



PLANNING MEALS AND SNACKS

Healthy eating takes a bit of planning. To help you with this we have collected together some ideas for meals and snacks you might like to try.

Tips for healthy eating

- It helps to plan ahead; create a menu for the week and plan your shopping around this menu.
- Have healthy foods on hand so that you are less likely to be tempted by poor food choices and fast foods.
- Start a folder of your family's favourite recipes so that you have ideas readily on hand.
- Have a look at some of our meal ideas for inspiration.

Check out the websites listed below for more tips and healthy recipe.

Ideas for breakfast

A healthy breakfast can help regulate your appetite and manage your weight. Suggestions include:

- Breakfast cereal and low fat milk. Add some yoghurt and fruit. Higher fibre cereals containing oats, bran, nuts or dried fruits are more filling and will stop you getting hungry as quickly.
- Toast with nut butter, light cream cheese, sliced banana, vegemite, etc. Grainy breads are more filling. So are rye and sourdough.
- Baked beans, poached or boiled eggs, cooked tomato, spinach or mushrooms your toast.
- If you can't eat breakfast when you first get up, have something later in the morning or have a low-fat milk drink or smoothie for breakfast then a more substantial snack for morning tea.

Ideas for lunch

You will feel fuller and more satisfied if your meal contains a balance of protein, carbohydrate and vegetables, salad or fruit. Proteins include meat, chicken, fish, dairy foods, eggs, nuts, tofu and legumes. Carbohydrates include bread (preferably whole grain as it's more filling and nutritious), potato, rice, pasta, noodles and quinoa as well as dried beans, lentils and sweet corn.

Here are some ideas:

- Sandwich or wrap using pita bread or mountain bread with reduced fat cheese, egg, hommus, tinned salmon or tuna. Add a salad filling or have an extra container of salad to fill you up.
- Small tin of tuna with bread, crackers or rice and a salad on the side.
- Toasted sandwich or mini pizza made with pita bread.
- Salads with tuna, egg, cheese or four bean mix or falafel. Add sweet corn, quinoa, potato salad or bread.
- Hearty soup such as lentil or minestrone.
- Leftovers such as stir-fried meat and vegetables or pasta containing vegetables or with a side salad.
- If buying lunch choose something that contains vegetables and is lower in fat e.g. stir-fries with plenty of vegetables. Avoid salad bars because of the risk of listeria

Then if still hungry have fruit or low fat yoghurt.

Ideas for dinner

Aim to cover about half your plate with salad or vegetables because these are low in energy (calories) and will fill you, as well as containing vitamins and antioxidants. Cover about one quarter of the plate with protein food (meat, chicken, lentils etc.) and the other quarter with carbohydrate (e.g. potato, rice, pasta).



Remember these proportions if making a stir fry, pasta or casserole.

If running short of time try:

- Pasta with bottled tomato sauce from supermarket. Add tuna, chicken, cheese and plenty of vegetables or a side salad.
- Chicken with bottled non-creamy sauce with rice/pasta and salad or vegetables.
- Microwaved potato and vegetables and tin of tuna or salmon.
- Omelette or frittata with some salad and bread.

If you'd like dessert, try stewed, canned or fresh fruit or fruit salad with reduced fat ice-cream, yoghurt or custard.

Ideas for snacks

- A slice of grainy bread or crackers with cheese, tuna, peanut butter, avocado, light cream cheese
- Healthy breakfast cereal and low fat milk
- Hardboiled egg
- A small tub of low fat yoghurt
- Handful of raw or dry roasted unsalted nuts. Buy snack sized boxes or portion nuts into snap lock bags to help stop you overeating them
- Small handful of dried fruit or mixed dried fruit and nuts
- Fresh fruit
- Cup of fruit salad or stewed fruit
- Corn cob
- Cup of vegetable soup
- Celery or carrot sticks with dip such as hummus or tzatziki
- Pita bread cut up and lightly sprayed with oil then oven baked for a few minutes until crisp makes a good accompaniment to dips
- Toasted fruit loaf with a scrape of margarine or light cream cheese
- Bowl of plain popcorn
- Grainy crisp bread e.g. Vita-Weats or Ryvita and cheese
- Rice cakes or corn cakes with a spread
- English muffin or crumpet and peanut butter, avocado or light cream cheese
- Roasted chick peas
- 1 to 2 Arnott's Snack Right Fruit Slice or Fruit Pillow biscuits
- A slice of raisin bread and cream cheese
- A scoop of light ice cream occasionally
- Small can of baked beans

For more information

On the Women's website

Healthy eating in pregnancy fact sheets

- Weight gain during pregnancy
- Exercise in pregnancy
- About sugars and fats
- How to monitor your weight gain graphs

Other relevant fact sheets

- Healthy eating when pregnant with twins
- Vegetarian eating in pregnancy
- Good nutrition in pregnancy
- Good nutrition in breastfeeding
- Nausea and vomiting in pregnancy
- Food safety in pregnancy

www.thewomens.org.au/health-information/fact-sheets

For recipe ideas

Better Health Channel

www.betterhealth.vic.gov.au/healthyliving/recipes

Healthy Food Guide

www.healthyfoodguide.com.au/