinner and snacks.
- $\frac{1}{4}$ plate = Grains & starches; rice, pasta, bread potato, sweet potato & corn.
- $\frac{1}{4}$ plate = Meat, poultry, fish, eggs, tofu & beans



CHOOSE water first

- Best thirst quencher
- No energy
- Limit other options; softdrink, juice, cordial.



**This National Partnership Agreement on Preventive Health initiative was funded by the Australian Government.

GO for 2 serves of fruit a day

- **1 serve** = 1 medium piece of fruit (apple) or 2 small pieces (apricot) or 1 cup fruit salad/tinned fruit or small handful dried fruit.
- Taste great & can be included at breakfast, snacks, lunch & dessert.



Fruity Ideas:

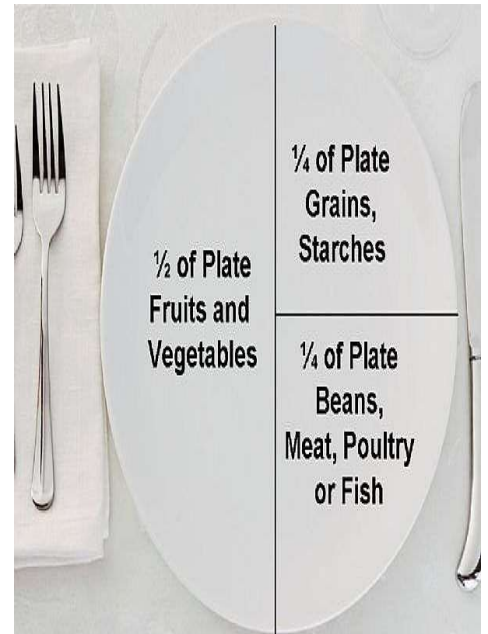
Breakfast	Porridge/muesli with banana/grated apple/ tinned fruit, sultanas/dried apricots, fruit toast + banana, crumpets + berries, pikelets/fruit salad with fruit + yoghurt, toast with low fat cottage cheese + strawberries/banana, fruit smoothie.
Morning Tea	Diced fruit in natural juices (tubs, tinned), rice cakes/vitaweats with mashed banana + ricotta/peanut butter, tub fruit puree, small pack dried fruit.
Lunch	Banana & peanut butter/cottage cheese/ricotta roll, piece of fruit.
Afternoon Tea	Fruit kebab + yoghurt, fruit smoothie, fruit yoghurt, fruit lassi, fruit toast, English fruit muffin, fruit platter, small wholemeal fruit muffins.
Dessert	Meringue nest with fruit salad, Choc dipped strawberries, fruit crumbles, fruit fillos, creamed rice + fruit. Check Healthy Food Fast Cookbook for more ideas

Swaps:

Choc coated muesli bar	Fruit kebab + low fat yoghurt
Chocolate sundae	Low fat icecream/custard + tinned/fresh fruit/frozen berries
Piece of cake	Slice of fruit toast/fruit bun
Pavlova	Meringue nest + fruit salad

FILL half your plate with vegies at lunch & dinner

- Include fresh & cooked vegies, frozen vegies, tinned vegies, beans, chickpeas & lentils.
- Aim for a vegie rainbow = 5+ different types of vegies across breakfast, lunch, dinner and snacks.
- ¼ plate = Grains & starches; rice, pasta, bread potato, sweet potato & corn.
- ¼ plate = Meat, poultry, fish, eggs, tofu & beans



Vegeticious ideas:

Breakfast	Baked beans on toast, creamed corn/mushrooms on toast, scrambled eggs/omelette+ mushrooms, spinach+ tomato, breakfast wrap with egg, tomato + mushroom, toasted sandwich + ham, pineapple & tomato .
Morning Tea	Savoury vegetable muffins eg. carrot & walnut, toasted pita/mt bread & hummus/salsa/tzatziki, celery & peanut butter, wholemeal mini quiches, cherry tomatoes.
Lunch	Wholemeal lebanese bread pizza, homemade burger, tomato bruschetta, vegie/ lentil/ pumpkin/minestrone soup, meat + salad wraps/rolls/sandwich, salads, leftovers- see lunch ideas sheet.
Afternoon Tea	Half mini English muffin pizza, corn thin with ham & tomato, tinned beans & corn mix, tinned soup, small tin baked beans.
Dinner	Check Healthy Food Fast Cookbook for more ideas.

Swaps:

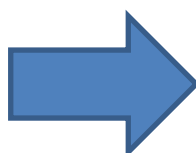
Packet of chips	Vitaweats + tomato/corn/avocado
Salami & cheese sandwich	Ham/Chicken + salad wrap/roll
2 minute noodles	Tinned pumpkin/vegie/lentil soup
Spaghetti Carbonara	Spaghetti + vegie/tomato sauce

CHOOSE water first

- Best thirst quencher
- No energy
- Other options are high in energy & added sugar
- Limit options such as fruit juice, soft drink, cordial & espresso coffee
- Tea & instant coffee, diet cordial, diet soft drinks are low energy, but water is still the first choice.



Swap from this



to this & feel fuller for longer

1 glass juice	Water + banana
1 carton flavoured milk	Water + low fat custard + berries
1 large full fat cappuccino + 2 sugars	1 small low fat cappuccino + 100g low fat yoghurt

Swaps:

Milk shake with full fat milk + cream	1 cup fruit smoothie with fruit, low fat milk + yoghurt
Can of coke	Glass of soda water + squeeze of lime
Fruit juice	Glass of water + piece of fruit
Hot chocolate with marshmallows	1 cup milo + banana milkshake

Create a Healthy Eating Environment for clients; discussion and activities

Talk:

- Start the conversation about healthy eating.
- One on one is best. However if time is limited talk to a small group.
- Ensure the client/s are comfortable with limited distractions.



Ask:

- What is healthy eating?
- What are some healthy foods?
- Do they eat fruit?
- Do they eat vegetables?
- Why are these foods good for you?
- Have they heard of Eric the Swap it man?

Show:

- The 3 key nutrition messages from the Nutrition Kit
- The healthy plate picture
- The Diabetes Vic pictorial guide if appropriate
- Swap it poster

Activities:

- Use the Swapper sheet to help the client make one healthy food swap, think of a non-food related reward/ activity if they maintain their swaps.
- Healthy plate placemat with drawings/ magazines
- Cooking from the Healthy Food Fast Cookbook
- Mini supermarket tours; focus on fruit n veg aisle, use Supermarket guide
- Outing to community gardens/farms/orchards
- Fruit kebabs & healthy fruit n veg based morning/afternoon tea
- Fruit n veg tastings
- Fruit n veg art
- Swap eating out for buying ingredients at the supermarket and making it yourself
- Make a healthy cookbook
- Gardening
- Making chef hats and aprons
- Refer independent clients to the community kitchen





**1/4 of Plate
Grains,
Starches**



1/2 of Plate



Vegetables

1/4 of Plate



Beans,



Meat, Poultry



or Fish



START THINKING LIKE a



THINK ABOUT ALL THE SWAPS YOU CAN
MAKE IN YOUR EVERYDAY LIFE - AT WORK,
AT HOME OR OUT SHOPPING.

Name:


Try and make one new swap a week to include more fruit, vegies & water every day!

Eg. Swap a can of coke for a glass of water and a piece of fruit, swap a piece of cake for a piece of fruit toast, swap from a side of chips to a side of salad, swap from a meat and cheese sandwich to meat and salad sandwich.






Swap from this	To this	Tick every time swap has been completed

** This national partnership agreement for preventative health was funded by the Australian Government

1. Choose dinner meals for the week – Check the cookbook for more

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Chicken & Veg Pie  p 65	Easy Beef hot pot  p 64	Creamy vegie pasta  p 50	Fast Fish Medley  p 74	Tropical Pizza  p 53	Vegie Lasagne  p 67	Roast Lamb  p 63

2. Choose breakfast, lunches, snacks & desserts

Breakfast Ideas	Lunch Ideas	Snack ideas	Dessert ideas
Cereal with low fat milk + fruit	Ham + salad wholegrain roll	Slice of fruit toast	Pear & rhubarb crumble p 85 
Wholegrain toast + baked beans	Chicken burgers p 55 	Tub of low fat yoghurt	Low fat custard + frozen berries
Untoasted muesli + low fat/diet yoghurt	Mexican wrap with low fat cheese, kidney beans & salad	Tinned fruit in natural juices/fruit kebab/ fruit salad	Fruit salad
Porridge or instant oats + fruit	Pumpkin Soup p 39 	Muesli bar; 1x Bodywise / Be natural / Quaker fibre	Skinny Cow/Paddlepop/Fruit n yoghurt mini icecreams
Cereal with skim milk+ tinned fruit	Roast beef/chicken/turkey + salad roll	Vitaweats with low fat cheese + tomato	Low fat yoghurt + tinned fruit
Banana toastie p. 92 	Salad box with tuna, 4 bean mix, cucumber, corn, tomato, lettuce	Coolpak Popcorn pack	Pack of Vive lite mini cookies OR 2 x Snack right fruit biscuits
Boiled eggs, toast + tomato + mushroom + spinach	Ham, cheese, tomato, spinach, capsicum toastie	Pear & banana muffins p 91 	Fruit kebab + low fat yoghurt

3. Make a shopping List (Based on 4-6 people using the examples above)

FRUIT	VEGETABLES	DAIRY	MEAT & ALTERNATIVES	GRAINS, CEREALS etc	EVERYDAY SNACKS	SWEET CRAVINGS
FRESH 15 pears Rhubarb bunch 14 apples 20 bananas 10 kiwifruit 1 rockmelon	FRESH 2 x Bag of tomatoes 1 lettuce Bag carrots 2 cucumber 1.75 kg pumpkin pumpkin Bag of potatoes 1 sweet potato 500 g mushrooms Celery 1 turnip 1 cauliflower or broccoli Leeks or asparagus 2 onions 2 bags Baby spinach 3 x Red capsicum	MILK 6 L low fat milk 375ml can Low Fat Evaporated milk  YOGHURT 2 x 1 kg flavoured low fat/diet yoghurt  CHEESE 500g Low fat Cheese 500g LF ricotta DAIRY DESSERTS Skinny cow  Fruit n yoghurt minis/ Paddlepop Low fat custard	4-6 small chicken breasts (100g) 1 kg chuck or blade steak 750 g ham 350 g white fish (4-6 fillets) 1 kg easy carve leg of lamb or beef 4 tins of tuna 400g sliced roast beef/ sliced chicken or turkey 500g chicken mince or lean beef mince MEAT ALTERNATIVES 2 Tins of 4 bean mix 2 Tins of Kidney beans 2 tins of baked beans 6 eggs	BREAD 12 wholegrain rolls 2 loaves wholegrain bread Packet of 8 wholegrain wraps 4 x Turkish/Mt bread BREAKFAST CEREAL Untoasted Muesli, Cereal eg Weetbix/ /AllBran/Guardian Oats or instant oat sachets GRAINS 6 sheets filo pastry 350 g pasta Rice-doongara Lasagna sheets PANTRY STAPLES Cornflour White & Wholemeal self raising flour	2 Loaves of fruit bread 8x Uncle Tobys BodyWise OR Be Natural Four seeds & trail bars OR Quaker Fibre bars  Coolpak popcorn packs  Packet of Vitaweats 	Vive lite mini cookies  Snack right fruit biscuits  Jarrah Chocolait hot chocolate 

*Note these meal and snack ideas are suitable for the general population & healthy eating . For specialised dietary advice contact a dietitian

SUPERMARKET GUIDE

Fruit = GO for 2 serves a day

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> • Tinned (In natural juice) | <ul style="list-style-type: none"> • Fresh & in season • Frozen | <ul style="list-style-type: none"> • Dried • Puree |
|---|---|--|

Vegies = FILL 1/2 your plate with vegies at lunch & dinner

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Fresh • In season | <ul style="list-style-type: none"> • Tinned; corn, beans, lentils, tomatoes, beetroot | <ul style="list-style-type: none"> • Frozen; peas, stirfry mix, beans, spinach, corn, cauliflower |
|--|--|--|

Breads, Cereals & Grains

<p>Bread</p> <ul style="list-style-type: none"> • Wholegrain eg. Helgas, Burgen, Abbots Village • Multigrain 	<ul style="list-style-type: none"> • Wholemeal • Four Seed • Wholemeal Pita, Lebanese + Mountain Bread 	<ul style="list-style-type: none"> • Wholegrain wraps • Sandwich thins • Wonder White Hi Fibre Plus • Sourdough
<p>Breakfast Cereal</p> <ul style="list-style-type: none"> • Untoasted muesli • Rolled Oats • Instant oats 	<ul style="list-style-type: none"> • Weet Bix/Plus Range • Mini wheats/All Bran/Guardian 	<ul style="list-style-type: none"> • Be natural/Oat Flakes • Lightchoice/Healthy Start/Balanced right
<p>Grains</p> <ul style="list-style-type: none"> • Couscous • Barley • Polenta 	<ul style="list-style-type: none"> • Rice (try brown, basmati or Doongara) 	<ul style="list-style-type: none"> • Pasta (try wholemeal or high fibre) • Noodles; Udon

Dairy

<p>Milk</p> <ul style="list-style-type: none"> • Low fat 	<ul style="list-style-type: none"> • Skim 	<ul style="list-style-type: none"> • Evaporated (cooking)
<p>Yoghurt</p> <ul style="list-style-type: none"> • Diet; Soleil, Forme 	<ul style="list-style-type: none"> • Low Fat; Vaalia, Ski D'Lite, Jalna 	<ul style="list-style-type: none"> • Low fat natural & greek; Tamar Valley
<p>Cheese</p> <ul style="list-style-type: none"> • Low fat/Light 	<ul style="list-style-type: none"> • Cottage cheese 	<ul style="list-style-type: none"> • Ricotta cheese

Dairy Desserts = less than 600 kj per serve

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Skinny cow icecreams | <ul style="list-style-type: none"> • Custard tubs | <ul style="list-style-type: none"> • Yoghurt minis |
|--|--|---|

SUPERMARKET GUIDE

Meat and alternatives

Meat

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Fresh fish • Tinned tuna/salmon • Frozen fish (no crumbs/batter) • Marinara mix | <ul style="list-style-type: none"> • Heart Smart/ Extra Lean /Lean/premium mince & burgers • Lean Beef, Lamb, Pork, Kangaroo, eg. stirfry, rump steak, chuck, roast. | <ul style="list-style-type: none"> • Chicken / Turkey breast / tenders / thigh fillets • Sliced Roast beef • Sliced Chicken • Sliced Turkey • Shaved Ham |
|--|--|---|


Meat alternatives

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> • Eggs • Lentils | <ul style="list-style-type: none"> • Kidney beans • Baked beans(low salt) | <ul style="list-style-type: none"> • Chickpeas • 4 bean mix |
|---|---|---|

Every day snacks 1-2 a day = less than 600kj per serve

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • 1 x Fruit bread (not café) • Low fat/Diet yoghurt • 1 cup fruit salad • Dried fruit box • Jelly & fruit tubs • Aunty Bettys 100g creamy rice tins | <ul style="list-style-type: none"> • Muesli bars; Uncle Toby's Body Wise/ Be Natural / Quaker Fibre bar/ Hillcrest Be good • Low fat custard tubs • Wholemeal crumpet • Diced/Puree fruit • Coolpak Popcorn | <ul style="list-style-type: none"> • Small handful unsalted nuts (20) • 3 x Ryvitas/Vitaweats • 3 x multigrain rice cakes/corn thins • Salsa/ hummus/tzatziki + vegie sticks • Vitaweat /Snakata wholegrain snack pack |
|--|--|---|

Meals on the go = Look for vegie based meals

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> • Frozen meals  | <ul style="list-style-type: none"> • Baked beans | <ul style="list-style-type: none"> • Soup; pumpkin, vegetable |
|--|---|--|

Sweet cravings

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> • Vive lite biscuits | <ul style="list-style-type: none"> • Jarrah hotchoc | <ul style="list-style-type: none"> • Snack right biscuits |
|--|--|--|

Acknowledgement Baker IDI shopping Guide. Any Brand names mentioned are Registered Trademarks [®] or Trademarks [™]. Please note this resource is for use for use in general healthy eating and/or weight loss. For specialised dietary advice see a dietitian.

Eating out Guide:

Here are some tips to keep in mind when planning to eat out

1. Reduce the frequency

- Clients may eat out a number of times over a week with their carers, residence, different organisations, staff or groups.
- Limiting eating out once a week for a main meal and once a week for a drink/morning tea is a good goal.
- Its hard for anyone to make healthy choices when eating out.
- Making it yourself is usually alot healthier, because you can control what goes into the dish. Its also much cheaper!
- With clients/groups think about eating out every 2nd time and mixing the alternate weeks with DIY healthy meals.



2. Choose venues with healthy options

- Avoid fast food outlets eg. Mcdonalds, Hungry Jacks, KFC
- Choose a **VARIETY** of different places to eat at
- Choose restaurants that have **VARIETY** and use fruit and veg in their food
Eg a bakery/café that has roll/wrap options not just pies and pastries

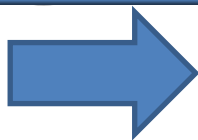
3. Help the clients make healthier choices when eating out

- **Subway under 6g of fat subs; Chicken, roast beef, turkey, ham, veg**
- **Bakery; Meat/egg/cheese + salad roll (-margarine/mayo), plain fruit bun**
- **Pub; Small steak/grilled fish/chicken breast + salad, soup, roast + vegies**
- **Small Noodle Box 99% fat free options**
- **Burger joint; Plain burger + tomato + lettuce + beetroot**
- **Café; Roll/wrap/toasted sandwich with lean meat + salad, soup, salads**
- **Asian: Stirfry vegies + meat, soups, sushi, rice paper rolls.**



Eating out Swaps:

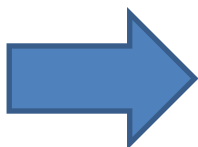
Swap expensive



For cheap & healthy

Having lunch at a café ≈ \$12	Having a picnic in the park with deli meat, wraps/rolls, salad + fruit ≈ \$3
A Mcdonalds/HJ's burger combo ≈ \$8	BBQ with lean burgers + salad ≈ \$3
Trip to the bakery for a piece of cake ≈ \$4	Trip to the supermarket for fruit or muesli bar or fruit toast/bun ≈ 50c
Buying drinks, chocolate, buttered popcorn etc at the movies ≈ \$8	Taking your own snacks eg. Coolpak popcorn, mini vitaweat packs ≈ 50c
A pub meal ≈ \$15	Making a steak sandwich with salad or healthy pizzas on pita bread ≈ \$3
Driving to a café for coffee and cake ≈ \$8	Walking to a café and choosing coffee OR sharing a fruit based dessert ≈ \$3
A cold soft drink ≈ \$3	A glass of water + a piece of fruit ≈ 40c
A trip to get icecream ≈ \$4	Having frozen fruit or small icypoles from the freezer ≈ 50c

Swap this dish



For this dish

Chicken kiev/parmigiana & chips	Chicken breast, mashed potato + salad
Main size Nachos	Entrée nachos (-sourcream) + salad
Spaghetti carbonara	Spaghetti with veggie based sauce
Thick crust meat lovers pizza	Thin crust vegetarian or supreme
Sausages & mash	Lean roast meat + ¼ plate mash + salad
Fried rice	Plain rice
Fish & chips	Grilled fish + salad/baked veggies
Fried dimsums	Steamed dimsums
Meat pie	Chicken salad roll
Honey chicken, Pad thai, Chow mein, Sweet n sour pork, creamy curries	Noodle/Rice dish with non-creamy sauce & veggies eg. chilli basil, garlic

Where can I get nutrition information from?

- There's a lot of inaccurate nutrition information on tv, in newspapers, books & on the internet. When you hear something new; ask where it came from, if it came from a dietitian then it is likely to be correct, be wary of other sources.
- Accredited Practising Dietitians (APDs) should also be the first point of call regarding any complex nutrition questions you have for your clients. Ask the GP for a referral.
- Choose these websites for accurate information

Directory of Websites:

Organisation	Website	Information:
Eat Well Be Active	www.eatwellbeactive.org.au	Nutrition Kit, resources & recipes
Swap It	www.swapit.gov.au	Swap it ideas & resources
Better Health Channel	www.betterhealth.vic.gov.au	Info on medical conditions, exercise & nutrition tips, recipes.
Dietitian's Association of Australia	www.daa.org.au	Nutrition information for specific medical conditions, recipes, contact details of dietitians.
Australian Healthy Food Guide	www.healthyfoodguide.com.au Or buy from the supermarket \$5.60 Or a one year subscription delivered \$50	Magazine written by dietitians contains recipes, nutrition information and swap ideas.



Some Breakfast Ideas

BREAKFAST IN A BOWL

- ☺ Breakfast cereal eg. Weetbix, Special K, All Bran, untoasted muesli + chopped fruit + low fat milk
- ☺ Low fat/diet yoghurt + chopped or tinned fruit
- ☺ Porridge + water/low fat milk + fruit
- ☺ Instant oats



BREAKFAST IN A FLASH

- ☺ Toasted fruit bread / English fruit muffin/small fruit bun + scrape of margarine
- ☺ Rice cakes + reduced fat peanut butter + banana
- ☺ Wholemeal bread or fruit bread + banana
- ☺ Weetbix + sliced banana (cold or warm)
- ☺ Reduced fat peanut butter on wholemeal or multigrain bread
- ☺ Fruit smoothies: blend 1.5 cups low fat milk + ½-1cup (small tub) yoghurt +1 cup fresh, tinned or frozen fruit
- ☺ Wholemeal crumpets with low fat ricotta + strawberries
- ☺ Wholegrain toast with vegemite + scrape of avocado



HOT BREAKFAST

- ☺ Wholegrain/multigrain/wholemeal toast + low salt baked beans
- ☺ Bagel + ham + mushrooms + spinach + tomato
- ☺ Breakfast wrap + Boiled egg + spinach + mushroom + tomato
- ☺ Wholegrain/multigrain toast + scrambled eggs (made on low fat milk) + cooked tomatoes
- ☺ Toasted sandwiches/jaffles made with ham, pineapple, tomato, baked beans.
- ☺ Pikelets +fruit + yoghurt
- ☺ Savoury vegetable muffins eg. Corn & capsicum
- ☺ Boiled egg/s + tomato + mushroom + wholegrain toast
- ☺ Omelette with tomato + mushroom + spinach



Acknowledgement: Community Nutrition Unit, Tasmanian Government DHHS

Some Lunch Ideas

LUNCH AT HOME

- ☺ Homemade soup eg. Vegie, lentil, pumpkin
- ☺ Toasted sandwich with beans, tomato & cheese/ tuna and creamed corn/ asparagus, ham and cheese /creamed corn, pineapple and cheese
- ☺ Pasta with vegie based sauce
- ☺ Home made burger with lean pattie and salad
- ☺ Veggie pikelets, ham & veggie/zucchini slice
- ☺ Baked potato + tomato + cheese + capsicum + beans



LUNCH IN A BOX

- ☺ Tiger sandwiches– layers of different coloured bread with different fillings
- ☺ Chicken and chopped vegetables in pita bread
- ☺ Peanut butter and banana on raisin bread
- ☺ Lean roast beef, grainy mustard and salad roll
- ☺ Curried egg, lettuce, tomato, carrot on a bagel
- ☺ Fill lunchbox with cherry tomatoes, lettuce, cucumber, carrot sticks, boiled egg or cheese and a small bread roll
- ☺ Wholemeal English muffins/Lebanese bread pizzas; tomato paste, tomato slices, capsicum strips, grated carrot, pineapple and cheese. Grill or microwave
- ☺ Wrap with cottage cheese, cucumber, tomato + lettuce
- ☺ Homemade mini quiches (made with wholemeal bread)
- ☺ Chicken, tomato wedges, lettuce, cucumber on pita bread
- ☺ Pasta with chicken, 3 bean mix, mixed vegetables.
- ☺ Homemade corn, capsicum, tomato, spinach muffin



LUNCH IN A FLASH

- ☺ Tin of soup containing vegie or beans with a roll
- ☺ Plain or flavoured tin of fish or chicken with a roll & salad
- ☺ Cheese slices/sticks, baby carrots, sliced cucumber, cherry tomatoes, vitaweats and low fat hummus
- ☺ Cheese & vegemite roll with a side salad
- ☺ Corn thins/cakes/vitaweats with tomato, low fat cheese & ham/turkey/roast beef
- ☺ Tin of 3 bean mix/chickpeas/creamed corn/ corn kernels



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Some Snack Ideas

SAVOURY

- ☺ Corn thin/Rice cake + avocado + tomato
- ☺ Wholemeal english muffin + ricotta + tomato
- ☺ Vegie kebab + low fat dip eg. hummus/salsa/tzatziki
- ☺ Celery + reduced fat peanut butter + sultanas
- ☺ Small handful unsalted nuts eg. almonds, walnuts.
- ☺ Be Cool popcorn packets/container homemade popcorn
- ☺ Vitaweat + Vegemite + low fat cheese
- ☺ Small tin of beans, creamed corn, corn n beans.
- ☺ Salt reduced packet soup
- ☺ Vitaweat + tomato + cheese
- ☺ Boiled egg
- ☺ Homemade mini quiche in wholemeal bread
- ☺ Homemade mini savoury muffins
- ☺ Baked mountain/pita bread 'chips' with dip
- ☺ Vitaweat grains snack packs
- ☺ Macro & Be light rice & corn crackers/chips



SWEET

- ☺ Fruit toast + scrape of margarine
- ☺ English fruit muffin + banana
- ☺ Uncle Toby's Body Wise Bars / Be Natural Four Seeds & Trail Bars / Quaker Fibre bar / Carman's Deluxe Fruit Muesli / Hillcrest Be good muesli bars
- ☺ Aunty Bettys 100g creamy rice
- ☺ Crumpets + low fat ricotta cheese + blueberry/ jam
- ☺ Low fat/diet yoghurt tubs
- ☺ Fruit salad
- ☺ Dried fruit/sultana packs
- ☺ 2 x Arnott's Snack Right Pillow/ Fruit Slice Biscuits
- ☺ Small cup of fruit smoothie
- ☺ Small tub reduced fat custard
- ☺ Tinned fruit in natural juices
- ☺ Fruit puree tubs
- ☺ 1 cup dry cereal eg. mini wheats, sultana buds
- ☺ Frozen grapes/banana/orange
- ☺ Jelly and fruit cup



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