



Step 01 Fill up on breakfast

Do you skip breakfast believing this will help you eat less and lose weight?

Eating a healthy breakfast is one of the best ways to lose weight and gain health.

- ✓ Gets your metabolism going
- ✓ Reduces mid-morning cravings
- ✓ It gives you a head start on nutrients you need to stay well

Make a healthy breakfast

Include starchy food + protein + fruit and/or vegetables

STARCHY FOODS

Choose one:

2 Wheat biscuits
Porridge
2 Wholegrain toast
Untoasted muesli



Wheat biscuits + Milk
+ canned peaches

PROTEIN FOODS

Include one:

Egg
Green or yellow top milk
Baked beans
Cottage cheese
Low fat yoghurt



Toast + Baked Beans
+ Banana or Orange

FRUIT & VEGETABLES

Include one:

Fresh fruit
Canned (low sugar) fruit
Dried fruit
Sliced tomatoes
Mushrooms



Untoasted Muesli
+ Yoghurt + Fruit Salad

More breakfast ideas

At home:

- Toast with cottage cheese and tomato with fruit
- Scrambled egg and tomato on toast with a low fat milky drink
- Leftover rice or roti with vegetables and yoghurt

On the run:

- Piece of fruit
- A pottle of yoghurt
- Banana wrapped in wholemeal bread
- Smoothie or breakfast drink

Tip: Try mixing cereals (for example wheat flakes and untoasted muesli). It can be cheaper, healthier and just as tasty.



Choose a healthy cereal

Use the 100g columns to compare cereals

NUTRITION INFORMATION		
Serving size: 30g		
Servings per pack: 15	Per serve	Per 100g
Energy (kJ) (Cal)	440 106	1480 354
Protein (g)	3.6	12.0
Fat – Total (g)	0.4	1.3
- Saturated fat (g)	0.1	0.3
Carbohydrate		
- Total (g)	2.0	67
- Sugars (g)	0.8	2.8
Dietary Fibre (g)	3.3	11.0
Sodium (mg)	84	280

Tip: Compare cereals in the supermarket and make a list of those that meet the criteria

Choose UNTOASTED cereals with:

- LESS than 10g FAT per 100g
- LESS than 15g SUGAR per 100g (or up to 25g if cereal contains dried fruit)
- MORE than 7g FIBRE per 100g

Can't face breakfast? Try the following...

- Eat your main meal earlier in the evening and avoid late night snacking. This will improve your appetite in the morning
- Get up earlier. Take time to sit down and enjoy your breakfast
- For early starters, take breakfast to work
- Eat something as soon as possible. Each day try eating a little earlier

Recipe: Easy overnight muesli

See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Serves 4

Ingredients

2 cups rolled oats
1 ½ cups of green/yellow top milk or low fat yoghurt
Fruit

Method

Soak oats and milk overnight. In the morning, spoon ¾ cup of the mix into a bowl, add chopped fruit and sometimes a table-spoon of chopped nuts or seeds. Add a little more low fat yoghurt to make it thick and creamy. Mix well and enjoy!

OR Make a fruit smoothie

Combine fresh or frozen fruit with low fat milk or yoghurt and one or two ice-cubes in a blender. Blend until smooth.



My Breakfast Goals:



Step 02 Follow a regular meal pattern and prepare healthy meals

A regular meal pattern helps weight loss

- ✓ Keeps you full over the day
- ✓ Reduces food cravings and help you to lose weight
- ✓ Provides a healthy balance of foods and nutrients

Research shows that missing meals often leads to eating more kilojoules over the day.

What is a regular meal pattern?

- Eating three meals per day - breakfast, lunch and dinner
- Eating at around the same time each day
- Having 1-2 healthy snacks, if hungry, between meals. Ideally snack on fruit and vegetables. (see Be smart with snacks)

How to get into a regular meal pattern

- PLAN in advance the times you are going to have your meals.
- Try not to leave gaps longer than 5 hours between meals. If you let yourself get too hungry this can increase cravings for high fat and high sugar foods
- If you eat unplanned snacks or meals, return to your regular meal pattern as soon as possible.

Prepare healthy meals

The foods we choose and the way we put them together has a big influence on the number of kilojoules and the nutritional value of meals



Breakfast

For ideas see 'Fill up on breakfast'

Lunch

A sandwich and piece of fruit is a good formula.

Make a healthy sandwich

- High fibre bread/roll
- Healthy spread
- Add LOTS of salad
- Choose ONE lean protein filling
i.e. lean meat or cottage cheese or hard boiled egg or tinned fish

Try the following sandwich combinations

- ✓ Wholemeal bread with relish, cheese and cucumber
- ✓ Wholemeal wrap with chicken, light mayonnaise and salad
- ✓ Grainy roll filled with avocado, lean beef, lettuce, tomato and red onion

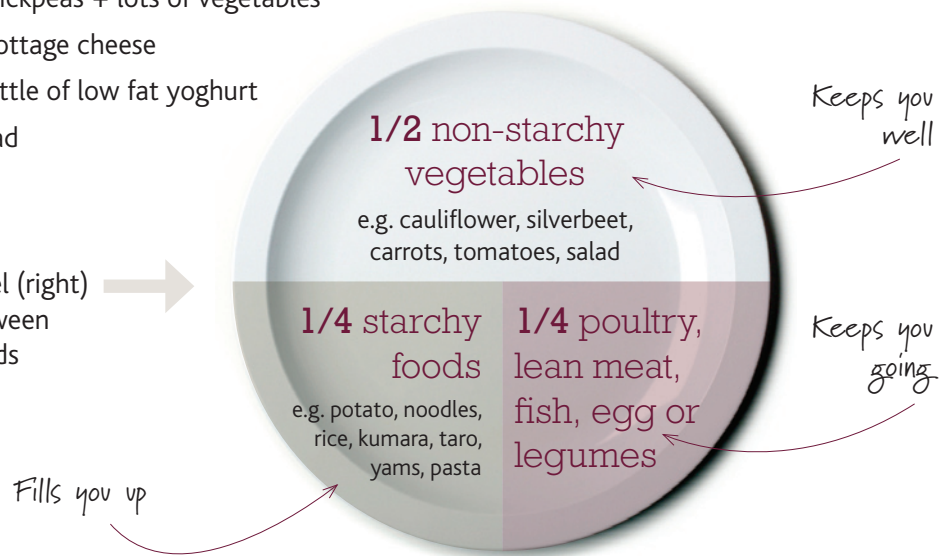


Other healthy lunch ideas

- Salad – include starchy food like rice, pasta or potato with cold chicken or hard boiled egg or tinned fish or strips of lean ham or pulses/chickpeas + lots of vegetables
- Baked potato + baked beans + cottage cheese
- Vegetable soup + grainy roll + pottle of low fat yoghurt
- Left over curry + rice + green salad

Dinner / Main Meals

- Follow the HEALTHY PLATE model (right) to achieve a healthy balance between meat, vegetables and starchy foods
- Prepare food in a healthy way



Main meals following the HEALTHY PLATE model



Steak, roast vegetables and beans



Spaghetti bolognese and salad



Stir fry with rice



Mince patty, bread roll, coleslaw, tomato/beetroot

Prepare food in a healthy way

The way you prepare and cook food can make a big difference to your weight.

Try the following suggestions for healthy cooking:

- ✓ Trim fat from meat before cooking. Choose trimmed pork bones rather than brisket. Remove skin from chicken
- ✓ Grill, stew, poach, steam or boil foods instead of frying. Use a rack when grilling so the fat drips away
- ✓ Skim fat from stews or boil ups when cool. Drain fat off corned beef
- ✓ Use no more than tablespoon oil/fat/butter in stir-fries or when frying meat or browning vegetables
- ✓ Season and flavour with herbs. Try using garlic, fresh ginger, soya sauce and chilli to add flavour

Healthy lunch and main meals you can make at home:



Step 03 Make healthier food swaps

Regularly using higher fibre, lower fat and lower sugar varieties of foods you commonly eat can make a BIG difference over time.

Swap to healthier food choices

SWAP	FOR	BENEFIT
White bread	<ul style="list-style-type: none"> • Grainy/ wholemeal breads, pita breads and wraps • High fibre bread (more than 5g fibre / 100g) 	✓ MORE FIBRE
Rice bubbles, cornflakes	<ul style="list-style-type: none"> • Wheat biscuits, porridge, untoasted muesli 	✓ MORE FIBRE
High fat, low fibre crackers	<ul style="list-style-type: none"> • Low fat/high fibre crackers (LESS THAN 10g fat/100g and MORE THAN 5g fibre/100g) 	<ul style="list-style-type: none"> ✓ LESS FAT ✓ MORE FIBRE
White flour	<ul style="list-style-type: none"> • Wholemeal flour (Half and half works well) 	✓ MORE FIBRE
Blue top milk	<ul style="list-style-type: none"> • Green or yellow top milk 	<ul style="list-style-type: none"> ✓ LESS FAT ✓ MORE CALCIUM
Butter, lard, dripping, coconut, palm oil or ghee	<ul style="list-style-type: none"> • Canola, sunflower, rice bran or olive oil 	✓ BETTER FOR THE HEART
Cheddar cheese	<ul style="list-style-type: none"> • Cottage cheese • Edam cheese (use sparingly) 	✓ LESS FAT
Regular cream cheese	<ul style="list-style-type: none"> • Extra light cream cheese • Hummus, relish, chutney, mustard, horseradish, avocado 	✓ LESS FAT
Regular coconut cream	<ul style="list-style-type: none"> • Light coconut milk 	✓ LESS FAT
Cream or sour cream	<ul style="list-style-type: none"> • Light versions or yoghurt 	✓ LESS FAT
Sour cream dip	<ul style="list-style-type: none"> • Mexican dip – see recipe over page 	<ul style="list-style-type: none"> ✓ LESS FAT ✓ MORE FIBRE
Fried rice	<ul style="list-style-type: none"> • Boiled rice – brown or basmati 	✓ LESS FAT
Potato crisps	<ul style="list-style-type: none"> • Rice crackers OR wholemeal pita crisps – see recipe over page 	✓ LESS FAT
Potato fries	<ul style="list-style-type: none"> • Baked potato with skin on 	<ul style="list-style-type: none"> ✓ LESS FAT ✓ MORE FIBRE
Creamy pasta sauces	<ul style="list-style-type: none"> • Tomato based sauces 	✓ LESS FAT
Regular mayonnaise	<ul style="list-style-type: none"> • LIGHT mayonnaise or low fat dressing • oil free dressing 	✓ LESS FAT
High fat meat i.e. streaky bacon, salami, sausages	<ul style="list-style-type: none"> • Lean varieties meat, poultry and fish i.e. ham, turkey, chicken 	✓ LESS FAT
Pie or sausage roll	<ul style="list-style-type: none"> • Lean meat and salad roll or sushi • Hot lean meat/roast meat sandwich 	<ul style="list-style-type: none"> ✓ LESS FAT ✓ MORE FIBRE



Three easy food swaps



X



✓

swap high fat crackers for LOW FAT/HIGH FIBRE crackers



X



✓

swap HIGH FAT cheddar cheese for LOWER FAT Edam cheese



X



✓

swap HIGH FAT potato crisps for LOW FAT rice crackers

Recipe idea:

Swap regular crisps and creamy dip for wholemeal pita crisps and Mexican dip

Wholemeal Pita Crisps

Ingredients

Wholemeal wraps or pita bread
 Oil spray e.g. olive, rice bran, canola
 Seasonings e.g. onion / garlic powder, dried herbs (e.g. oregano, basil or Italian), chilli powder, chicken seasoning, powdered parmesan

Method

Heat oven to 140°C. If using pita bread cut into half thickness. Spray lightly with oil spray; alternatively do a very light brush with oil. Sprinkle seasonings lightly over top. Cut into small triangles and place these on a baking tray. Cook until dry in the oven (10-15 minutes).

Notes:

If the triangles are turning brown, turn down the oven temperature.

Make up a whole packet of wraps and store in air tight container or plastic bag; they keep for months!



See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Mexican Dip

Ingredients

1 x 400g can chilli /Mexican beans
 ½ cup plain yoghurt
 ¼ cup light mayonnaise

Method

Blend or mash together then serve with wholemeal pita crisps or rice crackers.

Three food swaps I will make this week:



Step 04 Caution with your portions

Are you eating more than you think?

Increasing portion sizes lead to us eating more kilojoules than we realise. This promotes weight gain.

Tips to help portion control

- ✓ Use smaller plates and bowls
- ✓ Use the HEALTHY PLATE model as your guide for lunch and evening meals
 - Start by filling half your plate with vegetables/salad
 - Follow with protein foods and lastly starchy foods



Use your hand as a guide to portion size



A standard portion of cooked rice, pasta, potato, kumara or taro is around the size of your fist



A portion of meat, chicken or fish is what fits into your palm. It is around 1cm thick and 120 - 150g raw weight



Fill half your plate with vegetables/salad



Portion control ideas

✓ **Serve your meal then put leftovers out of sight**

The more visible and available the food, the more you are likely to eat

✓ **Drink water with your meal.**

This helps to slow your eating down and fill you up

✓ **Be aware of large packets and "value" packs**

The larger the packet, the more you will eat without realising it. To reduce this

- Divide contents of one large packet into smaller containers
- Don't eat straight from the packet. Instead, serve food in a small bowl or container
- Buy a smaller pack!

✓ **Resist the call to upsize**

While it may seem good value it will not help your weight

✓ **When offered cake, slices or other sweets**

Cut into small pieces and share with others. Alternatively put some away for another time

If you have a muffin, make it a mini-muffin. *Remember muffins should be occasionally only.*



Remember, when "just having a muffin" you could be having 2 standard muffins or 6 mini muffins

Check out www.appetiteforlife.org.nz for some healthier muffin recipes.

My goals to help control my food portions:



Step 05 Be mindful when you eat and plan ahead

Eating fast, on the run, and while distracted by other activities like television, can lead to you eating more food that you realise or need. Becoming more mindful when you eat can help you stay satisfied with less food.

Eat slowly, use all your senses and get satisfied on less

- ✓ Sit down to eat
- ✓ Always put food on a plate
- ✓ Minimise distractions. Turn off the TV and concentrate on the process of eating
- ✓ Tune in to your senses. Enjoy the sight, smell and taste of the food
- ✓ Be the last person to start eating and try to be the last person to finish
- ✓ Eat slowly until just full but not overfull
- ✓ Chew each mouthful well and put cutlery down between mouthfuls
Think of the taste and texture of everything you eat
- ✓ If you feel like second helpings, wait 10-20 minutes and you may not feel like it
- ✓ If you are still hungry, eat extra vegetables or salad
- ✓ Use a teaspoon for cakes or desserts and take tiny mouthfuls
- ✓ Use chopsticks with Asian dishes. If you are not an expert this will definitely slow you down

Practice all of the above

The more you do it the easier it becomes. Involve your household and make it fun!





Plan ahead

Eating well does not happen without planning and organisation. Being prepared will help you achieve and maintain a healthy weight.

Practice the following

- ✓ **Plan healthy meals for the week ahead and make a shopping list based on ingredients you need**
- ✓ **Keep a list of quick and easy meals and their ingredients on hand**
This way you will be less tempted by the thought of takeaways. A can of chilli beans on top of a microwaved potato is a good example. It is quicker and far more nutritious than fish and chips!
- ✓ **Make healthy environments at home or at work**
 - Stock cupboards with healthy food you enjoy
 - Avoid buying foods you know you can't resist
 - Replace biscuit or lolly jars with fruit bowls
- ✓ **Trade-off**
If you eat or drink extra, "trade off" with extra activity or less food later in the day.
For example "I will eat less at lunchtime if I have morning tea" or "I will go for a longer walk if I have dessert"
- ✓ **Set yourself ground rules**
For example, I will always have a piece of fruit with lunch
- ✓ **Plan ahead when eating out**
Choose venues with healthy choices. Avoid "all-you-can-eat" venues
- ✓ **Have a light snack before attending functions**
This is a useful strategy if you worry you will eat too much when you go out
If you arrive ravenously hungry you are more likely to overeat

Tip: Practise the following ways to say no when pressured with food

"No thanks, I've just eaten"

"It looks delicious but I'm not hungry"

"Can I take it home for later – that way I will appreciate it more"

My goals for eating mindfully



Step 06 Include plenty of vegetables in your meals & snacks

Your mother was right when she said you should eat your vegetables

They are SO IMPORTANT for health and healthy weight

- ✓ Contain antioxidants to boost your immune system
- ✓ Low in kilojoules – help keep you full without promoting weight gain
- ✓ Contain fibre, vitamins and minerals to help you stay well

Boost your vegetable intake:

- ✓ Add fruit and vegetables to every meal and snack
- ✓ Add vegetables to curries, stir fries, boil-ups, chop suey, casseroles and stews. Aim for twice as much vegetables as meat. The stir-fry recipe is a good example
- ✓ Chop finely or grate and add to hamburgers, meat loaf, meat balls or rissoles
- ✓ Add to platters. Try tomatoes, cucumber, gherkins, carrots, celery, peppers and mushrooms
- ✓ Cook extra vegetables at night and use them the next day. They are great as salads, in a wrap, or on top of pizzas
- ✓ Add to soups

Recipe: Easy stir-fry

See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Ingredients

1 tablespoons oil e.g. canola, sunflower
 500g lean chicken, beef, pork or tofu
 4 cups vegetables (carrot, broccoli, cabbage, mushrooms, bean sprouts, red and green pepper) cut into bite-sized pieces
 2 tablespoons water

Sauce

2 tablespoons soy sauce (salt reduced)
 1 tablespoon cornflour
 ¼ cup water
 2 tablespoons sweet chilli sauce

Method

Heat a wok or large frying pan and add 1 teaspoon of the oil Stir-fry half of the meat until the pink colour has gone, set aside. Repeat with remaining meat. Wipe out wok, add remaining oil and heat.

Add vegetables, stir fry for a couple of minutes then add the water. Cover and steam for a few minutes until vegetables are just cooked but still crunchy. Mix sauce ingredients together and add to the vegetables with the meat. Stir-fry until liquid thickens. Serve with rice.





How much and what kinds of vegetables?



- Aim for 3+ servings a day - more is better
- Go for variety - different colours ensure you get the vitamins and antioxidants you need to stay well

Vegetables you can eat FREELY



Starchy Vegetables - to eat in *SMALLER* quantities



What about tinned vegetables? Tinned vegetables can be used to add variety to meals and salads. Choose low salt options.

My goals for including more vegetables:



Step 07 Get into the fruit habit

How often do you feel like a snack or get the urge for “something sweet”?

Next time, satisfy this with fruit or fruit based foods.

Eating more fruit will help you look after your weight and health.

Get into the fruit habit

Why?

- ✓ It fills you up on fewer kilojoules than other sweet foods
- ✓ It is a good source of vitamins, antioxidants and fibre

What is a serve?

- ✓ 1 serving of fruit = what fits into your palm

How much?

- ✓ 2 or more servings of fruit a day



- ✓ Go for variety – different fruits and different colours ensure you get the vitamins and antioxidants you need

Examples of a serve:



1 Orange



15 Grapes



2 Kiwifruit



1/2 can Pears in natural juice



1 tablespoon of Sultanas



3 dried Apricots

Tips for eating more fruit

Include with your meals

- Slice or stew fruit for breakfast
- Finish your lunch and dinner with a fruit
- Add to salads

Eat as a snack

- When you feel like a snack, have a piece of fruit
- Take fruit to work to avoid vending machine temptation
- Chop up for children after school



If you feel like a dessert make sure it is based on fruit



Fruit Kebabs:

Thread different coloured fruit onto kebab sticks. Occasionally add a few marshmallows. Mini sticks work well.



Fruit Ambrosia:

(made with low fat yoghurt) – mix fresh fruit with chopped nuts and marshmallows. Add low fat yoghurt (plain or flavoured) and stir through.



Sweet Nibbles:

Platter chop up seasonal fruit and arrange on a platter with other foods such as dried fruit, nuts and a yoghurt dipping sauce.

Frequently asked questions

Q. What about canned fruit?

A. This counts, as does frozen fruit. Compare labels and choose lowest sugar (lite or natural juice) varieties.

Q. What about dried fruit?

A. Dried fruit is full of fibre and vitamins but contains concentrated sugar because the water has been removed. When eating dried fruit, choose small amounts i.e. 1 tablespoon of sultanas

Q. What about fruit juice?

A. Fruit juice counts but it is high in kilojoules and easy to overconsume. It is best avoided, limit to no more than 1 small glass (150ml) a day.

Recipe: Fruit Crumble

Serves 6

Ingredients

Stewed, bottled or canned fruit - low sugar varieties where possible

Crumble topping

1 cup rolled oats

¾ cup whole meal flour

1 teaspoon cinnamon

1/3 cup brown sugar

¼ cup chopped walnuts (optional)

Up to ¼ cup trim milk

Method

Preheat oven to 180°C. Place fruit into ovenproof baking dish, cover with the topping and bake for about 20 minutes or until topping is lightly browned and crisp. Serve with low fat yoghurt or custard.

Crumble topping:

Place all ingredients except milk into a bowl, add milk very gradually and mix in. Do not add too much milk – the mixture should be moist but still crumbly.



See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

My goals for including more fruit



Step 08 Be smart with snacks

You don't have to give up all snacks when trying to lose weight.

Sometimes snacks are useful as they can help reduce cravings.

However, it is important to:

- ✓ Eat snacks only when you are hungry, not because you are bored
- ✓ Choose healthy snacks that look after your weight and health

Tips

Go with real hunger, not just a desire to eat

If you are not really hungry, **distraction techniques** can help you take your mind off food. Try going for a walk, calling a friend, brushing your teeth or reading a book or magazine.

Plan snacks for vulnerable times

If you are a late afternoon nibbler, plan a healthy snack for that time. Whatever you have, put it on a plate and sit down to eat at a table.

Make a list of healthy snacks you enjoy

Put this on the fridge or somewhere you can see it. Keep some of these snacks on hand.

Keep a food diary

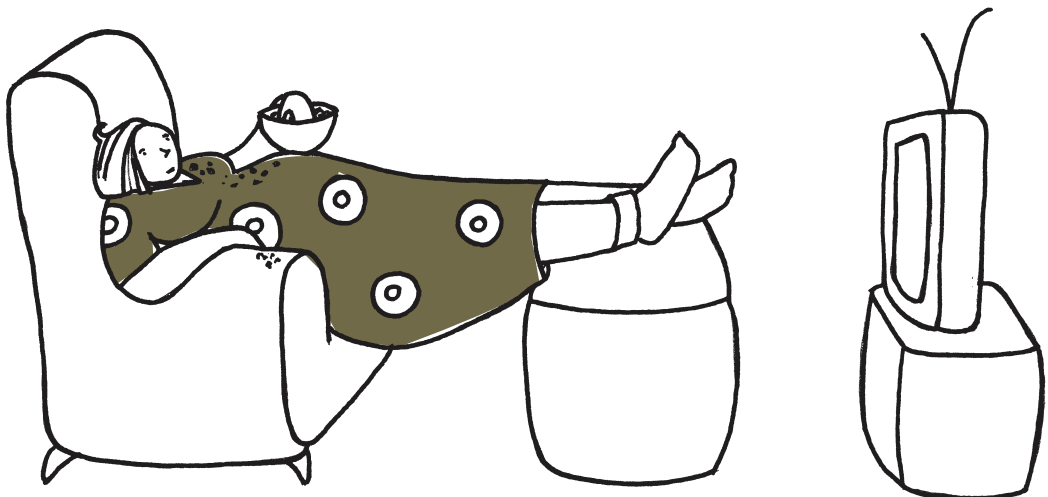
Write down everything you eat and drink including snacks. If you snack for reasons other than true-hunger, discuss and plan strategies with your health professional.

Tips to be a successful snacker:

- ✓ Snack only when you are really hungry - don't snack from boredom, habit or temptation. Snacking for reasons other than hunger can lead to weight gain.
- ✓ Choose healthy foods i.e. ones that are good sources of nutrients and look after your weight.

FACT:

If your meals are regular and filling you will be less likely to snack





Snacks that look after your weight and health



Piece of fruit or bowl of fruit salad



Handful of (fresh or frozen) grapes, strawberries or banana slices



A tablespoon of raw nuts



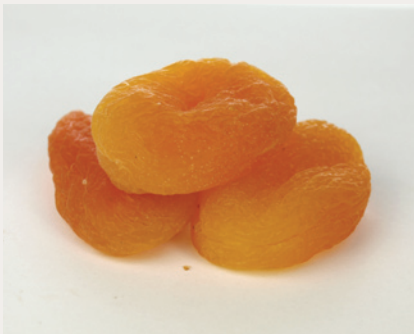
2 or 3 wholegrain crackers with hummus and sliced tomato



Glass of yellow or green top milk or milky coffee



Vegetable sticks. Add salsa, hummus or cottage cheese



Three pieces dried fruit i.e. apricots or dates



A pottle of yoghurt



Wholegrain crackers with hummus

My goals for being smarter with snacks



Step 09 Choose drinks wisely

Sweet drinks have become “normal” and “everyday”. Their high sugar content contributes to weight gain and tooth decay.

Choosing drinks wisely will help your health and weight.

What should I choose?

Drink anytime

- ✓ Tap water
- ✓ Water with ice and a slice of lemon or lime
- ✓ Plain, spring or mineral water sparkling or still

Drinks that can be useful in moderation

- Unsweetened tea or coffee
- Sugar free or “diet” fizzy drinks/ cordials
- Low sugar flavoured waters

Drinks that contribute to weight gain

- Sweetened drinks such as fizzy drinks, sports drinks, cordial, energy drinks
- Fruit juice
- Blue top milk and drinks made from it e.g. cappuccino, hot chocolate, milkshakes, smoothies
- Alcohol



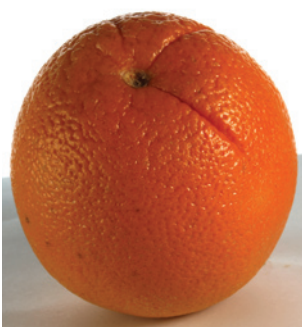
Tip: Get into the water habit

- Water is the best drink to quench thirst and achieve a healthy weight
- Keep a glass, bottle or jug of water close by

What about milk?

- ✓ Milk is important for bones and teeth
- ✓ Choose green or yellow top varieties
- ✓ Have up to 2-3 glasses per day

Sweet drinks contribute to weight gain



Do we need 6-8 glasses of water a day?

Experts agree we need 6-8 glasses of fluid a day and that water is the best drink. Fluids such as tea, coffee and other low kilojoule drinks contribute to your 6-8 glasses a day.

Make sure you are having enough fluid by checking your urine. If it is pale and straw coloured during the day you are having enough. If it is dark in colour you need to drink more.



Alcohol - For weight loss, the less alcohol the better.



It takes around 2 hours brisk walk to burn off the kilojoules found in 1/2 bottle of wine or 4 beers or 2 RTDs

Alcohol contributes to weight gain because

- It is high in kilojoules while low in nutrition
- It increases your appetite
- It promotes fat storage

Reduce alcohol

- ✓ **Be prepared with non-alcoholic drinks** e.g. low kilojoule cordial with soda
- ✓ **Have a glass of water before you start drinking.** Often we drink alcoholic drinks fast because we are thirsty
- ✓ **Alternate alcohol with water.** This allows you to keep hydrated and drink less while staying sociable
- ✓ **Use diet mixers if you are having spirits and serve in a long glass with ice.** Longer drinks seem like more
- ✓ **Drink wine in a small glass.** Large wine glasses today are more likely to be 2 standard drinks!
- ✓ **Choose light (low alcohol) beer instead of regular varieties**
- ✓ **Trade-off** e.g. eat less or exercise more the next day. Remember, for most people, one standard drink equals around half an hour of walking

Myth:

Low carb beers are NOT lower in kilojoules than regular beers. Light beers are the lower kilojoule choice.

My goals for drinking wisely



Step 10 Ditch the takeaways. Be healthy in a hurry!

Takeaway meals are not helpful for weight loss.

They are mostly

- High in fat and kilojoules
- eating just one takeaway meal can deliver all the fat and kilojoules you need for a day!
- Low in fibre, vitamins, minerals and antioxidants
- Bigger portions than you need
- Poor value for money

Next time you think of having takeaways try making them:

Fish and chips

Frozen crumbed baked fish with baked potato or oven baked wedges and salad.

Hamburgers

Hamburger patties, bread rolls, salad or coleslaw, pineapple rings, and oven-bake wedges.

Chicken and Chips

Ready to go roast chicken, frozen oven baked wedges, and ready to go salad or coleslaw.

Chinese

Stir fry made from lean meat cut into strips (for example chicken, pork or beef) with frozen stir-fry vegetables, a stir fry sauce, and rice.

Homemade pizzas

Pizza bases, tomato paste, shaved lean meat, a can of pineapple pieces, a red onion, and grated edam cheese.

Recipe: Hamburgers

See www.appetiteforlife.org.nz/recipes for more tasty and healthy food ideas.

Serves 4-6

Ingredients

500g lean minced beef
 1 ½ cups soft breadcrumbs
 ½ cup rolled oats
 2 tablespoons cold water
 1 teaspoon minced garlic
 ¼ cup chopped parsley
 1 teaspoon dried basil
 or 2 tablespoons fresh basil
 1/2 cup grated carrot
 1 onion, finely chopped
 1 egg
 1 teaspoon garlic salt
 1 teaspoon curry powder

Method

Mix all ingredients together in a bowl. Shape into hamburger patties (Makes 8 large).

Cook on barbeque or in non-stick frypan. Serve in toasted hamburger buns with lettuce, grated carrot, finely sliced red onion, pineapple ring and sliced tomato.





Alternatively... use the supermarket as your takeaway shop!

Delicious meals can be quickly assembled from common grocery items

Baked potato with chilli beans



Grocery List

Potatoes, Canned chilli beans, Light sour cream, Spring onions

Pasta and salad



Grocery List

Pasta, Lean mince, Jar of pasta sauce, Grated parmesan, Ready to go salad or coleslaw

Chilli chicken burito



Grocery List

Chicken breast, Canned chilli beans, Tortillas / burritos, Tomatoes, Avocado, Lettuce, Light sour cream / yoghurt

Dhal and rice



Grocery List

Red lentils, Onion, Can of Indian flavoured tomatoes (or can chopped tomatoes + curry powder), Vegetables, Rice

If you do have takeaways or go out for a meal occasionally

- ✓ Choose a place you know has healthy options – some menus are available on the internet
- ✓ Don't be afraid to ask about ingredients and cooking methods - ask to have mayo served on the side
- ✓ Choose water or diet soft drink
- ✓ Make sure your meal includes vegetables or salad
- ✓ Watch portion size – choose the smallest size, share a meal or save left overs for your next meal
- ✓ Avoid anything battered or fried and creamy sauces

Tips for takeaways

Food	Best choice
Burgers	Burger with grilled meat patty and lots of salad Ask for no butter, margarine or mayo Avoid chips Have diet soft drink or water
Pizza	Choose vegetarian/ chicken/ seafood topping Ask for minimum cheese No more than 1-2 slices with salad Avoid chips and garlic bread
Fish	Have grilled or baked. Peel off batter and have a slice of bread in place of chips
Potatoes	Have baked potatoes rather than fries
Sandwiches or rolls	Choose wholemeal breads with lean meat, chicken, fish and salad fillings
Asian	Choose steamed rice or noodles, vegetable based dishes (chow mien/chop suey) with seafood or chicken, stir-fries, clear soups. Avoid fried and battered food
Indian	Tandoori, dry curries, vegetables, dahl, tomato based curries. Avoid cream and coconut cream based dishes
Bakery	Choose filled rolls, toasted sandwiches over pies and sausage rolls

Quick and easy meals that would work for me / my family