

3 STEPS FOR COOKING HEALTHY MEALS AT HOME

STEP 1: STOCK YOUR PANTRY

It's easy to fall into the trap of ordering takeaway when you have no food in the fridge for dinner. Say no to 1800-PIZZA, by keeping these staples in your kitchen:

- **Pantry:** Pasta, brown rice, wholegrain cereal, tinned tomatoes, tinned tuna or salmon, tomato-based pasta sauces, Indian and Asian curry pastes, onions, garlic, reduced-salt stock cubes, healthy oils (canola, olive oil), raw nuts.
- **Fridge:** Reduced-fat dairy (milk, yoghurt and cheese), margarine, eggs, salt-reduced stir-fry sauces, fruits and vegetables.
- **Freezer:** Wholemeal bread and wraps, meat wrapped in individual portions, frozen vegetables.

STEP 2: BALANCE YOUR PLATE

When cooking a healthy main meal, it's important that you get the balance of foods right. That is, fill one quarter of your plate with good-quality carbohydrates, one quarter with lean protein and the rest with an array of colourful vegetables.

- **VEGETABLES** Aim for three serves at dinner (equal to around 1½ cups of vegetables) and two serves at lunch to get your five a day!
- **GOOD-QUALITY CARBOHYDRATES** 1 medium potato 1/2 cup cooked pasta, rice, quinoa or noodles 1 slice wholegrain bread
- **LEAN PROTEIN** 65g lean meat or chicken 80g fish including tinned 2 large eggs 1 cup beans or lentils

STEP 3: PREPARE SUPER-FAST MEALS

Stuck for healthy meal ideas that are quick and easy to prepare? Try these:

Speedy stir fry: Just add your individual portion of lean beef strips to a non-stick wok until cooked. Add half a packet of frozen stir-fry vegetables and ready-made stir-fry sauce. Serve alongside microwave 90 second brown rice.

Curry in a hurry: Just add your individual portion of diced chicken breast to a non-stick fry pan and cook. Stir in two tablespoons of your favourite Indian curry paste followed by a tin of diced tomatoes and a cup of water. Add half a packet of frozen winter vegetables (like carrot, pumpkin, cauliflower) and heat until cooked through. Serve with cous cous.

Pizza perfect: Using wholemeal pita bread as the base, spread with tomato paste. Add vegetables (such as chopped capsicum, tomato, onion and broccoli), a little low fat cheese and crack an egg on top. Bake in the oven until the cheese melts and the egg is cooked to your liking. Serve with some baby spinach on top.

Eat better, feel better, see an APD!

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.



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