



FOOD IDEAS FOR A HEALTHY PICNIC

Hosting a healthy picnic is easy with the below healthy food ideas. Contact local businesses about providing healthy food/drinks or other items for your picnic if it's a community event. If guests are bringing their own food/drinks provide them with the following healthy food ideas.

Don't forget to carry food items in an insulated container like an esky or cooler bag to keep it safe.

MEAT, CHICKEN OR FISH

- Lean meat or chicken cuts which may be cooked on a BBQ (if available)
- Lean deli meats choices, for example, ham, roast beef, turkey
- Fish – grilled or cooked in a foil pouch on a BBQ (if available)
- Canned fish, for example, tuna, salmon or sardines
- BBQ chicken with the skin removed

VEGETARIAN ALTERNATIVES

- Vegetable kebabs
- Boiled eggs which can be used as a sandwich filler

BREAD, RICE OR PASTA

- Wholegrain or wholemeal bread, rolls or wraps
- Homemade fried rice, rice salad, risotto
- Pasta salad, pasta with a pesto sauce, pasta bake
- Couscous

SALAD AND VEGETABLES

- BBQ/roast vegetable salad using veggies such as eggplant, capsicum, corn, mushrooms and pumpkin
- Potato salad with a low fat dressing
- Garden salad
- Corn cob cooked on a BBQ or grill
- Use capsicum, zucchini, pumpkin, eggplant, cabbage and lettuce leaves as edible containers with savoury fillings

FRUIT

- Fresh fruit platter with fruits in season
- Fruit kebabs
- Freeze bananas, grapes, strawberries and oranges for an icy treat

DAIRY

- Reduced fat cheese or cheese spread
- Reduced fat yoghurt to go with your fruit choice
- Yoghurt dressing to go with a salad

Would you like to find out more about healthy eating? Visit healthyweightweek.com.au

Eat better, feel better, See an APD!

Australia's Healthy Weight Week is an initiative of the Dietitians Association of Australia and our Accredited Practising Dietitian (APD) members

