

TUCKER

OUR KIDS LOVE

A collection of recipes
shared by Aboriginal
families in the
San Remo and Blue
Haven communities

16
recipes

by HEALTH PROMOTION
SAN REMO NEIGHBOURHOOD CENTRE



Acknowledgement of Country

“We acknowledge the Darkinjung People who are the Traditional Custodians of the lands on which we work and live. We acknowledge and recognise all First Nations people who have come from their own country and now call this country their home.

We pay respect and acknowledge our First Nations ancestors and Elders that have walked and cared for these lands for many generations before us. Our Elders are our knowledge holders, teachers and leaders.

We acknowledge our young people who are our emerging leaders in this community.”

TUCKER OUR KIDS LOVE

Welcome to Tucker our kids love, a recipe book created by the San Remo Neighbourhood Centre and families attending Blue Haven and Northlakes public schools in partnership with the Health Promotion Service, Central Coast Local Health District. Inside you will find a collection of recipes and some practical information for packing a healthy lunchbox.

This book celebrates the contribution of the San Remo and Blue Haven families in providing healthy foods for their children to enjoy, both at home and at primary school.

We would like to thank the parents and carers that have shared their recipes for this book, who have prepared and enjoyed them with their families.

We hope your family likes them too!

This recipe book is designed to provide general information only and is not intended as individual nutrition or medical advice. For individually tailored advice, consult your doctor or health professional. When packing a school lunchbox, observe your school policies.

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SNACKS

Ready-to-go
snack options

For more details on types of foods to select, see the [Everyday Options](#) and [Healthier Swaps](#) table.



banana, apple, mandarin, orange



cheese



yoghurt



cucumber, celery, carrots

cherry tomato

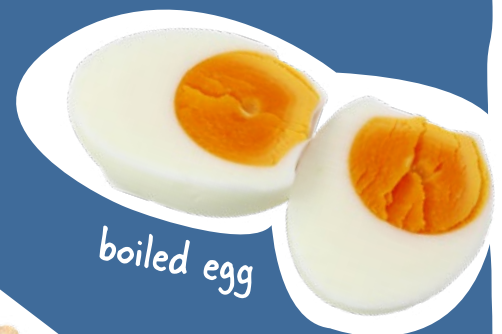


canned fruit in juice



milk popper

soy milk popper



boiled egg



rice cakes, corn thins, wholegrain crackers

HUMMUS

.....
A TASTY CHICKPEA DIP!
.....

NO COOK Recipe

Recipe adapted from the Patch to Plate cookbook



NIL



PREPARATION TIME



APPROX. 8-10 SERVES



FOOD PROCESSOR OR
STICK MIXER
CITRUS JUICER
TEASPOON
TABLESPOON
STORAGE CONTAINER

INGREDIENTS

.....

400g can of chickpeas, drained and rinsed
1 tsp cumin (optional)
1 clove of garlic
1 tbsp lemon juice
2 tbsp olive or canola oil
1x 200g can beetroot, drained (optional)

METHOD

.....

1. Add chickpeas, cumin, garlic, lemon juice and oil to food processor
2. Process until smooth puree
3. If making beetroot hummus, add beetroot and process until smooth
4. Spoon into container and refrigerate



HEALTHY HACKS

Recipe tips

Adding beetroot will
make the dip sweeter

Use leftover roast vegetables, eg
carrot or sweet potato instead for a
different flavour

FRUITY PIKELETS

.....
QUICK TO PREPARE
AND TASTY TO ENJOY
.....

These are quick to prepare and can be varied to include different fruits. They can be eaten for breakfast, a snack or afternoon tea. - Nina



STOVE



PREPARATION TIME



15 MINS



APPROX. 15 PIKELETS



MEASURING CUPS

LARGE BOWL

SMALL BOWL

WHISK/FORK

GRATER (OPTIONAL)

LARGE FRYING PAN

TABLESPOON

SPATULA

COOLING RACK

STORAGE CONTAINER

INGREDIENTS

.....

1 egg

$\frac{3}{4}$ cup reduced-fat milk

1 cup self-raising flour (plain or wholemeal)

Fruit of your choice, e.g. $\frac{1}{2}$ cup frozen and defrosted berries, 1 apple grated and juice squeezed out or 1 mashed banana

1 tbsp canola oil

METHOD

.....

1. Place flour in a large mixing bowl and make a well in the centre
2. Whisk egg with milk in a small bowl using a fork
3. Pour milk mixture into well in flour and combine to make a batter
4. Add fruit and stir to combine
5. Heat 1 tsp of oil in a frying pan to grease
6. Once pan is hot, use a tablespoon to pour batter into the pan
7. Once bubbles appear in the top side of the pikelet, flip it over using a spatula (approx. 1–2 mins)
8. Cook for a further 1–2 mins or until firm and cooked through
9. Repeat to cook all the batter



HEALTHY HACKS

Recipe tips

Adjust the amount of milk depending on type of fruit you are adding and which flour you are using (if wholemeal more liquid is needed)

Start with half a cup of milk and check texture. If you prefer thinner pikelets, add more milk

Cinnamon can be added for flavour, eg apple and cinnamon pikelets



LUNCH

Sandwich fillings &
lunchbox ideas

SANDWICH IDEAS

CHOOSE A COMBINATION
FROM THE FOLLOWING IDEAS

to make a sandwich
your child will enjoy



bread, wrap or roll



Sandwich ideas

- * chicken and pineapple
- * tuna and corn
- * egg and lettuce
- * hummus and salad
- * salmon and salad
- * cheese and tomato
- * cheese and vegemite



For full recipes, go to

[Healthy Eating Active Living - Healthy recipes](#)
and select Kids' Lunch

Tips:

Remember to keep lunchboxes cold by using an insulated lunchbox or ice brick.

When making sandwiches, layer sandwich ingredients to help prevent the bread going soggy, e.g. layer tomatoes in between pieces of cheese (see image).

GREEK YOGHURT Mini PIZZAS

.....
MINI PIZZAS PACKED
WITH VEGIES
.....



I am not a big cooker but I try to sneak in veggies whenever I can and mini pizzas are great for this - Jasmine



OVEN



PREPARATION TIME



APPROX. 12 MINS



12 MINI PIZZAS



MIXING BOWL

WOODEN SPOON

ROLLING PIN

SHARP KNIFE

CHOPPING BOARD

GRATER

BAKING TRAY

BAKING PAPER

MEASURING CUPS

INGREDIENTS

.....

- 1 cup greek yoghurt
- 2 cups self raising flour
- 2 tablespoon reduced salt tomato paste or leftover pasta sauce
- 1/2 zucchini finely grated
- 1 cup vegetables of your choice
- 1.5 cups grated cheese

METHOD

.....

1. Preheat oven 200°C. Line baking tray with baking paper
2. P I Z Z A D O U G H - combine yoghurt and flour in bowl with mixer or by hand until dough forms
3. Tip onto floured board and roll out to about 30-50cms using rolling pin
4. Cut dough into any shapes you like
5. Transfer onto lined baking tray then top with tomato paste or pasta sauce
6. Add vegetable toppings and cover with cheese
7. Roll out the rest of the dough and repeat
8. Bake for 12 mins or until base and toppings are cooked through



HEALTHY HACKS

Recipe tips



When cutting the dough large cutters are wider and work best



Add any vegetables

CHEESY VEGEMITE SCROLLS

EASY CHEESY SCROLLS

“Easy minimal ingredients
and kids love them” - Tracey



OVEN



PREPARATION TIME
(INCLUDING DOUGH)



APPROX. 15 MINS



12 SCROLLS



CHOPPING BOARD

GRATER

MIXING BOWL

WOODEN SPOON

ROLLING PIN

SHARP KNIFE

PASTRY BRUSH

BAKING TRAY

BAKING PAPER

INGREDIENTS

1 batch pizza dough

- 1 cup reduced-fat Greek yoghurt

- 2 cups self-raising flour

2 tsp Vegemite

1 ½ cups reduced-fat cheese

METHOD

1. Preheat the oven to 180°C
2. Grate the cheese
3. Follow the instructions on page 11 to make the [pizza dough](#)
4. Roll the dough out into a rectangular shape, 1cm thick
5. Spread Vegemite over dough
6. Sprinkle a layer of cheese (1 cup)
7. Roll up tightly to make a long roll
8. Slice into 12 pieces
9. Place on baking paper with 2–3cm in between each scroll
10. Sprinkle tops with remaining cheese (½ cup)
11. Bake for approx. 15–20 mins or until golden brown



HEALTHY HACKS

Recipe tips



To easily spread the Vegemite, warm in a bowl in microwave for 10 seconds and spread with silicone brush.

SCROLLS AND PIZZAS

.....
COOKED BY LOCAL PARENTS IN THE
LUNCHBOX CONNECTION COOKING CLASS
.....

"Using only two ingredients for the base and your
imagination for the topping, makes the tastiest and most
nutritious pizza ever". Kerry

Topping ideas include:

BASE

.....

TOMATO PASSATA

TOMATO PASTE
(REDUCED SALT)

RICOTTA
(REDUCED-FAT)

VEGEMITE

FLAVOURS

.....

GARLIC

FRESH OR DRIED HERBS:
-ITALIAN MIXED HERBS
-OREGANO
-THYME
-BASIL

VEGETABLES AND FRUIT

.....

MUSHROOMS
SPINACH
ROASTED
PUMPKIN
RED ONION
CANNED CORN
KIDNEY BEANS
ZUCCHINI
CAPSICUM
TOMATO
AVOCADO
CANNED
PINEAPPLE IN
NATURAL JUICE

REDUCED-FAT CHEESE

.....

GRATED CHEDDAR
OR TASTY CHEESE

RICOTTA

SCROLLS AND PIZZAS

COOKED BY LOCAL PARENTS IN THE
LUNCHBOX CONNECTION COOKING CLASS

Combinations from the group

See what they
made!

PASSATA
RED ONION
AVOCADO
MUSHROOM
SPINACH
ROAST PUMPKIN
AND CHEESE
- Heidi

VEGEMITE
AND CHEESE
- Kelly

CHEESE
MUSHROOM
SPINACH
CAPSICUM
KIDNEY BEANS
RED ONION
- Kelly

AVOCADO
TOMATO
CAPSICUM
BABY SPINACH
CHEESE AND
PUMPKIN
- Catherine

VEGEMITE AND
AVOCADO
- Amanda

SPINACH
PINEAPPLE
CAPSICUM
MUSHROOM
AND CHEESE
- Sandy



WHAT THEY SAID

"I made a variety of flavours when making the pizza,
enjoyed the texture of the pizza base and scrolls." - Hayley

"The dough is so easy to make with
only 2 ingredients and my favourite
part is that the dough can be used for
multiple recipes, it is so simple!" - Keiara

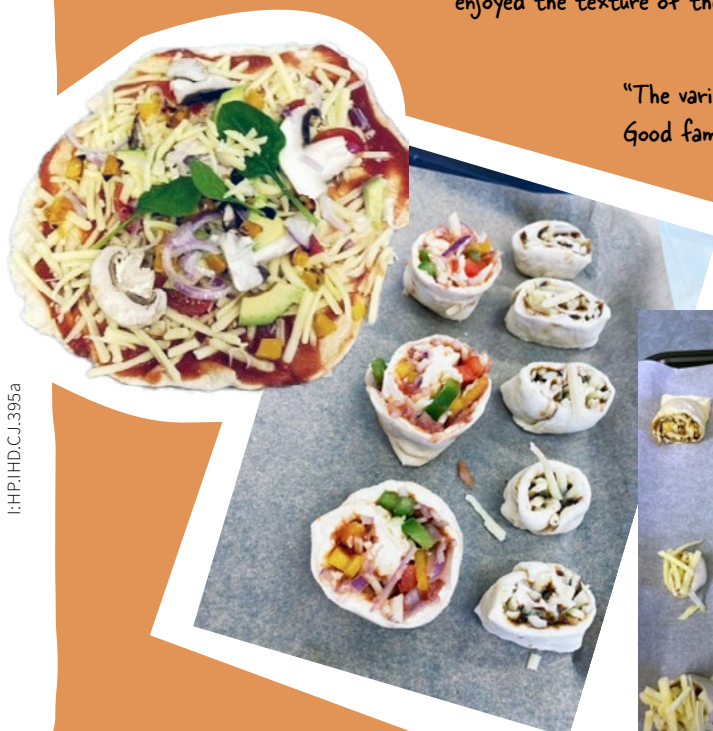
"The variety and easy to make.
Good family activity." - Kelly

"Was really nice and the dough
was good and different, only
using only Greek yoghurt and
self-raising flour" - Sandy

"It was quick, easy and super
fun to make" - Heidi

"Beautiful flavours,
good nutrition" - Kelly

"Easy, yummy"
- Catherine



FISH CAKES

FLUFFY TUNA AND POTATO FISH CAKES

My kids love these for
dinner or even on a
sandwich the next day

- Amanda



STOVE



PREPARATION TIME



15-20 MINS



8 FISH CAKES



PEELER

SAUCEPAN

FRYPAN

SIEVE

POTATO MASHER OR

FORK

CAN OPENER

TABLESPOON

MEASURING CUPS

MIXING BOWL

WOODEN SPOON

PLATE

INGREDIENTS

- 425g can tuna in spring water
- 2 tbsp tomato paste (reduced salt)
- 1 egg
- ½ cup breadcrumbs
- 3 medium sized potatoes
- ½ cup cornflour
- 1-2 tbsp olive oil

METHOD

1. Wash and peel potatoes
2. Place in a pot of boiling water
3. Cook until tender
4. Drain well using a sieve, discarding water
5. Return potatoes to pot
6. Mash using a potato masher or fork, set aside to cool
7. Drain tuna, discard springwater
8. In the mixing bowl, combine tuna, tomato paste, egg and breadcrumbs
9. Add in the mashed potato when cool enough to touch
10. Stir until combined
11. Form 8 fish cakes the size of your palm using your hands or two spoons
12. Spread cornflour onto a plate
13. Roll the fish cake in cornflour to coat
14. Warm oil in frying pan
15. Cook fish cakes on both sides until golden brown



HEALTHY HACKS

Recipe tips



Fish cakes can also be cooked in an air fryer or oven
on 180°C for 15-20 mins or until golden brown

ZUCCHINI AND CORN FRITTERS

.....
TASTY AND COLOURFUL
FRITTERS
.....

"Kids love them for dinner or great lunchbox stuffers" - Amy



STOVE



PREPARATION TIME



15 MINS



4-5 SERVES



CHOPPING BOARD

SHARP KNIFE

GRATER

MEASURING CUPS

LARGE BOWL

WOODEN SPOON

NON-STICK FRY PAN

SPATULA

INGREDIENTS

.....

6 zucchinis, grated

1x 400g can corn, drained

3 eggs

1 cup plain flour

1 tbsp baking powder

1 cup reduced-fat parmesan cheese, grated

1 spanish onion, grated

pinch of pepper

1-2 tbsp canola oil

METHOD

.....

1. Place all ingredients except oil together in a large bowl
2. Mix together until a batter forms
3. Heat 1 tbsp of oil in fry pan
4. Scoop $\frac{1}{3}$ cup of mixture onto hot frypan
5. Cook on both sides until golden brown and cooked through
6. Repeat for remaining batter



HEALTHY HACKS

Recipe tips

→ You can add other vegies like grated carrot

→ These can be packed in the lunchbox or served for dinner with avocado and tomato salsa

MINI QUICHES

EASY AND PACKED WITH A
VARIETY OF INGREDIENTS

"Kids love them for
breakfast or easy to eat
cold in lunchboxes" - Kate



OVEN



PREPARATION TIME



20-30 MINS



8 MINI QUICHES



CUPCAKE TRAY

CHOPPING BOARD

KNIFE

GRATER (OPTIONAL)

MIXING BOWL

WHISK

MIXING SPOON

MEASURING CUPS

INGREDIENTS

Cooking spray oil (canola)

6 eggs

¼ cup reduced-fat milk

1 ½ cup grated reduced-fat cheese

1 red or white onion

300g mixed vegetables such as mushrooms, spinach, grated carrot and corn

METHOD

1. Preheat oven to 180°C
2. Spray cupcake tray with oil
3. Dice onion
4. Prepare vegetables, e.g. chop or grate
5. Mix eggs and milk together in a bowl using a whisk
6. Stir in 1 cup of cheese
7. Spoon mixture into cupcake trays, about half way up
8. Add onion and mixed vegetables into each
9. Top with remaining cheese
10. Bake for 20-30 mins, or until cooked through



HEALTHY HACKS

Recipe tips

If you don't have spray oil, use 1 tsp liquid oil and a brush or piece of baking paper to grease the pans.

Leftover roast vegetables can be added.



CURRY ZUCCHINI SLICE

.....
A YUMMY SLICE WITH
HIDDEN GOODNESS
.....

"Kids eat it and then
ask for more!" Cassie



OVEN AND STOVE



PREPARATION TIME



APPROX. 40 MINS



12 SERVES



SLICE PAN OR
BAKING TRAY WITH
HIGH SIDES
CHOPPING BOARD
SHARP KNIFE
GRATER
FRY PAN
WOODEN SPOON
MEASURING CUPS
HEAT PROOF MIXING
BOWL

INGREDIENTS

- 1 tsp canola oil
- 1 brown onion
- 2 tsp curry powder
- 4 medium zucchini
- ½ cup of self-raising flour
- ¼ cup grated reduced-fat cheese
- 6 eggs
- 1 tablespoon sesame seeds

METHOD

1. Preheat oven to 200°C
2. Grease or line baking tray with baking paper
3. Grate zucchini and cheese, set aside
4. Chop onion
5. Heat oil in frypan
6. Fry onion until soft
7. Add curry powder and toss to coat the onion until fragrant
8. Transfer to a heat proof bowl
9. Add eggs, zucchini, cheese and flour
10. Stir well to combine
11. Pour into greased tray
12. Top with sesame seeds
13. Bake at 200°C degrees for 40 mins or until cooked through



HEALTHY HACKS

Recipe tips

→ Add whatever
vegetables you like

→ Wholemeal flour
could be used

→ Cooking time will vary depending on the
size of your tray. The thinner the
slice, the faster it will cook

FRIED RICE SALAD

.....
TASTY AND PACKED
FULL OF GOODNESS
.....

"The kids love this for
school lunch" - Sandra



STOVE



PREPARATION TIME



10 MINS



4-6 SERVES



CHOPPING BOARD

SHARP KNIFE

FORK

SAUCEPAN

SPATULA

BOWL

SCHOOL LUNCHBOX

INGREDIENTS

- 1 tbsp sesame oil
- 1 onion finely chopped
- 2 tsp minced garlic
- 1 red capsicum seeded and finely chopped
- 1 green capsicum finely chopped
- 2 eggs
- 4 cups of cooked brown rice
- 125g corn kernels (canned, frozen or fresh)
- 6 green shallots sliced thin
- 1-2 tsp reduced-salt soy sauce
- 227g (small tin) tinned pineapple chunks in juice
- 1 lemon
- 1 cup of cherry tomatoes halved to serve

METHOD

1. Heat ½ tbsp oil in pan
2. Beat eggs with a fork and pour into the pan
3. Stir with a spatula to scramble until well cooked (firm)
4. Set aside in a bowl
5. Heat remaining oil in the same pan
6. Sauté onion, capsicum, and garlic for 3-4 mins
7. Add rice, corn, shallots, pineapple and soy sauce
8. Stir fry for 2-3 mins mixing well
9. Add lemon juice to taste, stir in
10. Transfer to bowl or container
11. Spoon salad into lunchbox, top with cherry tomatoes
12. Keep chilled



HEALTHY HACKS

Recipe tips

Tinned brown lentils could be added
to make it stretch and add another
source of protein

Vegetables can be varied –
use a range of different
colours

CHICKEN CHILLI

.....
SLOW COOKED
CHICKEN CHILLI
.....

"This recipe is a good one to put on and continue on doing daily activities. Kids love it." - Tracey



SLOW COOKER



PREPARATION TIME



SLOW COOK FOR 6
HOURS



APPROX. 20 SERVES



CHOPPING BOARD
KNIFE

CAN OPENER

MEASURING CUPS

SLOW COOKER

WOODEN SPOON

SIEVE

TWO FORKS

INGREDIENTS

- 1kg chicken thighs
- 1 diced capsicum
- 2x 400g cans reduced-salt diced tomatoes
- 1 cup reduced-salt chicken stock
- 4 cloves of diced garlic
- 1x 400g can tinned corn, drained
- 1x 400g can lentils, drained
- 1x 400g can red kidney beans, drained
- 2 tbsp of chilli (this will be mild add more for extra bite)
- Tortillas or rice to serve

METHOD

1. Combine chicken thighs, capsicum, tomatoes, stock and chilli powder in slow cooker
2. Stir then cook on low for 5 hours
3. Shred the chicken with 2 forks
4. Add tinned beans, lentils, and corn
5. Stir to combine
6. Cook for one more hour
7. Serve with rice or toasted tortillas



HEALTHY HACKS

Recipe tips



You could add extra salad, reduced-fat plain yoghurt and reduced-fat shredded cheese to serve

BOLOGNAISE WRAPS

.....
YUMMY FILLING
WRAPS
.....



"This is a family recipe! Kids love taking these for lunch but also eat for dinner at home" - Donna



OVEN AND STOVE



PREPARATION TIME



APPROX. 45 MINS



8 SERVES



CHOPPING BOARD
SHARP KNIFE
GRATER
PASTA POT
SAUCEPAN
WOODEN SPOON
COLANDER
BAKING DISH
PLATE



HEALTHY HACKS

Recipe tips

Extra veggies can be added to make the mince stretch such as lentils or beans

If packing lunchboxes, bolognaise pasta bake can be sent in a container with wraps separately to help prevent going soggy – just remember to keep it cold

INGREDIENTS

150g reduced-fat cheese
250g dried penne pasta
500g lean beef mince
1 onion finely chopped
1–2 cloves garlic
½ carrot finely sliced
½ zucchini finely chopped
1 tbsp reduced-salt tomato paste
400g can reduced-salt crushed tomatoes
2 tbsp reduced-fat plain Greek yoghurt (optional)
Mini wraps

METHOD

1. Preheat oven to 200°C
2. Grate the cheese and chop the vegetables
3. Boil pasta in pot
4. Brown mince with onion, garlic, carrot and zucchini in a large saucepan
5. Stir in tomato paste until brown
6. Stir in crushed tomatoes and simmer
7. Meanwhile, drain pasta and rinse with hot water
8. Combine pasta and meat in the baking dish
9. Stir through cheese and bake for 10mins
10. Take out of the oven
11. Lay wrap on a plate
12. Spread 1 tsp Greek yoghurt on wrap (optional)
13. Place 2 tablespoons of pasta mixture onto the wraps
14. Wrap and serve



SPECIAL

Occasions



MiLO AND OAT SLICE

CHOCOLATE
GOODNESS

"It's simple and the kids love it!"

- Amy



Oats are a wholegrain which help to add a delicious texture to this recipe.



MICROWAVE AND OVEN



PREPARATION TIME



15-20 MINS



20 SLICES



SLICE TRAY

BAKING PAPER

BOWL

WHISK

WOODEN SPOON

INGREDIENTS

½ cup self raising flour

½ cup plain flour

1 cup rolled oats

¾ cup shredded coconut

½ cup brown sugar

½ cup Milo

125g margarine, melted

1 egg, whisked

METHOD

1. Line baking tray with baking paper
2. Combine dry ingredients
3. Mix in melted margarine and egg
4. Stir well to combine
5. Press mixture into greased and lined slice tray
6. Bake at 180°C for 15-20 mins, or until cooked through



HEALTHY HACKS

Recipe tips

For different flavours and to add moisture, add fruit:

* Choc-banana: add a mashed banana

* Choc-berry: add a handful of frozen mixed berries

Milo could be replaced by a ¼ cup of cocoa to reduce the added sugar in this recipe

CRANBERRY AND OAT BISCUITS

EASY SWEET BICKIES



"My daughter loves getting involved making these yummy snacks for her lunchbox" - Hayley



OVEN



PREPARATION TIME



15 MINS



24 BISCUITS



BAKING TRAY

BAKING PAPER

MEASURING CUPS

SMALL BOWL

LARGE MIXING BOWL

ELECTRIC MIXER

WOODEN SPOON

INGREDIENTS

5 tbsp chia seeds

125g margarine

2/3 cup brown sugar

1 ½ cups self-raising flour

5 tbsp desiccated coconut

½ cup oats

5 tbsp dried cranberries

½ cup natural yoghurt

METHOD

1. Line baking tray with baking paper
2. Preheat oven to 180°C
3. Add 125ml boiling water to the chia seeds, in a small bowl
4. Set aside for 10 mins or until the seeds appear jelly like
5. Beat the margarine and sugar with electric mixer or wooden spoon
6. Add the chia seed mixture, flour, coconut, oats, cranberries and yoghurt. Mix until combined
7. Roll into balls and gently press each down with a fork
8. Place them onto lined baking tray at least 3cm apart, bake for 15 mins or until cooked

This recipe uses chia seeds to help bind the mixture and create a chewy, moist texture.



HEALTHY HACKS

Recipe tips

The fruit in this recipe can be changed, eg fresh banana and coconut

The recipe can also be pushed into a bread pan and made into small slices

Remember biscuits harden as they cool



Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types
of foods from the five
food groups every day.



Drink plenty
of water.



Use small amounts



Milk, yoghurt, cheese and/or
alternatives, mostly reduced fat



Only sometimes
and in small amounts

PACKING A SCHOOL LUNCHBOX



TUCKER TIPS!

CRUNCH & SIP choose from



RECESS choose from



WATER



LUNCH choose from



6 TIPS FOR HEALTHY TUCKER

1

Spend most of your money on the five food groups

2

Choose water instead of sweetened drinks like soft drinks

3

Long life milk is a suitable swap for fresh milk

4

Tinned tuna, salmon and baked beans provide good quality protein and are quick to prepare

5

Frozen or canned fruit and vegetables are often better value and just as nutritious

6

For fruits & vegetables, buy and use what's in season and what's on special

LUNCHBOX TIP: remember to keep lunches cold. An insulated lunch bag and ice brick can help.



Vegetables and legumes/beans



Fruit



Milk, cheese, yoghurt



Grain (cereal) foods



Meats, poultry, fish, legumes/beans, eggs

HEALTHY TUCKER! TOO DEADLY!

For more information go to www.healthpromotion.com.au or www.eatforhealth.gov.au

EVERYDAY

options table

FOOD GROUP	CHOOSE	VARIETIES	EVERYDAY OPTIONS INCLUDE
Cereal based foods	Wholegrain and wholemeal varieties	Breads, wraps etc.	multigrain, wholemeal and rye breads and wraps, fruit bread, English muffins, crumpets, pikelets,
		Crackers	multigrain rice and/or corn cakes, rice crackers, wholewheat and/or multigrain plain crackers
		Rice	brown, basmati, long grain varieties
		Pasta and noodles	wholemeal varieties, dried noodles (not fried)
		Flours	wholemeal plain and self-raising flour
		Other grains	couscous, quinoa, barley, polenta
Vegetables	A range of different types and colours, served raw or cooked	Fresh	varieties in season
		Frozen	frozen with nothing added, e.g. peas, corn kernels and broccoli florets
		Canned	no added salt varieties, e.g. legumes, tomatoes
Fruit	A range of different types and colours, served raw or cooked	Fresh	varieties in season
		Frozen	frozen with nothing added, e.g. berries, sliced fruits
		Canned	no added sugar varieties, e.g. fruit in unsweetened juice
Milk, yoghurt and cheese	Mostly reduced-fat varieties	Milk	reduced-fat fresh or long-life milk
		Yoghurt	reduced-fat yoghurts including plain, vanilla and fruit varieties
		Cheese	reduced-fat cheddar, cottage cheese, ricotta
		Milk alternatives	milk alternatives, e.g. soy with added calcium (at least 100mg/100ml)
Lean meat, poultry, fish, eggs, tofu and legumes	Lean meats and limit processed meats	Lean meat	beef, lamb, veal, pork, goat or kangaroo
		Poultry	chicken, turkey
		Fish	tinned in springwater or olive, canola or sunflower oil with no added salt fish fillet
		Eggs	fresh
		Tofu/legumes	tofu cooked or canned legumes/beans with no added salt, e.g. four bean mix, lentils, cannellini beans, chickpeas reduced-salt baked beans

HEALTHIER SWAPS

for common household ingredients

INGREDIENTS	EXAMPLES OF HEALTHIER SWAPS
Oils	Canola, sunflower or olive oil
Spreads	Margarine (made from the oils listed above)
	Low-fat ricotta or cottage cheese
	Dips, e.g. hummus
	Avocado
	Fruit or vegetable puree
Condiments, sauces and marinades	Choose reduced-salt varieties, e.g. tomato paste, soy sauce, salsa
Salad dressings	Based on healthier oils listed above
	Use citrus, herbs (dried or fresh) and vinegar for flavour
Herbs, spices and seasoning	Fresh and dried herbs and spices, no added salt
	Use reduced-salt varieties of seasoning packets
Stock or soup base	No added salt and/or reduced-salt varieties
	Homemade with no added salt
Sugar, honey and syrup	Use fresh, dried, canned (in unsweetened fruit juice) and frozen fruit to sweeten recipes
Milk flavouring	Reduced-fat flavoured milk
	Offer plain, reduced-fat milk most of the time
Cream	Reduced-fat evaporated milk
Cream cheese	Reduced-fat ricotta or cottage cheese, blend to make smooth
Sour cream	Reduced-fat natural yoghurt
Processed meats, e.g. bacon, salami, devon	Lean ham, i.e. visible fat trimmed, labelled '97% fat free'
	Offer unprocessed meats most of the time (see Everyday Options table)
Coconut milk or cream	Reduced-fat coconut milk/cream
	Evaporated reduced-fat coconut milk
Pastry	Try using a wholemeal/multigrain wrap or bread instead, e.g. a slice of bread can be used for an individual pie base
Taco shells	Use wholemeal or multigrain tortillas and bake or toast
Corn chips	Chop wholemeal or multigrain tortillas into triangles and bake or toast



LINKS FOR MORE iNFORMATION AND iDEAS :

The Australian Guide to Healthy Eating

www.eatforhealth.gov.au

Quick Meals for Kooris

www.healthpromotion.com.au/programs-and-projects/quick-meals-for-kooris

Food safety

www.foodauthority.nsw.gov.au/consumer/keeping-food-safe

Cancer Council Healthy Lunchbox Builder

www.healthylunchbox.com.au/builder

Healthy Eating Advisory Service healthy lunchbox ideas

www.heas.health.vic.gov.au/resources/promote-healthy-eating/healthy-lunchboxes/

Get healthy for the mob information

www.healthyliving.nsw.gov.au/aboriginal-people-2



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