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EatWell BeActive
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

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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.

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Effects of poor nutrition and
Overweight/Obesity

- 69% of people with a profound/severe disability are overweight or obese\(^1\)
- 23% have diabetes or a high sugar level before the age of 25\(^1\)
- 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](image)

- These conditions will significantly reduce life expectancy, increase hospitalisation, reduce mobility and impact on the client’s, staff and carers quality of life\(^5\)
- 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
- Alot of takeaway, fizzy drinks, cordial, juice and high energy treats
- Not enough fruit, veg, wholegrain breads & cereals, low fat dairy or water


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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.
- ¼ plate = Grains & starches; rice, pasta, bread potato, sweet potato & corn.
- ¼ 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:**

<table>
<thead>
<tr>
<th>Time</th>
<th>Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>Morning Tea</strong></td>
<td>Diced fruit in natural juices (tubs, tinned), rice cakes/vitaweats with mashed banana + ricotta/peanut butter, tub fruit puree, small pack dried fruit.</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Banana &amp; peanut butter/cottage cheese/ricotta roll, piece of fruit.</td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Fruit kebab + yoghurt, fruit smoothie, fruit yoghurt, fruit lassi, fruit toast, English fruit muffin, fruit platter, small wholemeal fruit muffins.</td>
</tr>
<tr>
<td><strong>Dessert</strong></td>
<td>Meringue nest with fruit salad, Choc dipped strawberries, fruit crumbles, fruit filos, creamed rice + fruit. Check Healthy Food Fast Cookbook for more ideas</td>
</tr>
</tbody>
</table>

**Swaps:**

<table>
<thead>
<tr>
<th>Swap 1</th>
<th>Swap 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choc coated muesli bar</td>
<td>Fruit kebab + low fat yoghurt</td>
</tr>
<tr>
<td>Chocolate sundae</td>
<td>Low fat icecream/custard + tinned/fresh fruit/frozen berries</td>
</tr>
<tr>
<td>Piece of cake</td>
<td>Slice of fruit toast/fruit bun</td>
</tr>
<tr>
<td>Pavlova</td>
<td>Meringue nest + fruit salad</td>
</tr>
</tbody>
</table>

_Funded by the Australian Government_
**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

**Vegelicious ideas:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>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 &amp; tomato.</td>
</tr>
<tr>
<td><strong>Morning Tea</strong></td>
<td>Savoury vegetable muffins eg. carrot &amp; walnut, toasted pita/mt bread &amp; hummus/salsa/tzatziki, celery &amp; peanut butter, wholemeal mini quiches, cherry tomatoes.</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Wholemeal lebanese bread pizza, homemade burger, tomato bruschetta, vegie/ lentil/ pumpkin/minestrone soup, meat + salad wraps/rolls/sandwich, salads, leftovers- see lunch ideas sheet.</td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Half mini English muffin pizza, corn thin with ham &amp; tomato, tinned beans &amp; corn mix, tinned soup, small tin baked beans.</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Check Healthy Food Fast Cookbook for more ideas.</td>
</tr>
</tbody>
</table>

**Swaps:**

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Packet of chips</td>
<td>Vitaweats + tomato/corn/avocado</td>
</tr>
<tr>
<td>Salami &amp; cheese sandwich</td>
<td>Ham/Chicken + salad wrap/roll</td>
</tr>
<tr>
<td>2 minute noodles</td>
<td>Tinned pumpkin/vegie/lentil soup</td>
</tr>
<tr>
<td>Spaghetti Carbonara</td>
<td>Spaghetti + vegie/tomato sauce</td>
</tr>
</tbody>
</table>
**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.

<table>
<thead>
<tr>
<th>Swap from this</th>
<th>to this &amp; feel fuller for longer</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 glass juice</td>
<td>Water + banana</td>
</tr>
<tr>
<td>1 carton flavoured milk</td>
<td>Water + low fat custard + berries</td>
</tr>
<tr>
<td>1 large full fat cappuccino + 2 sugars</td>
<td>1 small low fat cappuccino + 100g low fat yoghurt</td>
</tr>
</tbody>
</table>

**Swaps:**

<table>
<thead>
<tr>
<th>Milk shake with full fat milk + cream</th>
<th>1 cup fruit smoothie with fruit, low fat milk + yoghurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of coke</td>
<td>Glass of soda water + squeeze of lime</td>
</tr>
<tr>
<td>Fruit juice</td>
<td>Glass of water + piece of fruit</td>
</tr>
<tr>
<td>Hot chocolate with marshmallows</td>
<td>1 cup milo + banana milkshake</td>
</tr>
</tbody>
</table>
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
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.

<table>
<thead>
<tr>
<th>Swap from this</th>
<th>To this</th>
<th>Tick every time swap has been completed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

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


### HEALTHY FOOD FAST COOKBOOK MEAL IDEAS & SHOPPING LIST

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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken &amp; Veg Pie</td>
<td>Easy Beef hot pot</td>
<td>Creamy vegie pasta</td>
<td>Fast Fish Medley</td>
<td>Tropical Pizza</td>
<td>Vegie Lasagne</td>
<td>Roast Lamb</td>
</tr>
</tbody>
</table>

#### 2. Choose breakfast, lunches, snacks & desserts

<table>
<thead>
<tr>
<th>Breakfast Ideas</th>
<th>Lunch Ideas</th>
<th>Snack ideas</th>
<th>Dessert ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal with low fat milk + fruit</td>
<td>Ham + salad wholegrain roll</td>
<td>Slice of fruit toast</td>
<td>Pear &amp; rhubarb crumble p 85</td>
</tr>
<tr>
<td>Wholegrain toast + baked beans</td>
<td>Chicken burgers p 55</td>
<td>Tub of low fat yoghurt</td>
<td>Low fat custard + frozen berries</td>
</tr>
<tr>
<td>Untoasted muesli + low fat/diet yoghurt</td>
<td>Mexican wrap with low fat cheese, kidney beans &amp; salad</td>
<td>Tinned fruit in natural juices/fruit kebab/fruit salad</td>
<td>Fruit salad</td>
</tr>
<tr>
<td>Porridge or instant oats + fruit</td>
<td>Pumpkin Soup p 39</td>
<td>Muesli bar, 1x Bodywise / Be natural / Quaker fibre</td>
<td>Skinny Cow/Paddlepop/Fruit n yoghurt mini icecreams</td>
</tr>
<tr>
<td>Cereal with skim milk+ tinned fruit</td>
<td>Roast beef/chicken/turkey + salad roll</td>
<td>Vitaweats with low fat cheese + tomato</td>
<td>Low fat yoghurt + tinned fruit</td>
</tr>
<tr>
<td>Banana toastie p. 92</td>
<td>Salad box with tuna, 4 bean mix, cucumber, corn, tomato, lettuce</td>
<td>Coolpak Popcorn pack</td>
<td>Pack of Vive lite mini cookies OR 2 x Snack right fruit biscuits</td>
</tr>
<tr>
<td>Boiled eggs, toast + tomato + mushroom + spinach</td>
<td>Ham, cheese, tomato, spinach, capsicum toastie</td>
<td>Pear &amp; banana muffins p 91</td>
<td>Fruit kebab + low fat yoghurt</td>
</tr>
</tbody>
</table>
3. Make a shopping list (Based on 4-6 people using the examples above)

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEGETABLES</th>
<th>DAIRY</th>
<th>MEAT &amp; ALTERNATIVES</th>
<th>GRAINS, CEREALS etc</th>
<th>EVERYDAY SNACKS</th>
<th>SWEET CRAVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRESH</td>
<td>FRESH</td>
<td>MILK</td>
<td>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 400 g sliced roast beef/ sliced chicken or turkey 500 g chicken mince or lean beef mince</td>
<td>BREAD 12 wholegrain rolls 2 loaves wholegrain bread Packet of 8 wholegrain wraps 4 x Turkish/Mt bread</td>
<td>2 loaves of fruit bread 8 x Uncle Tobys BodyWise OR Be Natural Four seeds &amp; trail bars OR Quaker Fibre bars</td>
<td>Vive lite mini cookies Snack right fruit biscuits Coolpak popcorn packs Jarrah Chocolait hot chocolate Packet of Vitaroats</td>
</tr>
<tr>
<td>15 pears</td>
<td>2 x Bag of tomatoes 1 lettuce</td>
<td>6 L low fat milk 375 ml can Low Fat Evaporated milk</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rhubarb bunch</td>
<td>Bag carrots 2 cucumber</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>14 apples</td>
<td>1.75 kg pumpkin pumpkin</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 bananas</td>
<td>Bag of potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 kiwifruit</td>
<td>1 sweet potato 500 g mushrooms Celery</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 rockmelon</td>
<td>1 turnip</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TINNED</td>
<td>1 cauliflower or broccoli Leeks or asparagus</td>
<td>YOGHURT 2 x 1 kg flavoured low fat/diet yoghurt</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can pineapple</td>
<td>2 onions</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 kg tin of fruit in natural juices</td>
<td>2 bags Baby spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DRIED</td>
<td>3 x Red capsicum</td>
<td>CHEESE 500 g Low fat Cheese 500 g LF ricotta</td>
<td>MEAT ALTERNATIVES 2 Tins of 4 bean mix 2 Tins of Kidney beans 2 tins of baked beans 6 eggs</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sultanas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>FROZEN</td>
<td>2 x 425 g can tomatoes 2 x Jars Pasta sauce</td>
<td>DAIRY DESSERTS Skinny cow Fruit n yoghurt minis/Paddlepop Low fat custard</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Berries</td>
<td>Tin of beetroot Tin of corn Chicken &amp; beef stock Mixed herbs &amp; garlic</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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
- Tinned (In natural juice)
- Fresh & in season
- Frozen
- Dried
- Puree

## Vegies = FILL 1/2 your plate with vegies at lunch & dinner
- Fresh
- In season
- Tinned; corn, beans, lentils, tomatoes, beetroot
- Frozen; peas, stirfry mix, beans, spinach, corn, cauliflower

## Breads, Cereals & Grains

### Bread
- Wholegrain eg. Helgas, Burgen, Abbots Village
- Multigrain
- Wholemeal
- Four Seed
- Wholemeal Pita, Lebanese + Mountain Bread
- Wholegrain wraps
- Sandwich thins
- Wonder White Hi Fibre Plus
- Sourdough

### Breakfast Cereal
- Untoasted muesli
- Rolled Oats
- Instant oats
- Weet Bix/Plus Range
- Mini wheats/All Bran/Guardian
- Be natural/Oat Flakes
- Lightchoice/Healthy Start/Balanced right

### Grains
- Couscous
- Barley
- Polenta
- Rice (try brown, basmati or Doongara)
- Pasta (try wholemeal or high fibre)
- Noodles; Udon

## Dairy

### Milk
- Low fat
- Skim
- Evaporated (cooking)

### Yoghurt
- Diet; Soleil, Forme
- Low Fat; Vaalia, Ski D’lite, Jalna
- Low fat natural & greek; Tamar Valley

### Cheese
- Low fat/Light
- Cottage cheese
- Ricotta cheese

## Dairy Desserts = less than 600 kj per serve
- Skinny cow icecreams
- Custard tubs
- Yoghurt minis
# SUPERMARKET GUIDE

## Meat and alternatives

### Meat
- Fresh fish
- Tinned tuna/salmon
- Frozen fish (no crumbs/batter)
- Marinara mix

### Heart Smart/Extra Lean
- Lean/ premium mince & burgers
- Lean Beef, Lamb, Pork, Kangaroo, eg. stirfry, rump steak, chuck, roast.

### Meat alternatives
- Eggs
- Lentils

### Kidney beans
- Baked beans (low salt)

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

<table>
<thead>
<tr>
<th>1 x Fruit bread (not café)</th>
<th>Muesli bars; Uncle Toby’s Body Wise/ Be Natural / Quaker Fibre bar/ Hillcrest Be good</th>
<th>Small handful unsalted nuts (20)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low fat/Diet yoghurt</td>
<td>Low fat custard tubs</td>
<td>3 x Ryvitas/Vitaweats</td>
</tr>
<tr>
<td>1 cup fruit salad</td>
<td>Wholemeal crumpet</td>
<td>3 x multigrain rice cakes/corn thins</td>
</tr>
<tr>
<td>Dried fruit box</td>
<td>Diced/Puree fruit</td>
<td>Salsa/ hummus/tzatziki + vegie sticks</td>
</tr>
<tr>
<td>Jelly &amp; fruit tubs</td>
<td>Coolpak Popcorn</td>
<td>Vitaweat / Snakata wholegrain snack pack</td>
</tr>
<tr>
<td>Aunty Bettys 100g creamy rice tins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Meals on the go = Look for vegie based meals

- Frozen meals
- Baked beans
- Soup; pumpkin, vegetable

## Sweet cravings

- Vive lite biscuits
- Jarrah hotchoc
- 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.
   - It's hard for anyone to make healthy choices when eating out.
   - Making it yourself is usually a lot healthier, because you can control what goes into the dish. It's 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**

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

### Swap this dish

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

<table>
<thead>
<tr>
<th>Organisation</th>
<th>Website</th>
<th>Information:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat Well Be Active</td>
<td><a href="http://www.eatwellbeactive.org.au">www.eatwellbeactive.org.au</a></td>
<td>Nutrition Kit, resources &amp; recipes</td>
</tr>
<tr>
<td>Swap It</td>
<td><a href="http://www.swapit.gov.au">www.swapit.gov.au</a></td>
<td>Swap it ideas &amp; resources</td>
</tr>
<tr>
<td>Dietitian’s Association of Australia</td>
<td><a href="http://www.daa.org.au">www.daa.org.au</a></td>
<td>Nutrition information for specific medical conditions, recipes, contact details of dietitians.</td>
</tr>
</tbody>
</table>

Or buy from the supermarket $5.60
Or a one year subscription delivered $50

Funded by the Australian Government
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 + ½-1 cup (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

Acknowledgement: Community Nutrition Unit, Tasmanian Government DHHS
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

Acknowledgement: Community Nutrition Unit, Tasmanian Government DHHS

Nutrition Kit References

2. Yale University Rudd Centre for Food Policy & Obesity, accessed October 14 2012 at http://www.yaleruddcenter.org/