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PRACTICAL IDEAS
FROM THE EXPERTS

GUIDE

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MARCH 2017 \$6.20 (incl. GST)

REVEALED!

How much
SUGAR
is in your muesli?

Eat well FOR LIFE

with one easy shop!

EXPERT ADVICE

Is it you, or your HORMONES?

The science of...

- mood swings
- weight gain
- cravings

38 PAGES OF
RECIPES

dietitian approved

LOW
KJ

HIGH
FIBRE

3
VEGIE
SERVINGS

So speedy!

Pesto & ricotta lasagne, p68

MEAT-FREE special! • recipes • advice
plus 7-day menu

SHOPPING ADVICE

- Hunger-busting snacks
- Your guide to choosing high-fibre crackers
- Myths about coconut oil



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Fast freezer pizzas



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Nachos beef bowl



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Berry papaya boats





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welcome



How much do you spend on a weekly shop? Are you a bargain hunter or do you like to splurge on a few luxuries? I have to admit I used to give in to the latter, but after recently becoming a first homeowner, the way I approach shopping for groceries has changed.

Canned beans and frozen peas have replaced salmon fillets and fancy herbs, and eggs are always a staple! But I don't feel deprived, in fact, I'm eating better than ever before!

Many believe that healthy eating is expensive, but we prove otherwise in this issue.

If you're sick of spending hundreds at the supermarket only to see a bare fridge after just a couple of days, turn to our cover story on p28 to learn how to shop on a budget! We share our best money-saving tips, plus give you a week's worth of family dinners that won't break the bank.

In my own attempt to be thrifty, meat has taken a back seat and I've discovered creative ways to use cheap canned legumes. But there's a far bigger benefit than simply saving money – eating less meat has numerous rewards for your health as you'll find out in our vegetarian feature on p42.

And to help you convert the carnivores in your family (mine took a little coaxing), we've got pages of delicious, meat-free recipes to tickle your tastebuds.

Happy shopping and eating!

Brooke

Brooke Longfield,
Editor



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Turn to p92 to subscribe. *Healthy Food Guide* is packed with easy recipes approved by dietitians, plus expert advice and practical tips for healthy eating.



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Healthy Food Guide (HFG) magazine is your **complete guide to healthy eating**.

Our recipes use easy-to-find, **affordable ingredients**. Cook with *HFG*, and you'll always enjoy a nutritious meal.



You can trust our advice. All our health information is supported by **solid scientific evidence**, not media fanfare. We smooth out any confusion caused by 'pseudoscientists'.



We give unbiased opinions and are not affiliated with any food manufacturers. All branded food in *HFG* has been approved by our dietitians. **Advertisers cannot influence editorial content.**



Dietitians review all our articles so that they're always accurate and up-to-date. **We also publish our references** in the magazine and online at healthyfoodguide.com.au.

Every recipe in *Healthy Food Guide* is healthy



Our recipe writers work with qualified dietitians to develop all our meals. A nutritional analysis is provided for every recipe. We test each meal twice to ensure it works and tastes great! Turn to p99 to read about our recipe budgets.



✓dairy free ✓diabetes friendly ✓gluten free ✓vegetarian

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LETTER of the MONTH

First-time lucky

Well, I feel like I've won the lottery reading your magazine for the first time. So many hints, recipes, advice and great stories. I learned a lot and will look for your Healthy Food Guide Award winners on my next shop. I'm enjoying all the articles and can't wait to investigate your online version as well!

Gillian Fury, NSW

It's a hit!

I love your 'News bites' section as it quickly keeps me up-to-date with the latest interesting facts and simple solutions to a healthier me. The tennis story (Feb, 2017) was just the incentive that I needed to get back into my much-beloved sport.

Tara Raupach, QLD

SIP SMART

The 'How your drinks stack up' article (Feb, 2017) was a fantastic pictorial view of an average daily fluid intake. Being so focused on foods, it's easy to forget these sources of kilojoules!

Amy Rush, WA



Show us your HFG style!



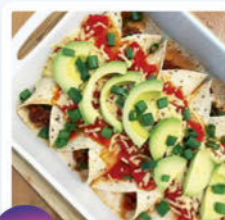
via Instagram

@hfgaustralia delivering the goods with their loaded nachos (Feb, 2017). @eclipsefuel



via Instagram

Homemade corn & zucchini fritters (HFG website). Perfect recipe for the excess zucchinis in the garden! @anniejanedietitian



via Instagram

Beef & bean enchiladas (Dec, 2016) @mycapitalplate

PRIZE WORTH \$210!

WIN a Beefeater BBQ accessory pack!

Write in or share a snapshot of your HFG creation and you could win a **Beefeater BBQ accessory pack**. Fire up a gourmet BBQ with an enamel baking dish, digital thermometer, pizza stone set, 3-piece tool set and poultry roaster with integrated vegetable tray.

*This month's winner - Gillian Fury from NSW - has won a Maxwell & Williams prize pack worth \$359.65!



Have your say at healthyfoodguide.com.au and click WIN, or send to Locked Bag 5555, St Leonards NSW 1590



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newsbites

Keep up-to-date with the latest in health and food news.



This nut-crusted salmon recipe is on healthyfoodguide.com.au

Take the pressure off

Omega-3-rich diets may help young adults avoid developing high blood pressure, say Swiss researchers. Swap red meat for oily fish, such as salmon or tuna, snack on a handful of walnuts, and top toast with a chia-seed spread to boost your omega-3s.

American Journal of Hypertension, 2016



THE SPICE OF LIFE



A large US study has found that **eating hot red chillies is linked to a 13 per cent reduction in mortality**, with the biggest effect being on deaths from heart disease or stroke. While researchers are yet to fully understand why this happens, it's certainly a red hot tip to swallow!

PLoS ONE, 2017

80%

That's the percentage of people who have coeliac disease that don't actually know it yet.



March 13-20 is Coeliac Awareness Week, so if you have been avoiding gluten without a proper diagnosis, it might be time to speak to your GP. To find out more, check out coeliac.org.au

SIZE DOES MATTER

Forget pricey gadgets and Apps, **the solution to weight loss is in your kitchen drawer – pull out those measuring cups and spoons**, say researchers. A UK study found the majority of participants who used portion-controlled crockery were able to lose weight, showing that eating this way measures up!

British Journal of Nutrition, 2017



Hunger games

A Kellogg's survey found three-quarters of Canadian teachers say **school children who skip breakfast are more likely to get angry, engage in bullying, and be more disruptive in class**. Offer kids peanut butter on toast, a banana smoothie, or a bowl of wholegrain oats or cereal for a 5-minute brekkie break!

Kellogg's Breakfast for Better Days Survey, 2016



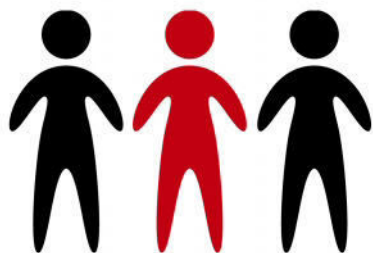
Crack the



Can't quite crack that crossword? **An egg a day may be the way to go**, as a Finnish research team has discovered that a moderate consumption of these egg-cellent sources of protein may help boost brain function in middle-aged to older people. So wake up to eggs!

American Journal of Clinical Nutrition, 2017

newsbites



1 in 3 Aussie kids worry about their weight

From super-skinny movie stars to TV shows like *The Biggest Loser*, no wonder kids are confused about body image. To help teach children a healthy approach to food, **turn to p48 to read 'Eat your words: Change the way you talk about food'.**

Roy Morgan Research, 2016



ASK THE EXPERT Flavour of the month



Karissa Woolfe
Healthy Food Guide
Accredited Practising
Dietitian

Q I have a salicylate intolerance so I can't use most spices. How can I add more flavour to my meals?

Shirley Kenafake, QLD

Salicylates are natural chemicals present in food and everyone's threshold for detoxifying them is different. Foods high in salicylates include herbs and spices, vegetables, fruit, juices, nuts, honey, coffee and wine. Generally, the more flavoursome the food, the higher the natural salicylate content.

When you are salicylate sensitive, your tolerance threshold is low, leading to reactions like headaches, asthma, gut irritation and hives.

The best way to keep these symptoms at bay is to minimise how often you eat foods rich in natural salicylates and watch the quantity of your portions. Importantly, your body becomes more sensitive, which is why experimenting with herbs and spices can be a recipe for a reaction.

You can overcome flavour frustration by falling in love with new combinations using low-salicylate ingredients, such



Spices can be off-limits when you have food intolerances

as eschallots, chives, citric acid, infused oils as well as cashews.

**Send your questions to
editor@healthyfoodguide.com.au**

Please note: We cannot reply to individual letters

3 **HOMEMADE HEROES TO**

BOLSTER THE FLAVOUR

- 1 Relish** Garnish your meals with caramelised eschallots, crispy garlic or pear chutney.
- 2 Sauce** Liven up your dish with a dollop of homemade horseradish and chive cream or nut paste from raw cashews.
- 3 Dressing** To substitute lemon juice or vinegar, add ½ teaspoon citric acid to 2 tablespoons water and shake. For more flavour, infuse with garlic or sliced shallots.

moment of **truth**

Proving once again that you really are what you eat, UK researchers are developing a **5-minute urine test that will reveal how healthy your diet is.**

So, there'll be no more 'accidentally' forgetting that extra slice of cake you ate in the office!

*The Lancet
Diabetes &
Endocrinology,
2017*



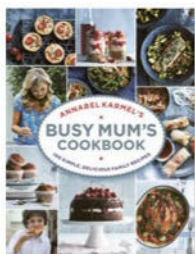
hunger hangover

Ever wondered why you reach for salty nuts and chips while drinking booze? Scientists have discovered that **alcohol activates the brain cells which promote hunger.** And eating salt-rich foods makes you feel thirsty, so you drink more, which makes you hungry, so you eat more ...

Nature Communications, 2017

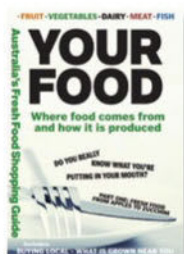


TOP READS FOR MARCH



Busy Mum's Cookbook (\$55; Penguin Random House)

Find foolproof and healthy family meals in Annabel Karmel's new cookbook. It's packed with delicious and creative 20-minute meals, pantry dinners, easy lunches and simple ideas for entertaining guests.



Your Food (\$28.95; Custom Publishing)

Hungry for information? Malcolm McGuire's exposé on where our food comes from and how it is produced makes compelling reading. Leaf through descriptions of every major food item available in Australia.



The Wholefood Pantry (\$39.99; Kyle Books)

Illustrated throughout with beautiful photography, this book is your essential guide to stocking up your kitchen with everything homemade and wholesome. Amber Rose has exciting recipes for stocks, sauces and more. [hfg](#)



Science update

EAT YOUR WAY TO A longer life

Telomeres are making headlines around the world. Here's what you should know about the scientific flavour of the month.

Telomeres are one of today's hottest topics in science. Top researchers are connecting telomeres to ageing, health and even longevity. Their claims make for great headlines, but it's a controversial topic. So, let's look at the facts.

What exactly are telomeres?

They're the caps at the end of each strand of DNA which act as protection for our chromosomes. Think of them like the plastic tips at the end of shoelaces. But as we age, the telomeres become shorter and contain less coating. With the protective cap being compromised, the DNA strands become damaged. It's just like how your shoelace can become frayed when it loses the plastic tip at the end.

Each time a cell divides, the telomeres shorten.

A nice analogy is that telomeres are like a bomb fuse: when they get to a critical length, it's kaboom!

Pharmaceutical companies are now desperately searching for drugs that are able to slow down the shortening of telomeres as we age and to protect DNA from the ravages of time. A drug that could do this would rake in big money. It's become a modern-day search for the fountain of youth.

Putting aside the headline-grabbing idea of a 'longevity pill', what do we already know about how lifestyle can influence the rate of telomere shortening? Is there something we can easily do?

You actually have more control over ageing than you think

Telomeres protect DNA like the tips of shoelaces

How inflammation is linked to ageing

Inflammation and oxidative stress are two factors that lead to faster rates of telomere shortening. Insulin resistance, a key part of metabolic diseases such as type 2 diabetes, also elevates inflammation and oxidative stress.

Diet and lifestyle are also big players in chronic inflammation. This opens the door to show that the foods we eat can influence telomere length, and now we have research that confirms this.

In the first investigation of its kind, researchers looked at a number of studies that collected information on both dietary habits and telomere length of the participants. From a pool of 17 studies, several themes emerged. A Mediterranean-style dietary pattern and diets high in fruits and vegetables were linked to a longer telomere length.

At the opposite end, diets that focused more on highly refined grains, processed meats and sugary drinks were pointing towards a shorter telomere length.

However, the quality of the data from the studies was quite mixed. Most of the studies used a cross-sectional approach, which means they only gave a snapshot at a moment in time of the participants' diet and telomere length. More robust studies would measure diet and telomere length repeatedly over a span of many years.



Studies show a Mediterranean diet can help slow ageing

“The foods you eat can influence telomere length & how long you live”

Making sense of it all

How do we make practical sense of this new research? Let's start with what we do know. Diets rich in fruits, vegies and whole grains are linked with having less chronic diseases and a longer life.

The rope bridge connecting diet with telomeres is intertwined with inflammation and oxidation. If you eat a poor diet, the strands of the rope bridge fray and the bridge crashes down well before its time. But with a good diet, you'll have a strong bridge that's capable of bearing the load of what life throws at it.

Now, let's say that telomere length turns out to be a dead-end alley in the search for the cause of ageing and disease. The implications for dietary guidelines don't budge one bit. We know so much already about

the key dietary patterns that are linked to good health. No need to tie your shoelaces in knots figuring out 'why'; just eat good food and enjoy. [hfg](https://www.hfg.org.au)

Dr Tim Crowe is an Advanced Accredited Practising Dietitian and nutrition research scientist. Connect with him at [thinkingnutrition.com.au](https://www.thinkingnutrition.com.au)

How I stay healthy

by cookbook author & dietitian **Sue Radd**



Find 150 plant-based recipes in Sue Radd's new cookbook, *Food as Medicine: Cooking for Your Best Health*. From good bookstores (\$55, Signs Publishing).

Studying plant-based diets at uni changed dietitian Sue Radd's eating habits. Her Mediterranean roots were the inspiration behind her cookbook of meat-free recipes.

My grandmother inspired my love of food.

As a child in Croatia, I spent my days either in her kitchen or garden. She made everything from scratch and always said 'what you make at home is always better than what you buy at the shops'. She was ahead of her time, and stopped using lard and dripping well before everyone else did.

I was brought up with a reverence for quality produce.

Growing up in the Mediterranean, fruit was highly esteemed – a luxury that was served at the end of a meal.

Breakfast sets the foundation for how I eat for the rest of the day.

I always have some kind of soaked rolled whole grain with ground linseeds, fresh dates and cinnamon, topped with berries and fresh walnuts.

I often go 5-6 hours without eating. I don't usually snack and I think that may be the key to how I have maintained my adult weight without ever dieting or weighing myself.

I like to cook once to eat twice, so lunch is always brought from home. It's usually home-cooked leftovers – I'll always have a stash of food in my freezer. It's very rare that I purchase lunch out, because I simply don't find the food that's on offer to my liking – neither in flavour nor in nutrition.

We eat a lot of legumes and vegetables. I love foods from all cultures, but lots of my cooking is Mediterranean, such as baked giant lima beans in a tomato sauce or a chickpea casserole. These are served with a big raw salad or cooked bitter greens, and bread. (Find these great recipes and many more in Sue's cookbook *Food as Medicine: Cooking for Your Best Health*).

We drown our greens in extra virgin olive oil and lemon juice. Not only is it absolutely delicious, but it preserves the greens so you can keep them in the fridge for up to five days. I buy my olive oil in large cans and then decant a lesser amount into a small, dark glass bottle, which I then store in my kitchen cupboard.

“Meat no longer needs to be the main event... vegies should be the star”

In Australia, we're obsessed with eating huge slabs of meat. In the Mediterranean, sometimes just a plate of fresh vegetables cooked properly is served as the main meal.

I was quite the carnivore until I hit uni. I shudder at what I used to eat – lots of refined carbs and meat. It was when I was studying nutrition science that I saw the evidence for the increased health benefits of plant-based diets. It was never about weight loss; I just felt better eating that way.

I'm somewhere between vegetarian and vegan. I don't base my cooking on what I can and can't eat, it depends on what the recipe calls for. For instance, I don't eat a lot of dairy, but I use feta for seasoning which is how it's used in Greece. You won't see Western-style yellow cheese in my fridge, because that was never part of the traditional Mediterranean diet! **hfg**

5 THINGS SUE CAN'T LIVE WITHOUT

I pig out on fresh figs when I travel to Greece each year – I could eat a kilo a day!



Home-shelled walnuts taste better than the ready-shelled ones.

I use good-quality extra virgin olive oil generously in all my cooking.



I grind my own linseeds to add to my breakfast.

Soy milk is always in my fridge as a dairy alternative.

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SHOPPING

muesli vs granola • the fibre in crackers • money-saving pantry ideas

THINK PINK WITH POMEGRANATES

These vibrant jewels are bursting with flavour and nutrients, so you'll want to treasure them for good health. Here are five facts about this exotic fruit:

1 The most common variety in Australia is the 'Wonderful'. The seeds are pinky-red, sweet and wonderfully juicy. Yum!

2 Half a cup of pomegranate seeds contain 25 per cent of your daily vitamin C needs and is also a good source of antioxidants.

3 To open a pomegranate as mess-free as possible, cut in half and place in a bowl of water with the seeds facing up. Coax out the seeds with your hands, letting them sink to the bottom while the white flesh floats to the top.

4 Turn your everyday salad into an impressive centrepiece by sprinkling over half a cup of pomegranate seeds. It adds sweetness plus 5.5g of fibre!

5 Store these beauties in a cool, dry place away from sunlight. Seeds keep in the fridge, or in the freezer for a few months. [hfg](#)





SHOPPING NEWS

Our dietitian scours the shelves to find the tastiest healthy foods in-store now!

**Crisp
cabbage**
in season
NOW!

Shelf watch

It mightn't be the most glamorous vegetable around, but cabbage is one of the oldest and is so versatile – use it in salads, soups and curries. And now, cabbages are enjoying the spotlight due to the growing fermented veggie trend.

THE COLOURFUL CABBAGE PATCH

Red cabbage

The vibrant leaves are a great source of vitamin C – one cup contains your whole day's needs.

Green cabbage

Be careful not to overcook green cabbage – it will fill the kitchen with a pungent sulphuric smell.

Chinese cabbage

Also called a wombok, this elongated variety is perfect for Asian salads and stir-fries.

Savoy cabbage

It stands apart due to its wrinkly leaves and works well in traditional dishes like braised cabbage soup.

3 ways with cabbage

- 1 Smoky beef & slaw nachos bowl, p63
- 2 Chilli tofu & noodle lettuce wraps, p54
- 3 Fish tacos with cabbage & coriander salad, healthyfoodguide.com.au



The big chill

Australia's Own Organic Unsweetened Almond Milk (\$3.99 per 1L) is a refreshing nutty, dairy-free alternative to cow's milk, found in the chilled section of supermarkets.

Per 250ml: 168kJ (40cal), 1.5g protein, 3.3g fat, 0.3g sugar



Bites of energy

Made from 100 per cent nut butter, **Bounce Bites Cacao Peanut Crunch** (\$6.95) are a yummy and healthy way to beat the 3pm munchies.

Per 30g: 534kJ (128cal), 4.6g protein, 7g sugar, 2.6g fibre



Pasta plus

Gluten-free San Remo Pulse Pasta (\$3.99 per 250g) is made using flour milled from beans, peas, lentils and chickpeas, which gives you a satisfying protein hit.

Per 125g serve: 1740kJ (416cal), 28.8g protein, 16.9g fibre, 15mg sodium



Wholefood hit

Available in three delicious flavours, **Tasti Smooshed Wholefood Balls** (\$3 per 6 balls) will give you an energy boost, thanks to naturally sweet dates.

Per 2 balls: (Mocha Macchiato): 541kJ (129cal), 1.3g sat fat, 16.3g sugar, 3g fibre



Creamy goodness

Made the Swedish way, **Rokeby Farms Whole Protein Quark Yoghurt** (\$2.80) has more protein than other yoghurts, no added sugar and only one per cent fat.

Per 170g tub (Natural): 467kJ (112cal), 17g protein, 1.1g sat fat, 599g calcium **hfg**



THIS vs THAT

Granola

Dorset Cereals Simply Nut Granola

1 serve = 45g (about $\frac{1}{3}$ cup)



We give you the nutritional scoop on two brekkie favourites!

Muesli

Carman's Super Berry Muesli

1 serve = 45g (about $\frac{1}{3}$ cup)



5.6g

SUGAR

4.7g

Fruit isn't the 'baddie' in your breakfast bowl – it offers fibre and natural sweetness! Instead, be on the lookout for added sugars and syrups, which are used to stick those delicious granola clusters together!

12.3g (2.5g sat fat)

TOTAL FAT

9.8g (2.1g sat fat)

By choosing a muesli that is lower in saturated fat, you will still benefit from that feeling of fullness after breakfast, thanks to the fibre and healthy fats found in all nuts and seeds.

941kJ (225cal)

KILOJOULES

834kJ (200cal)

The key to cutting kilojoules is keeping your brekkie simple! This muesli is mostly wholegrain oats, dried fruit, nuts and seeds. Meanwhile, golden syrup and sunflower oil are high up in the granola's ingredients list. [hfg](#)

BETTER CHOICE = CARMAN'S SUPER BERRY MUESLI

5 surprising truths about COCONUT OIL



Coconut oil is almost pure saturated fat, and lacks nutrients

With so many dazzling claims about coconut oil, is there any science to back this coco-craze? Here are five things you need to know before you pour it on.

1 In the past, coconut oil was extracted from copra

(dried coconut flesh) and sold in a solid block in the chilled section of supermarkets. Most of us will remember using it to make chocolate crackles! What you see today in the health food aisle is slightly different. This is usually made from fresh coconut (not dried), and uses a gentler, cold-pressed extraction procedure that is supposedly less damaging to our health.

2 There are no nutrients or natural 'goodies' in coconut oil, unlike other oils.

For instance, extra virgin olive oil contains green chlorophyll and protective polyphenol antioxidants, and flaxseed oil has heart-healthy omega-3 fatty acids.

3 Coconut oil is made of 90 per cent saturated fat.

By comparison, olive oil is only 15 per cent sat fat and butter is

50 per cent. This high saturated fat content has sometimes been shown to increase the risk of heart disease, but the research jury is still out at this point.

4 While praised for its fat-burning benefits,

coconut oil is actually extremely high in kilojoules, with a heaped tablespoon containing a hefty 700kJ (168cal). By comparison, butter has about 425kJ (102cal). This is the reason why raw desserts made with coconut oil can be unexpectedly high in kilojoules.

Raw desserts made with coconut oil can be high in kilojoules

5 It's not grown in Australia

but is imported from the Philippines, Thailand or Indonesia. In contrast, buying sunflower, canola or olive oil supports Australian farmers.

The bottom line

In terms of kilojoules and total fat, coconut oil is no better or worse than other oils. But nutritionally, it is a poorer choice. However, if you're after a mild coconut taste in your cooking, substitute it spoon for spoon for the oil or butter that you already use. But don't add more coconut oil to your food based on its 'superfood' claims, or you may see your weight go up. [hfg](#)



How much FIBRE is in those crackers?

Nutritionist Chantelle Vella makes it easy to choose the best ones, so you can keep calm and cracker on.

It's 3pm and the afternoon energy slump has hit you. You reach for a packet of crackers to tide you over until dinner, but you can't seem to stop at just a few. Why is that?

Because not all crackers are created equal. So, let's get to the crunch. Here are four easy ways to help you pick a healthier and more satisfying cracker that passes our checklist.

1 FIND THAT FIBRE
The first thing you'll want to do when reading the nutrition information panel is to find out how much fibre is in your cracker. **Aim for 5g of hunger-busting fibre per 100g** to help keep your bowels 'regular' and to stabilise your blood sugar levels.

2 REACH FOR WHOLE GRAINS
Rye, oats, wheat and corn aren't only found in bread and pasta – they're in crackers, too.

Whole grains should appear first in the ingredients list.

And, look out for wholegrain or multigrain varieties to help ramp up your fibre intake!

3 BEWARE OF SNEAKY SALT
There's a reason that crackers

are so moreish.

Hidden among a list of starches, refined oils and additives lurks sodium, which could lead you to overeat. **Stick**

to cracker varieties with less than 500mg of sodium per 100g.

4 MAKE IT A MEAL
How can you make a more satisfying meal out of crackers? Send away those hunger pangs by topping your crackers with tuna, reduced-fat cheese or peanut butter – which are all good sources of protein. And why not add some extra veggies, such as sliced tomato, onion or avocado? Turn to p76 for more tasty topping ideas. **hfg**

Avoid mindless munching by checking the serving size



**Arnott's
Jatz Clix**

0.4g fibre per serve (5 crackers)



**Ryvita
Rye Crispbread
Multigrain**

4.0g fibre per serve (2 crackers)



**Arnott's
Cruskits
Light**

0.5g fibre per serve (2 crackers)



**10.6g
FIBRE**
per 100g

**Real Foods
Corn Thins
Multigrain**

1.3g fibre per serve (2 crackers)



**3.7g
FIBRE**
per 100g

**Arnott's
Sao**

1g fibre per serve (3 crackers)

HFG TOP TIP
Choose crackers
with more than
5g of fibre
per 100g



**3.9g
FIBRE**
per 100g

**Kurrajong Kitchen
Lavosh Bites
Original**

1g fibre per serve (5-6 crackers)



**12g
FIBRE**
per 100g

**Arnott's
Vita-Weat Lunch Slices
Soy Linseed & Sesame**

4.6g fibre per serve (2 crackers)



**0.9g
FIBRE**
per 100g

**Sakata
Rice Crackers
Plain**

0.2g fibre per serve (14 crackers)



**12g
FIBRE**
per 100g

**Arnott's
Vita-Weat
9 Grains**

2.8g fibre per serve (4 crackers)



**0.5g
FIBRE**
per 100g

**Fantastic
Rice Crackers
Original**

0.1g fibre per serve (14-15 crackers)



**15.9g
FIBRE**
per 100g

**Orgran
Lite Grain
Crispbread**

4g fibre per serve (2 crackers)

MORE THAN *meets the eye*

Your 'healthy' lunch could be sabotaging your efforts to reduce salt. Some wraps are loaded with salt and contain artificial preservatives ... so you need to look a little closer.

We often think of wraps as a healthy alternative to bread, but not all wraps are equal. So, it pays to read the nutrition panels on the back of packs.

Shake the salt

Did you know nearly two-thirds of Aussies eat too much salt?* The National Health and Medical Research Council (NHMRC) recommends we stay below an upper limit of 2300mg sodium per day, but most of us exceed this.

Even if you eat a well-balanced diet and don't add any salt to your meals, a huge 75 per cent

of the salt in our diet comes from eating packaged and processed foods.[†] It even hides in some healthy ones like crackers and canned vegetables.

Ahead of the rest

If you're trying to cut back on salt, Helga's wraps are a good place to start. In fact, they have 40 per cent less sodium than the market leader[#] and no artificial preservatives, so you can be confident you're making a better choice for the whole family.

**FAST FACT
TO LOWER SALT**
Aim for foods with
less than 400mg
sodium per
100g

*Load wraps with
low-salt fillings,
such as grilled
vegies & salad*



IT'S WHAT WE'VE LEFT OUT THAT MATTERS



- ✓ **LESS SALT THAN THE
MARKET LEADER***
- ✓ **NO ARTIFICIAL PRESERVATIVES**



IT'S NOT JUST BREAD, IT'S HELGA'S.

Find out more at [f Helga's Continental Bakehouse](#)

*Helga's Traditional White Wraps contain less sodium (430mg/100g) than Mission Wraps Original (790mg/100g) (September 2016).

Cooking from
scratch can be
quicker, cheaper
& a whole lot
tastier!



MONEY-SAVING SPECIAL

Eat well for life with one *easy shop!*

It starts with having the right basics in your pantry. These essential ingredients will change the way you eat without breaking the budget.

The latest food trends always seem to focus on a few expensive ingredients that promise to change your life forever.

If only it were just that simple. The truth is, you can eat healthily without spending a fortune at the health food store, or buying the latest 'superfood' – and you'll save a load of cash, too. Here are our best money-saving tips!

Back to basics

Ready-made meals may look like an attractive option when you're time poor – but they're usually a false economy.

Cooking from scratch can be almost as quick, and is cheaper and a whole lot tastier. And forget about top-of-the-range ingredients. You can still get the same amount of nutrients and great flavour from budget buys.

Find good value

Check out the new 'Odd Bunch' and 'Imperfect Picks' initiatives hitting stores such as Harris Farm Markets and Woolworths.

You can buy wonky-shaped, but still fresh, fruit and vegies that wouldn't usually make the shelf. They're sold at a heavily discounted price, saving you money. It also helps stores cut down on food waste.

This got us thinking about other well-priced ingredients. Over the following pages, you'll find the best-value, healthiest ingredients that will help you make quick, nutritious, low-cost meals for the whole family. ➤

THRIFTY TIP

Lemons help revive leftovers, so add a quick squeeze of lemon juice or a little grated zest to your slow-cooked casseroles or stir-fries.

**AT THE SHOPS**

Dollar-saving tips for the supermarket.

1 THINK OUTSIDE OF FRESH Canned or frozen fish, veg and fruit tend to be cheaper than fresh, but are just as nutritious. There's minimal preparation needed (saving you time), zero wastage and a long use-by date.

2 SCAN THE SHELVES You're more likely to buy products that are at eye or hand level, or have more shelf space. But these are usually the best sellers, and they're not necessarily the cheapest brands. So look up and down to check if there's a similar product for a better price.

3 BE BARGAIN SAVVY 'Buy two for the price of one' is only good value if you were planning on buying that product in the first place, otherwise it's making you pay more than you were originally (like none!). But if you think it's a healthy buy and a good substitute for your usual purchase, then it's a money-saver. Also consider the use-by dates and whether or not you have the storage space.

4 KNOW YOUR DATES The 'use-by date' shows when a food should be eaten by, due to health reasons. However, the 'best-before date'

refers to the date when a food is at its optimum. Eating foods a few days, or even weeks after this date is acceptable and should not cause you any harm.

5 DON'T BE A BRAND SNOB

Generic-labelled basics such as beans, canned tomatoes, flour, pasta and rice do the job just as well as the expensive brands.

6 TAKE A TIME CHECK It's usually more expensive to buy time-saving ingredients such as pre-chopped veg and meat, bagged lettuce and grated cheese. Ask whether they really save you that much time in the kitchen – could you rope in an extra (free) pair of hands at home to help with basic prep instead?

THRIFTY TIP

Dried herbs and spices last for years, so stock your spice rack with punchy flavours such as cumin, chilli flakes, curry powder and dried oregano.



LOVE YOUR LEFTOVERS

How to reinvent last night's dinner.

- **Sunday roast** Make a speedy and tasty stew by simmering cooked meat with leftover veg in a small amount of stock, then stir in a handful of fresh or dried herbs and frozen veggies just before serving.
- **Pasta** Mix cooked pasta with your favourite tomato-based sauce and some frozen veg, then top with grated reduced-fat cheese and bake. Or do as the Italians do and add leftover spaghetti to frittatas.
- **Vegetables** Brighten up roasted vegetables such as capsicum, pumpkin and sweet potato with an easy dressing of harissa paste and orange juice, then toss together with crisp salad leaves and a small handful of toasted nuts or seeds. Yum!



Find this creamy pasta bake at healthyfoodguide.com.au

Don't toss leftovers – turn them into quick dinners

- **Mashed potatoes** Freeze any spare for cottage pie, or mix with canned fish, frozen peas and spices to make simple fish cakes.
- **Rice** Freeze, then transform into a quick fried rice with veggies and a dash of reduced-salt soy sauce, and top with a fried egg.

5 money-saving pantry staples...



SunRice Brown Rice (\$3.20/1kg)

Regular brown rice is a third of the price of microwave pouches and adds fibre to your diet. Freeze leftover cooled rice in portioned zip-lock bags. Simply reheat in boiling water for 1–2 minutes.



Ardmoma Rich & Thick Basil & Garlic Chopped Tomatoes (\$1.80/410g can)

With the addition of herbs, garlic and tomato paste, these chopped tomatoes double as a flavoursome pasta sauce. And it also means you won't be throwing out any wilted bunches of herbs.



Coles Australian Free Range Eggs (\$4.60/12 eggs)

One of the best fast foods around! And so versatile, too. You can boil, poach or scramble them, or make a hearty omelette or frittata with them. Plus, eggs are packed with protein, vitamins and minerals. So get cracking!



Woolworths Select No Added Salt Five Bean Mix (\$0.80/420g can)

Canned beans are easier than soaking and boiling dried ones, and these have no added salt. Add into salads, soups or bolognese sauce for a fibre and protein hit.



ALDI Tuna Chunks in Springwater (\$1.99/425g can)

There's so much versatility in one can, plus you'll boost your intake of heart-healthy omega-3 fats. Add canned tuna to everything from sandwiches and salads, and to pasta sauces and pizza toppings. ➤

THINK LIKE A BARGAIN HUNTER

Tweaks that will save you cash.

1 TAKE STOCK BEFORE YOU SHOP Check what you already have in the kitchen and plan your meals around items that need using up.

2 TIME IT RIGHT Stock up your fridge when the supermarket is marking down chilled items such as fish, meat, dairy and veg. This is often done just before closing time, or at the end of the week.

3 MAKE EXTRA Batch cooking may take time, but it can save you lots of fiddly prep on a busy weeknight and it saves money on takeaways for evenings when you don't feel like cooking from scratch. Find recipes for easy soups, casseroles and curries to cook in bulk at healthyfoodguide.com.au

4 GO MEAT FREE A few vegetarian meals every week will help meet your five-a-day target, boost fibre and even cut food bills. For inspiration, see our delicious plant-based recipes on p52.



THRIFTY TIP

Frozen vegies have come a long way. Look out for jumbo bags of stir-fried veg, or individual steam-fresh bags of greens that make it quick and easy to add loads of vegies to any meal.

5 BUY IN SEASON Eating fruit and vegetables out of season will usually be far more expensive, for example, peaches in winter. Check out your local farmers' markets to see what's in season, as well as the HFG Shopping news pages on p20.

6 STAY ON THE PULSE Reduce the amount of meat in your casseroles or curries by adding canned beans or lentils. This will add fibre and save you money, fat and kilojoules.

7 MAKE THE MOST OF THAT ROAST Even if you only use the leftover meat in a sandwich, you'll be saving money. You can also freeze the meat in layers for a later date.

8 AVOID WASTE Chop and freeze surplus veg; and whiz stale bread into breadcrumbs which you can then freeze to add to burgers or savoury bakes later.

THRIFTY TIP

Eat red meat sparingly. One small steak, thinly sliced, will serve two when tossed through a salad or side of protein-rich lentils or chickpeas.



CUT OUT & KEEP

FEED THE FAMILY for under \$15

Whip up these no-fuss weeknight meals that won't break the bank.



Balsamic chicken with warm lentil salad

Marinate 500g chicken breast in 2 tbs balsamic vinegar, 2 tsp garlic & 1 tsp cumin seeds. Cook chicken in a frypan for 2 mins each side. Add 75g chopped cherry tomatoes to pan for 3 mins. Combine 3 cups steamed veg with ½ chopped red onion, 1 x 400g can lentils, ⅓ cup parsley & juice of 1 lemon in a bowl. Top with grilled chicken & tomatoes.



Roasted pumpkin & pea risotto

Peel & chop 500g pumpkin into chunks; roast for 20 mins. Heat 2 cups reduced-salt vegie stock with 2 cups water in a pan. Sauté 1 chopped onion in olive oil for 5 min. Add 1½ cups aborio rice; stir well. Add ½ cup hot stock to rice; stir until liquid absorbs. Repeat for 20 mins, or until rice is al dente & creamy. Stir in 1 cup frozen peas & ¼ cup parmesan, until warm. Top with mint leaves.



Moroccan-spiced eggs

Sauté 2 sliced red capsicums & 1 sliced red onion in olive oil for 3 mins. Add 1 x 400g can 5-bean mix & 1½ tbs Moroccan seasoning. Add 2 x 400g cans chopped tomatoes to pan with ½ cup water. Simmer for 7 mins, or until thick. Crack 8 eggs into 8 small wells in mixture. Cover pan with lid & cook for 3 mins, or until eggs set. Divide among serving bowls & garnish with chopped coriander. Serve each with 1 slice toasted sourdough.



Baked sweet potatoes with tuna & sour cream

Halve 4 small sweet potatoes, wrap in foil & bake (cut side up) for 30 mins. Remove foil & bake for a further 30 mins. Scoop out inner flesh of potatoes and mash with 250g steamed broccoli, 1 x 95g can tuna, 1 cup canned corn, 2 sliced shallots & ¼ cup sour cream. Spoon mixture back into sweet potato shells & top with ½ cup grated cheese. Bake for 10 mins, until golden. Serve with 4 cups baby spinach.



Spelt pasta with chickpeas & roasted eggplant

Roast 1 large diced eggplant for 25 mins, adding 1 x 400g can chickpeas & 250g cherry tomatoes to tray for last 10 mins of cooking time. Cook 250g spelt pasta according to packet instructions. Combine 1½ tbs olive oil, ¼ cup chopped fresh herbs, 1 tbs lemon juice & 1 tsp crushed garlic in a large bowl. Add roast vegies, chickpeas & pasta. Toss well. Top with 100g baby rocket & ⅓ cup ricotta. [hfg](#)

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FROM THE EXPERTS



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 - ✓ vegetarian
- RECIPES**

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for health news, nutritious recipes and great prizes!

FEATURES

hormones & your health • going meat-free • how we talk about food

A NUTTY HABIT

We all know how important it is to eat our five daily serves of veggies. But what about nuts?

Aussies are being urged to go nuts during all of March and munch on a handful of nuts a day as part of the Nuts for Life #nuts30days30ways challenge.

Not only do they taste great, but nuts also crack open loads of health benefits. Studies from around the world have found that munching on a 30g handful a day cuts your risk of diabetes, heart disease and cancer.

And if you're trying to cut back on meat, nuts are a great source of hunger-busting, plant-based protein. Learn more about the power of nuts in our vegetarian feature on p42. [hfg](#)

TAKE THE CHALLENGE!
Every day in March, try to eat a handful of nuts

It's not me, it's my hormones!

Tired, anxious and craving chocolate? It could be hormonal. Dietitian Katrina Pace shows what you can do about your fluctuating hormones.

We are quick to blame our hormones when we're feeling out of sorts. But are they the cause?

We look at how hormones affect your health, what you can do about it, and whether eating the right food can fix your mood.

Hello hormones

Every minute of every day, your body is busy making a host of hormones. These control body processes including hunger, growth, mood, stress and reproduction. Hormones are produced by a collection of glands called the endocrine system. These glands include the thyroid, adrenal and pituitary glands, the pancreas, ovaries (in women) and testes (in men).

Hormones control the way that you feel



TOP 6 HORMONES explained!

The SLEEP hormone: melatonin

You need this hormone in order to get a good night's sleep. Your body makes melatonin as it gets darker, which is why you feel tired later in the evening, and why daylight savings can disrupt your sleep patterns. Short-term supplementation with melatonin can help re-establish normal bedtimes when jet lagged or when on shift work, but too much can cause fatigue, headaches and low body temperature.

2 The MOOD hormone: oestrogen

This hormone plays an important role in regulating mood and emotional wellbeing. Oestrogen also causes puberty in girls, protects your bones and manages cholesterol. When women go through menopause, they stop producing oestrogen and lose its protective effects over the heart. Changes in oestrogen can influence your levels of feel-good hormones, such as serotonin and dopamine.



DID YOU KNOW...
The blue light emitted
by TVs & phones
slows production of your
sleep hormone, melatonin.

3 The STRESS hormone: cortisol

When you're under stress, your adrenal glands pump out cortisol. Cortisol helps regulate blood pressure, blood sugar and metabolism, and reduces inflammation. But too much cortisol, often due to elevated stress, can lead to anxiety, depression and weight gain, whereas too little can cause fatigue, weight loss and mood swings.

4 The FAT STORAGE hormone: insulin

Insulin allows sugar (glucose) in the blood to enter muscle, fat and liver cells, and it stores excess sugar as fat. Insulin resistance, also called pre-diabetes, is when these cells don't respond properly to insulin, so that glucose builds up in the bloodstream. Over time, as your body has to work harder to make more and more insulin, you might develop type 2 diabetes. In Australia, diabetes is the fastest growing chronic condition, and one person is diagnosed with diabetes every five minutes.



Insulin resistance can make it hard to lose weight

5 The METABOLISM hormone: thyroxine

Secreted by the thyroid gland, thyroxine controls essential bodily functions in some way, including the heart, digestive system, metabolism and brain development. When the thyroid gland is underactive, it fails to produce enough thyroxine which causes metabolism to slow down, resulting in weight gain, depression and constant lethargy. One in 20 people will experience some form of thyroid dysfunction in their lifetime, but women are more susceptible than men.

6 The SEX hormone: testosterone

It's produced by both men and women, but men have much more of it. Testosterone plays an important role during male puberty and is the hormone credited with aggression and sexual behaviour in males. Low levels of testosterone in adult men can cause obesity, mood problems and loss of body hair, while too much of it can often cause irritability and infertility. In women, too much testosterone can cause acne and facial hair, and can indicate polycystic ovary syndrome (PCOS) in some cases.

HORMONE or HOAX?

I'm always tired. Is it adrenal fatigue?

Adrenal fatigue is a term used to describe a range of symptoms experienced by people who are under chronic emotional, physical or mental stress. The symptoms include tiredness, nervousness, body aches and digestive issues. But doctors agree there is no scientific evidence for adrenal fatigue as a medical condition.

Hoax? The theory is that constant, long-term stress causes the adrenal glands to pump out more and more cortisol, causing the adrenal glands to weaken. There are no scientific facts to support this theory that long-term stress drains the adrenal glands.

What might it be? By blaming your symptoms on adrenal fatigue, the true cause may be overlooked. It is normal to feel intense fatigue after long periods of stress. But long-term stress has been linked to gut bacteria imbalances, which have been scientifically shown to increase the risk of a person developing anxiety and depression.

What should I do? Follow our '5 ways to find hormonal harmony' on p40, and always speak to your GP to get a proper diagnosis for your symptoms.

A drop in serotonin may make you crave sweets



I can't lose weight, so my hormones must be out of whack.'

You're eating healthily, watching portion sizes and exercising, but still putting on weight. Why?

Hoax? Unexplained weight gain can indeed be due to hormone problems, such as low oestrogen after menopause, or undiagnosed PCOS (in women); low testosterone (in men); and low thyroid levels.

What should I do? Weight gain for no apparent reason should be investigated by your doctor.

Why do I always crave sweet foods before my periods?

Oestrogen levels may drop before your periods, which can influence your mood, as it also causes serotonin levels in the brain to fall. Serotonin is the body's natural 'happy-drug', and low levels of it can cause fatigue, sleeplessness, mood swings, and in some people, cravings for sweet, carb-rich foods.

Hoax? As hormones fluctuate, so too can blood sugar levels. This may trick you into thinking you need a sweet treat. But your body is well-equipped to deal with a drop in blood sugars without needing to eat during this time!

What should I do? Make sure you eat regular, healthy meals, and include protein to help fill you up. Exercise helps to regulate hormones and blood sugars, so try to be active every day, even if it's just a 15-minute walk at lunch-time. And swap sugary snacks for fresh fruit, nuts or yoghurt. While chocolate has been shown to improve mood, as it contains a similar hormone to serotonin, eat it in moderation. ➤

A weighty issue...

Can what you eat trigger hormone production problems?

Endocrinologist, Dr Catherine McNamara, says obesity is a major cause of disruption to hormone production. The hormone levels of people who are obese encourage the accumulation of body fat. Different hormones also influence our appetite and metabolism (the rate at which we burn kilojoules). Here are some ways obesity can affect hormone health:

- **Obesity can trigger insulin resistance**, which can develop into type 2 diabetes.
- **Being overweight may lead to lower testosterone** and increasing oestrogen in men, causing cardiovascular disease and infertility.
- **Women with obesity can have increased oestrogen levels** which has been linked to an increase in breast and endometrial cancers.
- **Obesity has an important role** to play in the development of autoimmune diseases, which may be a cause of hormone problems.



Obesity can disrupt your hormone production

5 ways to find hormonal harmony

1 CHANGE THE WAY YOU EAT

- **Choose whole foods**, such as fruit, vegetables, whole grains, plain yoghurt and lean protein, instead of selecting highly processed, packaged foods.
- **Limit high-sugar, high-fat foods.** It's okay to have the odd treat, but be mindful of portions.
- **Fill up on fruit and veg.** Whole fruit and vegetables, as opposed to their juice, retain all the fibre and nutrients. These goodies are lost in the juicing process.
- **Choose breads, cereals and pasta made from whole grains** to boost your fibre intake. This will help to keep you full.
- **Include foods that have a low-glycaemic index** to prevent sharp rises in blood sugar levels, and, in turn, insulin levels.
- **Eat protein foods at each meal** to make you feel full. Grehlin is the hormone that signals hunger, so you'll reduce the level of this in your system by eating protein.



A healthy lifestyle can help keep your hormones balanced

2 BE AWARE OF YOUR STRESSES

• **Strategies to manage stress** will improve your energy levels so you won't feel fatigued. Try beach walking, socialising, dance, meditation or yoga.

3 MOVE MORE EVERY DAY

- **Being active can help** balance oestrogen levels, reduce insulin resistance and improve your mood.
- **Vitamin D gained from a little time spent in the great outdoors** while you exercise can potentially reduce your risk of having an underactive thyroid gland and also improves insulin resistance.
- **Moving about throughout the day** can result in having better sleep at night.

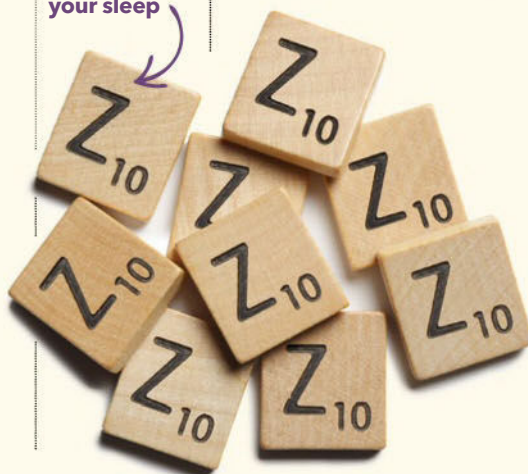
4 GET A GOOD NIGHT'S SLEEP

- **Aim for 7-8 hours of quality sleep** every night by establishing regular sleeping and waking times.
- **Turn off any electronics, such as phones and TVs** well before bedtime as the blue light emitted from the screens disrupts the production of the hormone, melatonin – the hormone that helps you sleep.
- **Try to eat your last meal two to three hours before your bedtime** – and avoid eating spicy, high-fat meals that may disrupt your sleep.

5 SEEK HELP

• **Searching your symptoms on Dr Google can lead you to misinformation.** If you are experiencing unexplained weight gain/loss, poor sleep, fatigue or other symptoms you are concerned about, talk to your GP first, before you make any significant changes to your diet or lifestyle. [hfg](#)

A regular bedtime each night may improve your sleep



PLANT POWER!

How to cook like a **VEGETARIAN**

Vegetarianism is a hot health trend for 2017, but it makes sense for all of us to eat less meat – both for the sake of our health and the environment.



FLAVOUR BOOST Mushrooms

These are vitamin powerhouses and full of savoury umami flavour. Stuff flat mushrooms with herbs and reduced-fat ricotta. Or blitz them and use instead of mince to make a meat-free bolognese.

If you've been thinking about cutting back on meat, you're not alone. Last year, Aussies googled the term 'vegan' more than any other country in the world. But if you've grown up on meat and three veg, it can be tricky knowing where to start.

We want to show you that adopting a vegetarian diet can be an easy and delicious option. If you're not ready to commit fully, you could try a 'flexitarian' approach, and start by replacing some meat meals with vego dishes.

No matter what journey you take to better health, here's what you need to know about the power of plants.

Studies prove that plant foods are your most powerful ally against chronic diseases

Why what you eat matters ...

The healthiest diets in the world have one very important thing in common – they're all based on plant foods rather than meat.

Overwhelming evidence from studies around the world proves that plant foods are your most powerful allies in protecting against several lifestyle-related diseases, such as diabetes, obesity and heart disease.

✓ You'll also lower your cancer risk, with large studies linking a high intake of red meat and processed deli meats (such as salami, ham and bacon) to an increased risk of bowel cancer. In contrast, plant foods contain

hundreds of antioxidants, which help stop damage to cells, and protect against certain cancers.

✓ Adopting a vegetarian diet can also help you manage your weight. "The scientific data tells us that eating a plant-based diet makes weight control much easier, because you eat tonnes of food, volume-wise, but it's all low in kilojoules," says Sue Radd, Advanced Accredited Practising Dietitian and author of *Food as Medicine: Cooking for Your Best Health*. "So, you don't have to count kilojoules – you just eat until you're full. But it only works if you stick to those unrefined, plant-based foods."

✓ Plant-based diets more closely match the recommended dietary guidelines of eating plenty of fruit, vegetables, legumes and whole grains, and limit intakes of saturated fats and sugars, meaning your diet as a whole will improve. Currently, just 7 per cent of Aussies are meeting the daily quota of vegies, so we could all add a little extra colour to our meals.

✓ And, finally, you'll be helping the environment. Plant foods produce far less greenhouse-gas emissions than meat. Flatulant, belching cattle expel a huge amount of methane, and experts estimate that this makes up 10 per cent of Australia's greenhouse-gas emissions.





YOUR GUIDE TO A MEAT-FREE KITCHEN

Start your vego journey to better health in five simple steps.

1 Know your plant-based proteins

We know what you're thinking... what about protein? "The biggest myth about vegetarian diets is that you can't get enough protein," says Radd. "In Australia, we eat plenty of protein – too much even. But a diet that includes a variety of plant foods, including legumes, nuts and seeds, makes it easy to get enough protein, but not too much."

Plant-based proteins tend to have a better nutrient package than animal proteins. Plant protein is packed with fibre, healthy fats, vitamins and antioxidants. Here's how to get your protein fix.

* **SOY MILK, TOFU & SOY MINCE** are made from the humble soy bean. Silken tofu can be used to make sauces and dips, while the firm variety is perfect for stir-fries, grills and curries. Include calcium-fortified soy milk in drinks and porridge.

* **NUTS & NUT BUTTERS** provide healthy fats, protein and a host of vitamins and minerals. Eating 30g of nuts a day (a handful) has been shown to lower your risk of developing heart disease by 30-50 per cent, and improve longevity.

* **LEGUMES** such as chickpeas, beans and lentils provide good-quality protein and fibre, and have a low-glycaemic index, which explains why they're so filling! Aussies don't eat enough legumes.

In fact, we need to increase our intake by 470 per cent to meet dietary guidelines. If flatulence is an issue, try soaking dried legumes in water for at least 18 hours before cooking them.

*Centre meals on
nuts, legumes & soy*



2 Overhaul your pantry

Did you know that most of us make 250 food-related decisions every day? So that it's a whole lot easier to make healthy choices at home, fill your pantry with wholesome foods that you can easily transform into delicious meals. Start with these meat-free must-haves:

• Extra virgin olive oil

Good-quality extra virgin olive oil is, quite literally, liquid gold. It's rich in protective polyphenols, and studies confirm it can help reduce chronic disease.

Use it in salad dressings, for roasting, and even in stir-fries. And remember, fresh is best, so locally produced Australian olive oils are a great choice.



FLAVOUR BOOST SPICES

A pinch of spice can take a dish from bland to 'wow'. Try chilli flakes for a touch of heat; garam masala for an Indian twist; nutmeg for a sweet-savoury flavour; and ground coriander for gentle warmth.





Find this vegetarian omelette at healthyfoodguide.com.au

Looking for more meat-free inspiration? Turn to p52 for tasty vego recipes

• Eggs

Eggs are the ultimate protein-rich fast food that's packed with nutrients such as zinc and folate. Most experts agree that eating one egg a day won't adversely affect cholesterol levels. So, enjoy them boiled, scrambled, in omelettes or make a frittata with leftover vegetables.

• Quinoa

Quinoa contains all the essential amino acids and provides protein and carbs in good quantities. Cook grains from scratch or use ready-to-heat pouches for when time is short. Use as a high-protein alternative to rice or pasta, or add to soups and salads.

• Lentils

Toss canned brown lentils with lemon zest, garlic, chilli, olive oil and baby spinach for a quick salad, or throw lentils into soups and casseroles. Dried lentils cook quickly and, unlike most other pulses, don't require lengthy soaking beforehand.

• Canned beans

It pays to keep a few cans of beans on hand – they're so versatile. Go for those canned in water without added salt. As well as using them to make go-to bean salads, curries and stews, you can whiz them into patties, dips and hoummos.



Get ahead on your prep

Studies show that more time spent at home preparing meals is an indicator of healthy eating. But, that doesn't mean you have to be a slave to the kitchen. Some basic food prep on the weekend will save you loads of time during the week, so you have more time to sit and eat together as a family – win-win!

These five time-saving hacks will give you a head start.

1 Cook a big batch of legumes, brown rice or any other whole grain on the stove top, or in a pressure cooker or rice cooker. Divide into smaller portions and freeze until ready to reheat and add to meals.

2 Roast vegetables, such as sweet potato, pumpkin, red capsicum and eggplant until tender, then toss through salads or bake into frittatas.

3 Make a tomato-based sauce from fresh or canned tomatoes, passata, onions, garlic and herbs. Freeze into smaller portions to use in stews, curries, pasta dishes or soups.

4 Whip up a batch of veggie fritters, then store in the fridge for lunches over several days. For recipe inspiration, go to healthyfoodguide.com.au

5 Pre-chop veggies such as cucumber and carrots and store in containers in the fridge for an easy, healthy snack. It's a great way to get in more raw veg while waiting for dinner!

*** Turn to p90 for your 7-day vegetarian meal plan.**

4

Preparing a healthy plate

Aim to fill half of your plate with colourful vegies, a quarter with fibre-rich, low-GI whole grains (such as brown rice, quinoa, barley or soy-linseed bread), and the other quarter with

protein-rich foods (including beans, nuts, lentils and tofu).

And don't forget dairy or fortified soy foods for extra calcium, as well as healthy plant fats and whole pieces of fruit.



Vegies or salad
(both raw and cooked)

Whole grains
(oats, brown rice, quinoa, barley, wholemeal pasta)

Plant proteins
(tofu, legumes, nuts, seeds)

Plus

+ whole fruit (fresh or frozen)

+ healthy fats (avocado, olive oil, nuts, flax seeds, tahini)

+ dairy/dairy alternative (cow's milk or fortified soy/nut/rice milk, yoghurt)

FLAVOUR BOOST **Chargrilled veg**

Chargrilling vegies, such as capsicum, zucchini and red onions, caramelises the natural sugars for a richer flavour. The grill lines look appetising, too.



Invest in handy kitchen helpers

Invest in your future health with these top kitchen gadgets used for preparing vegetarian meals.

- **Pressure cooker** This is a must-have to help slash the cooking time of whole grains and legumes by 75 per cent.
- **Spiralizer** Turn any veggie into fun and creative shapes, like zoodles (zucchini noodles).
- **Mini food processor or blender** Perfect for making pesto and curry pastes, these blenders create big flavour with minimal effort. Make sure you get a high-powered one that can process hard foods like nuts.
- **Storage containers** For a lunch in a flash, store and freeze your leftovers in freezer-friendly, microwave-safe containers.
- **Slow cooker** Have a hearty home-cooked dinner waiting for you when you get in the door by doing your meal prep in a slow cooker in the morning.



Time-saving appliances make cooking legumes a breeze!

Vegetarian nutrition 101

One of the big concerns for would-be vegetarians is that they'll miss out on nutrients. But with a little know-how, you can easily meet most of your needs.

IRON

Important for making red blood cells and haemoglobin – low iron levels can result in fatigue and low immunity.

Recommended daily intake 8mg for men and for women over 50 years; 18mg for younger women.

Top vegetarian sources Eggs, beans, lentils, nuts, seeds, fortified cereals and dark green leafy veg.

CALCIUM

Important for building and maintaining strong bones and healthy teeth.

Recommended daily intake 1000mg for women up to 50 years and men up to 70 years; 1300mg for women over 50 years and men over 70 years.

Top vegetarian sources Dairy products such as milk, cheese and yoghurt (three serves of dairy a day is recommended to help meet our needs). Other sources include fortified soy products and dairy alternatives, tofu, tahini, nuts and seeds.

VITAMIN B12

Important for helping to produce energy in the body. It also supports the immune system.

Recommended daily intake 2.4µg for men and women. It's a good idea to check your vitamin B12 levels once a year and take a low-dose vitamin B12 supplement, if needed. Vitamin B12 needs extra attention if you're eating little or no dairy or eggs.

Top vegetarian sources Soy products and milk alternatives are often fortified with vitamin B12.

OMEGA-3 FATS

Important for normal brain and heart function, and maintaining normal blood pressure.

Recommended daily intake 430mg for women and 610mg for men (two servings oily fish/week).

Top vegetarian sources Flaxseed, canola and soy oils, walnuts and flax seeds (linseeds). **hfg**

EAT YOUR



Change the way you talk about food



HFG editor and dietitian Brooke Longfield urges us to mind our language around food and bring the joy back into eating.

I have a vivid memory of being caught, at about seven years old, spoon-in-hand, eating from a giant tub of Neapolitan ice cream. I remember the feelings of shame and guilt – feelings I'm sure I wouldn't have felt had I been caught with my hand in the fruit bowl. Decades later, ice cream still feels like a 'naughty' food to me.

As we grow up, we are programmed by the world around us to use powerful language – 'bad', 'naughty', 'addictive' – to describe a range of food we eat.

As a dietitian, I know many people struggle to make peace with eating certain foods because these seemingly harmless words get transferred into a judgement on themselves – 'I'm a bad person because I ate those biscuits'. And so they feel guilty, ashamed and remorseful. These negative feelings can then lead to overeating: 'oh heck, I've done it now, I may as well finish off the whole packet!'

Thinking of any food as 'good' or 'bad' has no place in a healthy approach to eating. Yes, foods like chocolate and ice cream taste *really* good. Eating them should be your moment of pleasure. And it's okay to choose to eat food purely for pleasure.

Indeed, an interesting thing happens when you remove the guilt – you don't feel the need to hastily shovel food in, or go back for seconds before your conscience catches you. You actually enjoy these foods even more, and you need them less.

To change the way you think about food, you need to change the language you use when you talk about it. Next time you make

a light jest about digging into that 'naughty' piece of cake, try to think about it differently by focusing on the pleasure you'll be getting from the delicious taste. Be in the moment. Think about *why* it's so enjoyable – is it because it's fluffy, moist or rich?

Focusing on the 'whys' helps you really appreciate a food's flavour.

Having enjoyable treats from time to time is a wonderful, healthy part of living well. When you open up your vocabulary to new, positive ways of talking about the food you eat, you can begin to mend your relationship with it. It's time to celebrate! **hfg**

“Mending your relationship with food starts by using positive language”

GET STARTED!
Open your
vocabulary to new
ways of talking
about food

Words to **STOP** using
x **Naughty** x **Guilt-free**
x **Cheat** x **Bad** x **Toxic**
x **Addictive** x **Cheat day**

x **Allowed** x **Sinful**
x **Addicted** x **Junk**
x **Fattening** x **Reward**
x **Cheat meal**
x **Clean**

Words to
START using
✓ **Nourishing**
✓ **Satisfying**
✓ **Balanced**
✓ **Delicious**

✓ **Flavoursome** ✓ **Pleasurable**
✓ **Enjoyable** ✓ **Filling** ✓ **Tasty**
✓ **Fresh** ✓ **Crunchy** ✓ **Crisp**
✓ **Savour** ✓ **Appetising**

The snack with active probiotics...



...and gluten free.

- No artificial flavours • No artificial colours
- No preservatives • No added msg
- 100% Australian owned
- One billion live and active probiotic bacteria in every 50g pack



Available at Chemist Warehouse,
selected independent supermarkets,
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WIN GREAT PRIZES at piranhacorp.com.au

RECIPES

tasty meat-free meals • DIY frozen pizzas • fast & filling smoothies



Berry & chia
papaya boats, p66

LET'S GET FRESH

The warm weather's not over yet, so enjoy our fresh fruit boats and smoothies. And we also give you great ideas for adding extra vegies to some classic meals in our 'Naked bowls' pages. Dig in!

We've done the hard work for you!

- ✓ Our recipes are based on **fresh and nutrient-rich** ingredients that are easy to find and **affordable**.
- ✓ Every main meal contains at least two serves of vegies for **optimal health benefits**, and our recipes are based on **ideal portion sizes**.
- ✓ Every recipe meets our **dietitians' nutrition criteria** to ensure it doesn't contain too much energy, saturated fat, sodium or sugar.
- ✓ Every dish is **tried and tested at least twice** so we know it's a reliable recipe that tastes great.
- ✓ Every recipe has a **complete nutrition analysis** for your benefit. The table on p94 helps you determine how each recipe works as part of your **daily nutrition and energy needs**.

Our food writers work with **qualified dietitians** to develop these recipes for maximum **health benefits**. For more detail on our recipe badges, see p99.

LOW
kJ

HIGH
PROTEIN

LOW
FAT

HIGH
FIBRE

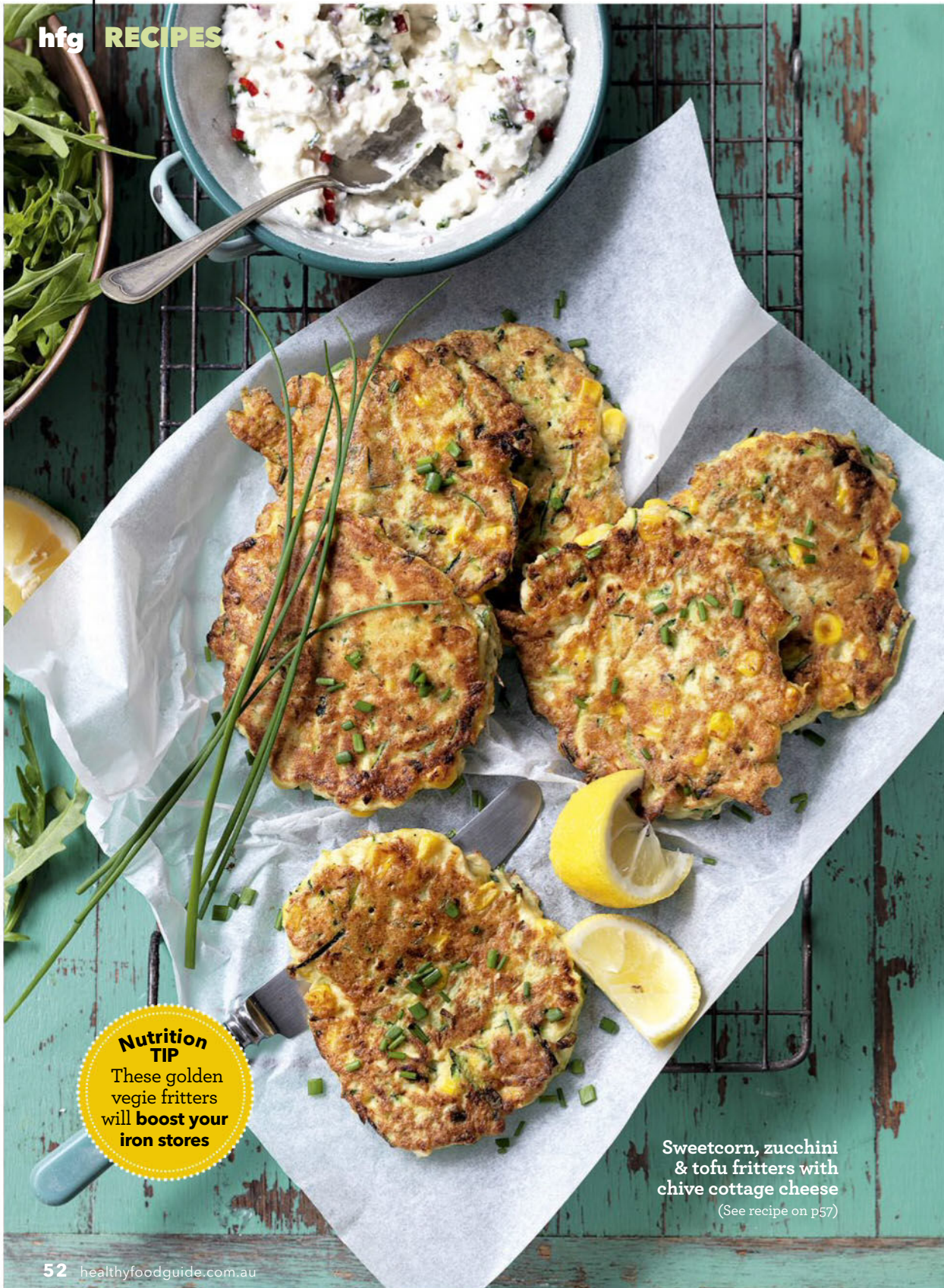
LOW
SODIUM

HIGH
CALCIUM

HIGH
IRON

2
VEGIE
serves

✓dairy free ✓diabetes friendly ✓gluten free ✓vegetarian



**Nutrition
TIP**

These golden
vegie fritters
will **boost your**
iron stores

Sweetcorn, zucchini
& tofu fritters with
chive cottage cheese
(See recipe on p57)



Vego-rama

Be inspired by our delicious meat-free meals that the whole family will love.

**Spice-roasted
cauliflower, quinoa
& pepita pilaf**
(See recipe on p58)

Recipes: Chrissy Freer. Photography: Mark O'Neara. Styling: Marie-Hélène Clauzon. Food prep: Sarah Mayah.

5 rewards you'll reap by cutting back on meat

- 1 Save money.** Red meat is expensive, so by cutting back, you will notice an attractive **dent in your weekly shopping bill.**
- 2 Lose weight.** All those vegies, legumes and whole grains are packed with fibre, which will **keep you feeling full for longer.**
- 3 Keep cholesterol in check.** Unlike animal fats, plant fats such as avocado and nuts are **low in cholesterol-raising saturated fat.**
- 4 Lower your cancer risk.** Brightly coloured fruit and vegies are high in **cancer-fighting antioxidants, such as vitamin C and E.**
- 5 Help the environment.** Climate change experts recommend eating less meat to help **reduce greenhouse-gas emissions.**

Chilli tofu & noodle lettuce wraps

Serves 4 Cost per serve \$3.50

Time to make 25 min

✓dairy free ✓vegetarian

✓diabetes friendly

2 tablespoons **cornflour**

½ teaspoon **dried chilli flakes**

350g **firm tofu**, drained, cut into 1.5cm cubes

¼ **red cabbage**, trimmed, shredded

2 large **carrots**, grated

150g **snow peas**, trimmed, thinly sliced

1½ tablespoons **lime juice**

1 **long red chilli**, seeded, finely chopped

1 tablespoon reduced-salt **soy sauce**

1 teaspoon **caster sugar**

100g **brown rice vermicelli noodles**

1 tablespoon **olive oil**

8 large **iceberg lettuce leaves**

Firm tofu is high in calcium & absorbs the spicy flavours of this dish

1 Combine cornflour and chilli flakes in a large zip-lock bag. Add tofu, seal bag and toss to coat. Remove tofu and set aside.

2 Toss together cabbage, carrot and snow peas in a large bowl. Combine lime juice, chilli, sugar and soy in a small bowl, stirring to dissolve the sugar. Set aside.

3 Cook the rice noodles according to packet instructions, or until al dente. Rinse under cold running water, then drain well and set aside to cool.

4 Meanwhile, heat the olive oil in a large wok over high heat. Stir-fry the tofu, in 2 batches, for 3-4 minutes, or until golden and crisp. Transfer tofu to a plate lined with paper towels to soak up any excess oil.


5 Divide the noodles and salad between lettuce leaves. Top with stir-fried tofu and drizzle with the chilli-lime dressing. Serve lettuce wraps immediately.

LOW KJ HIGH FIBRE LOW SODIUM HIGH CALCIUM 2 VEGIE SERVES

PER SERVE

1296kJ/310cal
Protein 15.6g
Total Fat 11.4g
Sat Fat 1.7g
Carbs 30.6g

Sugars 5.5g
Fibre 10.9g
Sodium 251mg
Calcium 327mg
Iron 3.7mg

A top-down view of four lettuce wraps arranged on a dark, textured plate. Each wrap is filled with white rice noodles, cubed tofu, shredded purple cabbage, green beans, and sliced red chilies. A small white bowl of sliced red chilies and three lime wedges are also on the plate.

Chilli tofu &
noodle lettuce
wraps

Kale & broccolini
rice with fried egg



LOW
KJ

LOW
FAT

HIGH
FIBRE

LOW
SODIUM

2
VEGIE
SERVES

PER SERVE

1367kJ/327cal
Protein 16.1g
Total Fat 8.9g
Sat Fat 2.2g
Carbs 41.0g

Sugars 4.5g
Fibre 8.1g
Sodium 460mg
Calcium 82mg
Iron 2.6mg

◀ Kale & broccolini rice with fried egg

Serves 4 Cost per serve \$3.00

Time to make 30 min

✓gluten free ✓vegetarian

✓dairy free ✓diabetes friendly

- 1 tablespoon olive oil
- 4 shallots, thinly sliced, plus extra to garnish
- 2 garlic cloves, crushed
- 2 teaspoons grated fresh ginger
- 2 medium carrots, peeled, cut into matchsticks
- 2 bunches broccolini, trimmed, cut into 4cm lengths
- 1 large red capsicum, seeded, thinly sliced
- 100g trimmed kale, chopped (see Cook's tip)
- 2½ cups cooked brown rice
- 1½ tablespoons reduced-salt, gluten-free tamari
- 4 eggs

1 Heat olive oil in a large wok over high heat. Stir-fry sliced shallots, garlic and ginger for 30 seconds, or until fragrant. Add the carrot, broccolini and 2 tablespoons of water; stir-fry for 1 minute. Add the capsicum and stir-fry for 1–2 minutes, or until vegetables are starting to soften. Add the kale; stir-fry for 1–2 minutes, or until just wilted.

2 Add brown rice and tamari, and toss gently until combined and heated through.

Use any leftover vegies from the bottom of the fridge in this rice dish

3 Meanwhile, lightly spray a large non-stick frying pan with oil and place over medium-high heat. Fry the eggs for 2–3 minutes until just set, or cooked to your liking.

4 Divide rice between 4 serving bowls and top each with a fried egg and extra shallots.

Cook's tip 1 small bunch or ½ large bunch kale will give 100g trimmed.

Serving suggestion For a spicy kick, you can serve the rice drizzled with a little hot chilli sauce.



Sweetcorn, zucchini & tofu fritters with chive cottage cheese

cheese (p52)

Serves 4

Cost per serve \$4.55

Time to make 35 min

✓vegetarian

✓diabetes friendly

- 4 eggs
- ½ cup wholemeal self-raising flour
- 250g firm tofu, mashed
- 1½ cups canned corn kernels
- 2 large zucchini, coarsely grated, squeezed to remove excess moisture
- ⅓ cup chopped fresh chives
- 3 teaspoons lemon zest
- 1 tablespoon olive oil
- 1 long red chilli, seeded, finely chopped

Nutrition TIP

Going meat free can help reduce your risk of diabetes

½ cup (115g) reduced-fat cottage cheese
100g baby rocket leaves, to serve

1 Whisk eggs in a large bowl until well combined. Slowly whisk in the flour until smooth. Add mashed tofu, corn, zucchini, 2 tablespoons of the chives and 2 teaspoons of the lemon zest. Stir until well combined; season with cracked black pepper.

2 Heat half of the olive oil in a large non-stick frying pan over medium-high. Add 3 x ⅓-cups of mixture to pan and cook fritters for 2–3 minutes each side, or until golden and cooked through. Repeat with remaining batter to make 12 fritters in total, adding the remaining oil as necessary.

3 Meanwhile, combine chilli, cottage cheese, the remaining chives and zest in a bowl. Serve fritters topped with a dollop of cottage cheese and baby rocket leaves.

Note Tofu fritters are suitable to freeze. You can use fresh or canned corn kernels in this recipe.



PER SERVE (3 fritters)

1512kJ/362cal	Sugars 5.3g
Protein 25.2g	Fibre 11.9g
Total Fat 16.6g	Sodium 262mg
Sat Fat 3.3g	Calcium 322mg
Carbs 22.2g	Iron 4.8mg



Spice-roasted cauliflower, quinoa & pepita pilaf (p53)

Serves 4 Cost per serve \$3.55

Time to make 45 min

✓gluten free ✓vegetarian

✓dairy free ✓diabetes friendly

- 1 teaspoon **turmeric**
- 2 teaspoons **cumin**
- ½ medium head **cauliflower**, cut into florets
- 1 medium **red capsicum**, seeded, cut into 1.5cm cubes
- 2 medium **zucchini**, cut into 1.5cm cubes
- 1 x 400g can no-added-salt **chickpeas**, rinsed, drained, patted dry
- 1 tablespoon **olive oil**
- 1 medium **onion**, finely chopped
- 2 **garlic cloves**, crushed
- 1 cup (200g) **quinoa**, rinsed, drained
- 1 cup reduced-salt, **gluten-free vegetable stock**
- 2 tablespoons chopped **flat-leaf parsley**
- 1 tablespoon lightly **toasted pepitas**

A can of **chickpeas** adds satisfying **protein** in the quickest & easiest way

prepared tray, sprinkle evenly with spice mixture. Lightly spray with olive oil. Roast for 30–35 minutes, or until golden and tender.

2 Meanwhile, heat the olive oil in a medium saucepan over medium heat. Sauté the onion for 5 minutes, or until softened. Add garlic and the remaining cumin, and cook, stirring, for 1 minute, or until fragrant. Add the quinoa, vegetable stock and ¾ cup of water, and bring to the boil. Cover, reduce heat to low and simmer for 12–15 minutes, or until the liquid has evaporated and quinoa is al dente.

3 Stir roasted vegetables, chickpeas and parsley through the quinoa. Season with cracked black pepper and scatter with toasted pepitas.

LOW KJ

HIGH FIBRE

LOW SODIUM

HIGH IRON

4 VEGIE serves

PER SERVE

1575kJ/377cal
Protein 16.3g
Total Fat 11.4g
Sat Fat 1.6g
Carbs 46.5g

Sugars 6.1g
Fibre 12.2g
Sodium 289mg
Calcium 132mg
Iron 8.1mg



Roasted tomato & lentil pasta with ricotta ▶

Serves 4 Cost per serve \$4.15

Time to make 25 min

✓diabetes friendly

✓vegetarian

Nutrition TIP

Get **half your daily fibre needs** in this delicious pasta dish

- 2 x 250g punnets **cherry tomatoes**, halved
- 250g **wholemeal or spelt pasta**
- 1 tablespoon **olive oil**
- 1 **leek**, white part only, thinly sliced
- 2 **garlic cloves**, crushed
- 1 x 400g can no-added-salt **lentils**, rinsed, drained
- 120g **baby spinach**
- 2 teaspoons **balsamic vinegar**
- ½ cup (115g) **reduced-fat fresh ricotta**, crumbled, to serve


1 Preheat oven to 160°C. Line a large baking tray with baking paper. Place tomatoes cut side up on prepared tray and lightly spray with olive oil. Roast for 8–10 minutes, or until just wilted.

2 Meanwhile, cook pasta in a large saucepan of boiling water following packet instructions, or until al dente. Drain well.

3 Heat the olive oil in a large non-stick frying pan over medium heat. Sauté leek for 5 minutes, or until softened. Add the garlic and cook for 30 seconds, or until fragrant. Add the drained lentils and baby spinach, and cook, stirring, for 2 minutes, or until the spinach is just wilted. Stir through the balsamic vinegar.

4 Toss pasta with the tomatoes and lentil mixture. Season with cracked black pepper and serve topped with crumbled ricotta.

Cook's tip You can replace the lentils with chickpeas or any type of canned beans, if you prefer. hfg



Roasted tomato
& lentil pasta
with ricotta

LOW
kJ

LOW
FAT

HIGH
FIBRE

LOW
SODIUM

HIGH
IRON

4
VEGIE
SERVES

PER SERVE

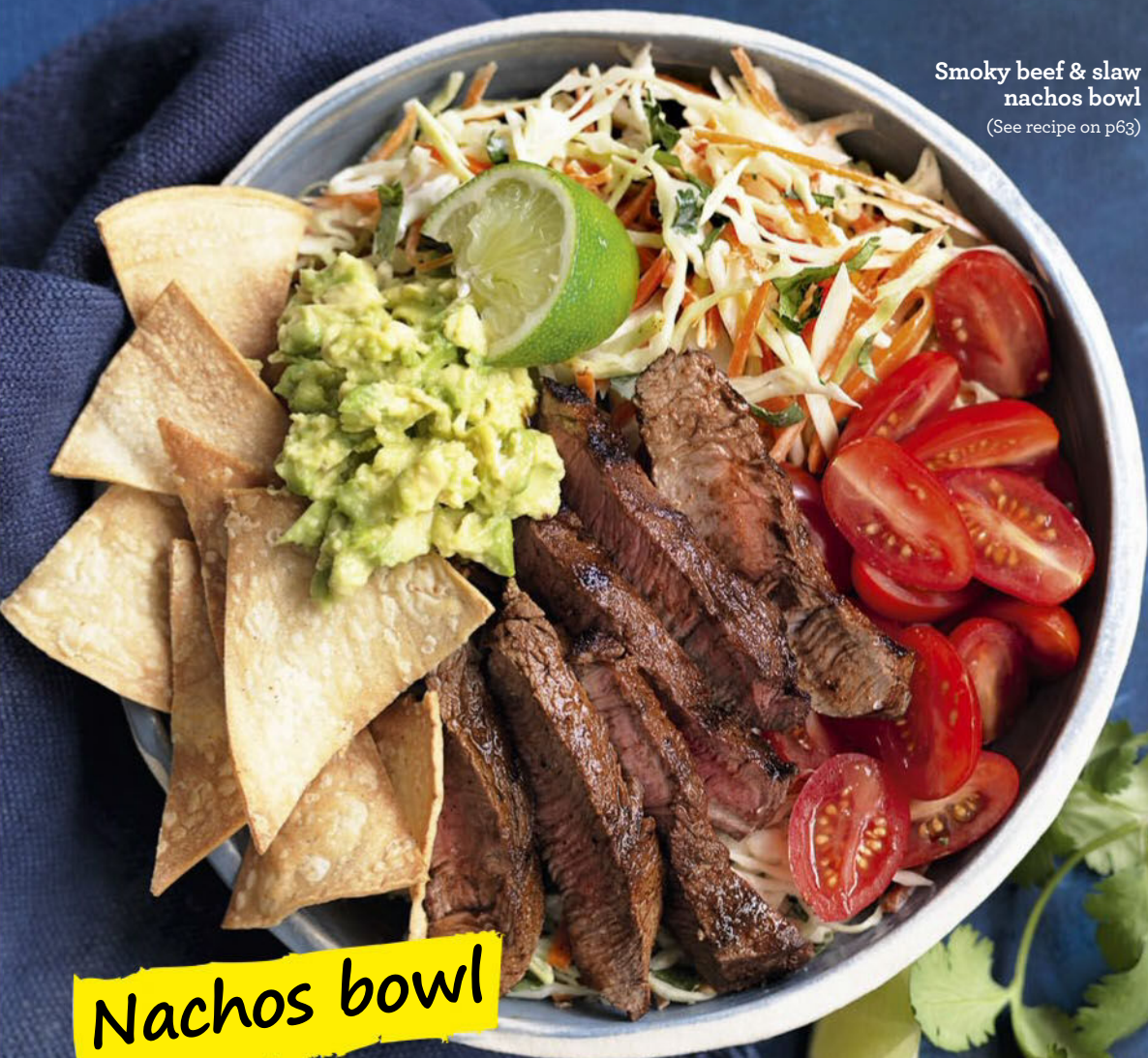
1626kJ/389cal
Protein 18.6g
Total Fat 9.1g
Sat Fat 2.7g
Carbs 50.9g

Sugars 5.1g
Fibre 12.8g
Sodium 171mg
Calcium 148mg
Iron 6.4mg

Naked bowls

No more bursting burritos or tacos! Bowl food is a tasty way to pack more veg into your day.

Smoky beef & slaw nachos bowl
(See recipe on p63)



Nachos bowl

Sushi bowl

**Seared salmon
sushi bowl**
(See recipe on p64)

**HIGH
PROTEIN**

**LOW
SODIUM**

**2
VEGIE
SERVES**

PER SERVE

1857kJ/444cal
Protein 29.8g
Total Fat 15.3g
Sat Fat 3.4g
Carbs 43.7g

Sugars 5.0g
Fibre 4.0g
Sodium 301mg
Calcium 70mg
Iron 2.5mg

Show us your style on



@nfgaustralia

Burrito bowl



HIGH PROTEIN **HIGH** FIBRE **LOW** SODIUM **HIGH** IRON **3** VEGIE serves

PER SERVE

1877kJ/449cal
Protein 37.9g
Total Fat 12.6g
Sat Fat 2.8g
Carbs 40.9g

Sugars 5.7g
Fibre 7.9g
Sodium 122mg
Calcium 120mg
Iron 6.6mg

Chipotle chicken &
quinoa burrito bowl

◀ Chipotle chicken & quinoa burrito bowl

Serves 4 Cost per serve \$4.50

Time to make 50 min

✓gluten free ✓diabetes friendly

- 1 tablespoon lime juice
- 1 teaspoon chipotle tabasco sauce
- 2 teaspoons olive oil
- 2 chicken breast fillets (500g), fat trimmed, halved horizontally
- ¾ cup (150g) quinoa, rinsed, drained
- 1 large zucchini, grated
- 2 tablespoons chopped coriander leaves, plus extra leaves, to garnish
- 2 corn cobs, husks and silks removed
- 120g mixed salad leaves
- 2 large vine-ripened tomatoes, diced
- ⅓ cup reduced-fat plain yoghurt, to serve

1 Combine lime, chipotle and olive oil in a shallow glass or ceramic dish. Add the chicken and turn to coat well. Cover and place in the fridge to marinate for at least 30 minutes.

2 Place quinoa and 1½ cups of water in a medium saucepan, and bring to the boil. Cover, reduce heat to low, and simmer for 12 minutes, or until water has evaporated and quinoa is al dente. Stir through zucchini and coriander. Set aside.

3 Meanwhile, heat a chargrill pan or barbecue hotplate to medium-high. Spray corn cobs and chicken with olive oil. Grill

the corn for 8 minutes, turning, or until tender. Grill the chicken for 2-3 minutes each side, or until golden brown and cooked through. Set both aside to cool for 5 minutes before thickly slicing the chicken and cutting corn kernels from the cobs.

4 Divide the salad leaves, diced tomato, quinoa, corn and sliced chicken between serving bowls. Top with a dollop of yoghurt and the extra coriander leaves.



Smoky beef & slaw nachos bowl (p60)

Serves 4 Cost per serve \$4.95

Time to make 25 min

✓gluten free ✓diabetes friendly

- 4 gluten-free corn tortillas, cut into triangles
- 1 teaspoon smoked paprika
- 2 teaspoons cumin
- 2 teaspoons brown sugar
- 2 x 250g lean rump steaks, fat trimmed
- ¼ medium white cabbage, trimmed, shredded
- 2 large carrots, peeled, grated
- 2 tablespoons coarsely chopped coriander leaves
- 2 tablespoons reduced-fat plain yoghurt

- 1 x 200g punnet grape tomatoes, halved
- 1 medium ripe avocado, mashed
- Lime wedges, to serve

1 Preheat oven to 180°C. Place tortilla triangles on a baking tray lined with baking paper and spray with olive oil. Bake for 12-15 minutes, or until golden and crisp, turning halfway through cooking time.

2 Meanwhile, combine paprika, cumin and sugar. Rub the spice mixture evenly over both sides of the rump steaks and spray lightly with olive oil. Preheat a chargrill pan or barbecue hotplate to medium-high. Grill steaks for 2-3 minutes each side, for medium, or until cooked to your liking. Transfer to a plate, cover loosely with foil and rest for 5 minutes. Thinly slice.

3 Combine the cabbage, carrot, coriander and yoghurt in a large bowl. Divide the slaw between serving bowls. Top each with tortilla crisps, beef, tomatoes and a dollop of avocado. Add a lime wedge, to serve.

Cook's tip A squeeze of lime or lemon juice added to the avocado will stop it discolouring.



PER SERVE

1537kJ/368cal	Sugars 7.2g
Protein 29.6g	Fibre 6.5g
Total Fat 19.8g	Sodium 243mg
Sat Fat 5.2g	Calcium 90mg
Carbs 14.8g	Iron 4.5mg



Seared salmon sushi bowl (p61)

Serves 4 Cost per serve \$4.60

Time to make 35 min

✓dairy free ✓diabetes friendly

- 1 cup (200g) **brown rice**
- 2 teaspoons **sesame oil**
- 2 teaspoons lightly toasted **sesame seeds**, plus extra, to garnish
- 2 x 200g skinless **salmon fillets**
- 1 tablespoon reduced-salt **soy sauce**
- 1 tablespoon **lemon juice**
- 1 tablespoon **mirin**
- 1 teaspoon grated **fresh ginger**
- 100g **mixed baby salad leaves**
- 1 large **Continental cucumber** halved, seeded, thinly sliced
- 2 large **carrots**, peeled, cut into thin matchsticks
- 4 medium **radishes**, cut into thin matchsticks

- 1** Cook brown rice following packet instructions, or until al dente. Drain. Toss rice with 1 teaspoon each of the sesame oil and the sesame seeds.
- 2** Meanwhile, brush salmon with remaining sesame oil. Preheat a chargrill pan or barbecue hotplate to medium-high. Cook salmon for 2 minutes each side,

for medium, or until cooked to your liking. Transfer to a plate and cool for 5 minutes. Flake into chunks with a fork.

3 Combine soy sauce, lemon juice, mirin and ginger in a small bowl to make ponzu dressing.

4 Divide the rice, salad leaves, cucumber, carrots and radishes between serving bowls. Top each with salmon, and drizzle with ponzu dressing. Sprinkle with extra sesame seeds.

Cook's tip You can substitute the red radishes with half a small red onion, thinly sliced.

Taco bowl with spicy beans ▶

Serves 4 Cost per serve \$3.85

Time to make 45 min

✓gluten free ✓vegetarian

✓diabetes friendly

- 1 tablespoon **olive oil**
- 1 medium **red onion**, finely chopped
- 2 **garlic cloves**, crushed
- 1 teaspoon **cumin**
- ½ teaspoon **dried chilli flakes**
- 4 large **vine-ripened tomatoes**, chopped
- 350g **sweet potato**, peeled, cut into 1cm cubes
- 1 x 400g can **black beans**, rinsed, drained
- 120g **baby spinach**
- 1 large **Continental cucumber**, thinly sliced
- 1 medium **ripe avocado**, sliced
- 80g **reduced-fat feta**, crumbled

- 1** Heat the olive oil in a large saucepan over medium heat. Sauté onion for 5 minutes, or

How to build a balanced bowl...

- **Start with a bed of leafy greens**, such as spinach, mixed leaves, or rocket, for an antioxidant boost.
- **Add high-fibre carbs** to provide gut-friendly fibre. Try quinoa, sweet potato, brown rice or grainy bread.
- **Top with satisfying protein** such as grilled chicken, canned fish, eggs, tofu and legumes (chickpeas/beans/lentils).
- **Finish with heart-healthy fats** for extra flavour, such as olive oil, avocado or feta.

until softened. Add garlic and spices, and cook, stirring, for 1 minute, or until fragrant.

2 Add the tomatoes; simmer for 3–4 minutes. Add chopped sweet potato and beans with 1 cup of water, and bring to the boil. Partially cover and simmer for 20 minutes, or until potato is tender and mixture is thick.

3 Meanwhile, divide the baby spinach and sliced cucumber between serving bowls. Top with the bean mixture, sliced avocado and crumbled feta.

Cook's tip You can freeze the sweet potato and black bean mixture to use on busy nights. hfg



PER SERVE

1809kJ/433cal	Sugars 13.6g
Protein 19.3g	Fibre 14.7g
Total Fat 21.5g	Sodium 270mg
Sat Fat 5.6g	Calcium 177mg
Carbs 33.1g	Iron 4.8mg

We've given classic flavours
a healthy makeover!

Taco bowl

Taco bowl with
spicy beans

Taste the TROPICS

Sail away to an island paradise at breakfast-time with these refreshing, fibre-packed fruit boats.

Berry & chia papaya boats

Serves **4** Cost per serve **\$3.90**

Time to make **15 min**

✓gluten free ✓diabetes friendly

- 2 small papaya or paw paw**
(about 550-600g each)
- 2 small kiwi fruit**, peeled, chopped
- 1 x 250g punnet strawberries**, hulled, sliced or chopped
- 1 x 125g punnet raspberries**
- 1 cup reduced-fat Greek-style or vanilla yoghurt**
- 2 tablespoons toasted coconut flakes**
- 1½ tablespoons white chia seeds**
- 1 tablespoon pepitas**
- 2 tablespoons chopped pistachios**

1 Cut the papaya or paw paw in half, lengthways, and scoop out the seeds. Combine kiwi fruit, strawberries and raspberries in a bowl. Spoon the fruit mixture into papaya or paw paw halves.

2 Place fruit boats onto 4 serving plates. Top each with a dollop of yoghurt. Scatter with coconut flakes, chia seeds, pepitas and chopped pistachios, and serve.

Note These also taste delicious when served with a drizzle of fresh passionfruit pulp. Yum! *hfg*



PER SERVE

1001kJ/240cal
Protein 9.7g
Total Fat 8.8g
Sat Fat 2.5g
Carbs 25.7g

Sugars 22.6g
Fibre 11.2g
Sodium 64mg
Calcium 251mg
Iron 2.3mg



Recipe: Kerrie Ray. Photography: Mark O'Meara. Styling: Marie-Hélène Clauzon. Food prep: Sarah Mayoh.

Berry & chia
papaya boats

5pm **PANIC**

Enjoy our fuss-free weeknight meals in just 30 minutes!



★
COVER
recipe

MONDAY

Free-form individual tomato & ricotta lasagne

Serves 4 Cost per serve \$4.65

Time to make 30 min

✓diabetes friendly ✓vegetarian

4 fresh lasagne sheets,
each cut into 6 squares
400g baby truss tomatoes,
left on vine, cut into threes
300g baby spinach
1 cup fresh reduced-fat ricotta
¼ cup basil pesto
2 tablespoons pine nuts, toasted
2 tablespoons shaved parmesan
4 cups mixed leaves, to serve

1 Cook lasagne sheets in a pot of boiling water for 5 minutes, or until al dente. Drain; then cover with warm water so the sheets don't stick together.

2 Meanwhile, spray a large non-stick frying pan with olive oil and set over medium heat. Add half the baby tomatoes

Free-form individual tomato & ricotta lasagne

and cook for 1-2 minutes, or until just softened. Remove and set aside. Cook remaining tomatoes for 3-4 minutes, until blistered. Gently crush and remove from pan. Set aside. Add spinach to pan in two batches and toss to wilt. Remove pan from heat.

3 Assemble on serving plates by layering lasagne squares with crushed tomatoes, spinach and blobs of ricotta and pesto. Top with shaved parmesan, pine nuts and remaining truss tomatoes. Serve lasagne with salad leaves.

Cook's tip Make this lasagne gluten free, by using gluten-free lasagne sheets and check that the pesto is gluten free.



PER SERVE

1589kJ/380cal	Sugars 5.8g
Protein 18.7g	Fibre 6.3g
Total Fat 19.6g	Sodium 401mg
Sat Fat 5.9g	Calcium 280mg
Carbs 29.3g	Iron 3.6mg

you'll need...



lasagne sheets



baby truss tomatoes



baby spinach



reduced-fat ricotta



basil pesto

plus

+ pine nuts
+ parmesan
+ mixed leaves

Blackened salmon with creamy herbed potato salad



HIGH PROTEIN

HIGH FIBRE

LOW SODIUM

4 VEGIE SERVES

PER SERVE

2115kJ/506cal
Protein 46.7g
Total Fat 17.6g
Sat Fat 4.9g
Carbs 32.7g

Sugars 7.8g
Fibre 13.5g
Sodium 201mg
Calcium 111mg
Iron 4.3mg

TUESDAY



Blackened salmon with creamy herbed potato salad

Serves 4 Cost per serve \$6.75

Time to make 25 min

✓diabetes friendly

600g baby white potatoes, scrubbed, skin on
4 x 150g boneless salmon fillets, skin on
2 teaspoons paprika
1 x 150g tub Chobani Roasted Red Pepper Mezé Dip

2 tablespoons chopped flat-leaf parsley
2 tablespoons chopped chives
600g frozen mixed vegetables

1 Boil potatoes for 15 minutes, or until tender. Drain well and set aside to cool slightly.

2 Meanwhile, spray salmon with olive oil and sprinkle with paprika. Heat a non-stick frying pan over medium-high heat. Cook salmon, skin side down

first, for 2-3 minutes each side, or until cooked to your liking.

3 Chop potatoes into bite-sized pieces. Transfer to a large bowl. Add the dip, chopped parsley and chives, and stir well to coat.

4 Cook vegetables following packet directions, until tender. Serve salmon with potato salad and vegetables, and garnish with extra parsley leaves, if desired.

Note We used a yoghurt-based Chobani Mezé Dip for the potato salad to give it a creamy texture.

you'll need...



white potatoes



salmon fillets



roasted capsicum dip



flat-leaf parsley

plus

+ paprika
+ chives
+ frozen mixed vegetables

WEDNESDAY



Curried chicken & vegie noodles with peanut sauce

Serves **4** Cost per serve **\$4.90**

Time to make **30 min**

✓gluten free ✓dairy free

✓diabetes friendly

- ¼ cup unsalted toasted peanuts, plus extra 1 tablespoon, finely chopped, to serve
- 1 cup reduced-fat coconut milk
- 2 tablespoons lime juice, plus lime wedges, to serve
- 2 teaspoons gluten-free mild curry powder
- 2 corn cobs, silks removed
- 2 large carrots, peeled, trimmed
- 2 large zucchini, trimmed
- 1 bunch asparagus, cut into long ribbons (see *Cook's tip*)
- 1½ cups skinless barbecued chicken breast, shredded

1 Finely blitz peanuts, then place in a saucepan with coconut milk, lime juice and curry powder. Bring to the boil, then simmer, uncovered, for 5 minutes, or until reduced by about one-third. Cool.

2 Meanwhile, boil or steam corn cobs until tender. Remove the kernels with a sharp knife.

3 Using a spiralizer, cut carrot and zucchini into noodles. Place in a large bowl with corn kernels, asparagus and chicken. Add the coconut mixture and toss to coat.

Stand for 5 minutes. Sprinkle with extra chopped peanuts and serve with lime wedges.

Cook's tip Use a vegie peeler to cut asparagus into ribbons.

Note If desired, top with fresh coriander and sliced red chilli.



PER SERVE

1581kJ/378cal	Sugars 5.9g
Protein 42.6g	Fibre 7.8g
Total Fat 12.9g	Sodium 79mg
Sat Fat 5.4g	Calcium 80mg
Carbs 18.4g	Iron 3.7mg

Curried chicken & vegie noodles with peanut sauce

you'll need...



lime



corn cobs



peanuts



asparagus

plus

- + coconut milk
- + curry powder
- + carrots
- + zucchini
- + BBQ chicken breast

you'll need...



beef rump



reduced-fat feta



red capsicum



cucumber



lemon

plus

+ dried oregano
+ olive oil & red onion
+ sourdough

THURSDAY



Oregano beef skewers with cucumber & feta crumble

Serves 4 Cost per serve \$6.80

Time to make 30 min

✓diabetes friendly

500g beef rump or scotch fillet, trimmed, cut into 3cm pieces
2 teaspoons dried oregano
2 medium red capsicums
1 large red onion, coarsely chopped into 16 pieces
1 tablespoon olive oil
2 medium Lebanese cucumbers, halved lengthways, thinly sliced
⅓ cup lemon juice, plus lemon zest to serve
75g reduced-fat feta, crumbled
8 small slices wholegrain sourdough

1 Place beef in a medium bowl and sprinkle with 1½ teaspoons of oregano. Toss well to coat.

2 Coarsely chop 1½ capsicums into 24 pieces. Thread the beef, onion and capsicum alternately onto 8 large metal or wooden skewers. Drizzle beef and vegie skewers with the olive oil.

3 Heat a large non-stick frying pan over medium-high heat. Cook the skewers, turning, for 6–8 minutes until browned, or cooked to your liking.

4 Meanwhile, thinly slice the remaining capsicum. Arrange sliced cucumber and capsicum on a serving plate. Drizzle with 1 tablespoon of lemon juice. Combine the crumbled feta and remaining oregano in a small bowl and scatter over the cucumber salad.

5 Transfer the skewers to serving plates. Add the remaining lemon juice to the hot pan and bring to the boil. Spoon the pan juices over the skewers and serve with cucumber salad and wholegrain sourdough. Sprinkle skewers with the lemon zest, and serve.

Cook's tip Soak the wooden skewers (if using) for 10 minutes in water to prevent burning.



PER SERVE

1801kJ/431cal
Protein 42.0g
Total Fat 13.1g
Sat Fat 5.2g
Carbs 31.5g

Sugars 6.9g
Fibre 7.0g
Sodium 593mg
Calcium 178mg
Iron 5.0mg



Pumpkin fritters
with hoummus
& chilli pesto oil



FRIDAY



Pumpkin fritters with hoummus & chilli pesto oil

Serves 4 Cost per serve \$4.15

Time to make 30 min

✓diabetes friendly ✓vegetarian

500g Kent pumpkin, peeled, coarsely grated

2 large zucchini, trimmed, coarsely grated, squeezed of excess moisture

1 egg, lightly beaten

½ cup self-raising flour

1 tablespoon chilli pesto dip

80g mixed baby leaf salad with beetroot

3 red radishes, cut into matchsticks

⅓ cup reduced-fat hoummos

1 Combine pumpkin, zucchini, egg and flour in a large bowl.

2 Heat 2 teaspoons of olive oil in a large non-stick frying pan over medium-high heat. Spoon 6 x ¼-cupfuls of pumpkin batter into pan. Cook fritters for 3 minutes each side, or until golden and cooked through. Repeat to make 12 fritters, adding oil if necessary.

3 Mix pesto dip with 2 teaspoons of olive oil in a small bowl. Toss salad leaves and sliced radishes together in a medium bowl.

4 Spread 1 tablespoon of the hoummos on each serving plate. Top with salad and fritters. Serve drizzled with pesto oil. [hfg](#)

you'll need ...



pumpkin



zucchini



egg



red radish



reduced-fat hoummos

plus

+ self-raising flour
+ chilli pesto dip
+ baby leaf salad

PER SERVE

1235kJ/296cal
Protein 8.7g
Total Fat 15.7g
Sat Fat 2.4g
Carbs 27.6g

Sugars 9.5g
Fibre 4.4g
Sodium 234mg
Calcium 62mg
Iron 1.4mg

LOW
kJ

LOW
SODIUM

3
VEGIE
serves

Top that!

Peckish? Whether you're craving sweet or savoury, here are six healthy ideas for when hunger strikes.

Plain rice cakes don't offer much satisfaction, but when you add these tasty, healthy toppings you transform that simple cracker into a satisfying snack for any time of day. If you're snacking on the run, pack the rice cake and fillings separately and assemble when you are ready to eat. One topped cracker is the ideal size for a between-meal snack, so next time you're feeling peckish, try one of these delicious combos.



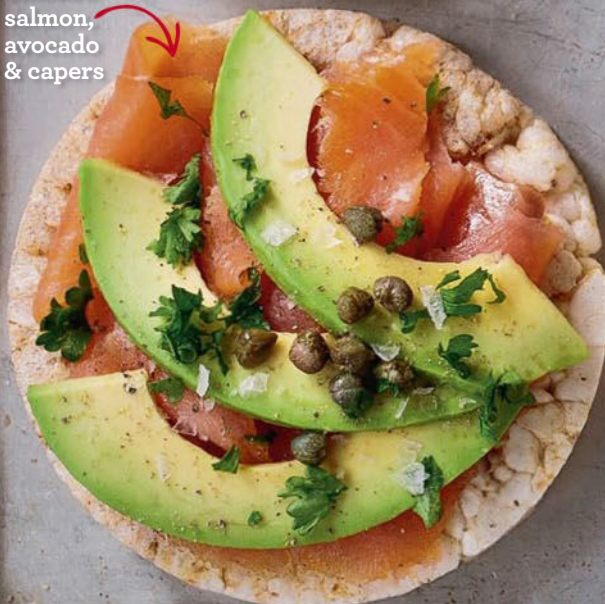
This is an extract from *Happy, Healthy, Strong* by Rachael Finch, published by HarperCollins (RRP \$35) and is now available

from all good booksellers or online.

Almond butter,
strawberries &
coconut flakes



Smoked
salmon,
avocado
& capers





Peanut butter,
banana &
cinnamon

Mexican avocado
& fried egg

Hummus, tomato,
cucumber &
parsley

Tahini,
raspberries,
cacao nibs &
shredded coconut

See all topping recipes overleaf... >



Almond butter, strawberries & coconut flakes

✓gluten free ✓dairy free
✓vegetarian

½ tablespoon **almond butter**
2-3 **strawberries**, hulled
and sliced
1 teaspoon **coconut flakes**

1 Spread the almond butter on the rice cake, top with the strawberries and scatter over the coconut flakes.



PER SERVE

552kJ/132cal	Sugars 1.7g
Protein 5.1g	Fibre 2.6g
Total Fat 7.8g	Sodium 37mg
Sat Fat 1.9g	Calcium 12mg
Carbs 9.2g	Iron 0.6mg



Mexican avocado & fried egg

✓gluten free ✓dairy free
✓vegetarian

¼ **avocado**, sliced
2-3 **jalapeño chillies**, chopped
1 **free-range egg**, fried
Squeeze of **lemon juice**

1 Spread the avocado on the rice cake. Scatter over the chillies and top with the fried egg. Squeeze over the lemon juice.



PER SERVE

999kJ/239cal	Sugars 0.6g
Protein 8.5g	Fibre 1.4g
Total Fat 19.1g	Sodium 133mg
Sat Fat 4.6g	Calcium 36mg
Carbs 7.8g	Iron 1.5mg



Hummus, tomato, cucumber & parsley

✓gluten free

✓dairy free ✓vegetarian

½ tablespoon **hummus**
2-3 slices **tomato**
3-4 slices **cucumber**
2 teaspoons chopped **parsley**

1 Spread the hummus on the rice cake, and top with the tomato and cucumber slices. Scatter over the parsley.



PER SERVE

312kJ/75cal	Sugars 1.9g
Protein 2.6g	Fibre 2.6g
Total Fat 2.2g	Sodium 76mg
Sat Fat 0.3g	Calcium 28mg
Carbs 9.7g	Iron 0.9mg



Peanut butter, banana & cinnamon

✓gluten free

✓dairy free ✓vegetarian

½ tablespoon **peanut butter**
½ **banana**, sliced
½ teaspoon **ground cinnamon**

1 Spread the peanut butter on the rice cake, top with the banana slices and sprinkle over the cinnamon.



PER SERVE

642kJ/154cal	Sugars 7.6g
Protein 5.1g	Fibre 3.7g
Total Fat 6.9g	Sodium 35mg
Sat Fat 1.1g	Calcium 18mg
Carbs 16.5g	Iron 1.0mg



Smoked salmon, avocado & capers

✓gluten free ✓dairy free

1-2 slices **smoked salmon**

¼ **avocado**, sliced
1 teaspoon **capers**

1 Put the smoked salmon on the rice cake and top with the avocado slices and capers.
Tip Top crackers with chopped parsley leaves, if you prefer.



PER SERVE

821kJ/196cal	Sugars 0.7g
Protein 7.9g	Fibre 2.3g
Total Fat 14.4g	Sodium 378mg
Sat Fat 3.2g	Calcium 15mg
Carbs 7.7g	Iron 0.7mg



Tahini, raspberries, cacao nibs & shredded coconut

✓gluten free ✓dairy free
✓vegetarian

½ tablespoon **tahini**
Small handful fresh **raspberries**
1 teaspoon shredded **coconut**
1 teaspoon **cacao nibs**

1 Spread the tahini on the rice cake, top with the raspberries and scatter over the shredded coconut and the cacao nibs. **hfg**



PER SERVE

521kJ/125cal	Sugars 2.8g
Protein 3.0g	Fibre 3.7g
Total Fat 9.4g	Sodium 13g
Sat Fat 1.6g	Calcium 43mg
Carbs 4.9g	Iron 0.8mg

Meal for one

Extra greens give this classic summer salad a light and fresh makeover!

Chicken Caesar salad

Serves 1 Cost per serve \$5.15

Time to make 15 min

½ cup broccoli florets

5 asparagus spears

1 slice wholegrain sourdough

2 cups baby cos lettuce

100g cooked chicken breast,
shredded

1 tablespoon store-bought
Caesar dressing

1 soft-boiled egg, quartered
(see Cook's tip)

1 anchovy fillet (optional)

1 tablespoon grated parmesan

1 Steam or microwave broccoli and asparagus for 90 seconds, or until tender. Run under cold water to cool. Toast sourdough and break into small chunks.

2 Place asparagus, broccoli, lettuce and chicken in a bowl. Add dressing and sourdough chunks and toss to combine.

3 Transfer the salad to a serving plate, and top with egg quarters

and chopped anchovy, if using. Season with black pepper and serve topped with parmesan.

Cook's tip To cook a soft-boiled egg, place egg in a pot of boiling water for 5 minutes, then remove and run under cold water. [hfg](#)



PER SERVE

1907kJ/456cal

Protein 46.2g

Total Fat 19.2g

Sat Fat 5.6g

Carbs 20.6g

Sugars 7.9g

Fibre 6.8g

Sodium 822mg

Calcium 194mg

Iron 4.3mg

Chicken Caesar salad



Easy FREEZY!

Ditch those takeout menus. Our healthy, freezer-friendly pizzas are your new Friday-night staple. Make pizzas ahead of time and store in the freezer for a delicious family meal ready in minutes!

Individual freezer pizzas

Makes **8 small pizzas + sauce**
 Cost per serve **\$1.45**, plus additional toppings
 Time to make **40 min**, plus **45-50 min** proving time

Pizza sauce

- 1 tablespoon olive oil**
- 1 large onion**, chopped
- 2 celery stalks**, chopped
- 3 garlic cloves**, crushed
- 1 x 400g can no-added-salt chopped tomatoes**
- 1 medium carrot**, finely chopped
- 1 bay leaf**
- ¼ cup chopped basil leaves**
- 1 teaspoon dried oregano**
- 1 tablespoon chopped flat-leaf parsley**
- ½ cup reduced-salt vegetable stock**

Nutrition TIP

Fresh & dried herbs add loads of salt-free flavour

Pizza base

- 1 tablespoon dried yeast**
- ½ teaspoon sugar**
- 1 cup tepid water**
- 3 cups plain flour**
- 1 teaspoon salt**
- 1 tablespoon olive oil**

1 To make pizza sauce, heat olive oil in a large saucepan over medium heat. Sauté onion, celery and garlic for 2 minutes, then add tomatoes and cook for a further 5 minutes.

2 Stir in remaining ingredients. Bring to the boil, reduce heat and simmer for 15 minutes, or until sauce is thickened, stirring often. Remove bay leaf. Purée sauce and allow to cool.

3 Meanwhile, make pizza bases. Place the dried yeast, sugar and water in a large bowl. Set aside for 15 minutes, or until mixture turns frothy.

4 Sift flour and salt into the bowl of yeast mixture. Add olive oil and mix well. Turn the dough out

onto a lightly floured chopping board or benchtop, and knead until the dough becomes smooth and elastic, or about 5 minutes. Return the dough to bowl, cover with a teatowel and place in a warm place until it has doubled in size, or about 30 minutes.

5 Preheat the oven to 220°C and line two large baking trays with a sheet of baking paper.

6 Punch down the dough, then knead again for 1 minute. Divide dough into 8 equal portions and form into balls. Press or roll out balls into 15-20cm pizza bases.

7 Place the pizza bases on the prepared baking trays and bake for 3-4 minutes to partially cook. Remove from the oven and leave to cool on wire racks.

8 Once cool, spread pizza sauce over bases and top with desired toppings (turn the page for our two healthy suggestions).

These pizza bases **taste** just as good using **gluten-free flour**



Vegetarian pizza
(See recipe overleaf)

Chicken & asparagus pizza
(See recipe overleaf)

Try these tasty toppings!



- 2 cups **asparagus**, sliced in 5cm pieces
- 2 cups **mushrooms**, sliced
- 2 cups **grated reduced-fat cheddar**
- 100g **baby spinach**, to garnish

1 Add toppings, except spinach, to pizzas. Wrap each pizza in cling wrap, then aluminium foil. Freeze until ready to eat.

2 To serve, defrost pizzas for 5–10 minutes and preheat oven to 220°C.

3 Bake for 10 minutes, or until base is crispy and cheese has melted. Top with baby spinach.

Chicken & asparagus pizzas

Makes **8 small pizzas**
Cost per pizza **\$3.30**
Time to make **10 min**, plus defrosting time
✓**diabetes friendly**

Cook's TIP
Pizzas will keep in the freezer, wrapped, for up to six weeks

- 8 Individual freezer pizzas (p80)**
- 150g cooked chicken breast**, shredded
- 1 cup red onion**, thinly sliced



PER SERVE (1 individual pizza)

1696kJ/406cal	Sugars 5.0g
Protein 23.0g	Fibre 5.7g
Total Fat 14.1g	Sodium 557mg
Sat Fat 5.8g	Calcium 304mg
Carbs 43.3g	Iron 3.0mg



Vegetarian pizzas

Makes **8 small pizzas** Cost per pizza **\$3.90** Time to make **10 min**, plus defrosting time
✓**diabetes friendly** ✓**vegetarian**

- 8 Individual freezer pizzas (p80)**
- 1 x 250g punnet cherry tomatoes**, halved
- 1 cup zucchini**, thinly sliced
- 2 cups mushrooms**, sliced
- 1 cup red onion**, thinly sliced
- 2 cups grated reduced-fat cheddar**
- 1 cup basil leaves**, to garnish

1 Add toppings, except basil, to pizzas. Wrap each pizza in cling wrap, then aluminium foil. Freeze until ready to eat.

2 To serve, defrost pizzas for 5–10 minutes and preheat the oven to 220°C.

3 Bake for 10 minutes, or until base is crispy and cheese has melted. Top with basil leaves. **hfg**



PER SERVE (1 individual pizza)

1584kJ/379cal	Sugars 5.4g
Protein 16.8g	Fibre 5.8g
Total Fat 12.7g	Sodium 541mg
Sat Fat 5.4g	Calcium 303mg
Carbs 43.8g	Iron 2.3mg

More ideas from the deep freeze

2 ways with leftover pizza base dough:

- Roll dough until super thin, drizzle with olive oil and dried herbs, and bake until crisp; then break into pieces and use as crackers.
- Fill half of the base with toppings, then fold to make a calzone.

2 ways with leftover pizza sauce:

- Freeze leftover sauce into ice cube trays to add into stews and casseroles, or use as a base for a quick pasta sauce.
- Add sauce to sautéed vegetables such as eggplant, capsicum and zucchini for a quick ratatouille or to add to couscous.

The delicious taste of **Popcorn** in a Healthy Crispbread

- ✓ Gluten Free
- ✓ Only 23 Cal per slice
- ✓ Made in Australia



Don't confuse CORN THINS® with rice cakes.

Being made primarily of corn, not rice, CORN THINS®
taste delicious, like healthy POPCORN!

Available in the biscuit aisle of most supermarkets.

www.cornthins.com



Love, Italian style

Swoon over its creamy flavour – but kiss away the kilojoules! Our pasta makeover is heaven on a plate!

Pasta alfredo with summer vegies

Serves 4 Cost per serve \$4.40

Hands-on time 20 min

Cooking time 15 min

✓vegetarian


325g wholemeal spaghetti
2 teaspoons olive oil
1 medium brown onion,
finely chopped
3 garlic cloves, crushed
3 teaspoons thyme leaves
1 tablespoon plain flour
2 cups reduced-fat milk
2 medium zucchini, shredded
or grated
3 yellow squash, finely sliced
120g baby spinach
½ cup finely grated parmesan

1 Cook pasta in a saucepan of boiling water, according to packet directions, or until al dente. Drain and keep warm.

2 Meanwhile, heat the olive oil in a large non-stick frying pan over medium-high heat. Sauté onion and garlic for 3–4 minutes, or until softened. Add the thyme leaves and cook for a further minute, or until fragrant.

3 Add flour to pan and stir to coat onions. Gradually add milk, stirring constantly, until smooth. Bring mixture to the boil, over a medium heat. Cook, stirring, for 4–5 minutes, or until thickened. Add zucchini and squash and cook, stirring, for 2–3 minutes, or until vegies are just tender.

4 Add spinach and parmesan and cook, stirring, for 1 minute, or until spinach wilts. Add pasta and toss to coat. Divide the pasta among 4 bowls and season with cracked black pepper.

Cook's tip You can use a vegetable peeler to shred the zucchini, if you prefer. 

✓ Creamy flavour that's 85% lower in saturated fat



PER SERVE

Our version	Regular version
1878kJ/449cal	2823kJ/675cal
Protein 21.3g	Protein 15.4g
Total Fat 8.6g	Total Fat 37.0g
Sat Fat 3.2g	Sat Fat 22.9g
Carbs 65.0g	Carbs 68.6g
Sugars 11.3g	Sugars 2.4g
Fibre 11.6g	Fibre 3.8g
Sodium 177mg	Sodium 179mg
Calcium 321mg	Calcium 154mg
Iron 5.3mg	Iron 1.4mg

Recipe: Liz Macri. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray.



✓ Our lighter
version saves you
945kJ (226cal)

✓ Extra veg &
wholemeal pasta
will triple your
fibre intake!

Blitz & go breakfast

Our healthy combos of fruit, vegies and nuts will keep you full for longer.

Green supreme kiwi fruit crush

Serves 1 Cost per serve \$3.80

Time to make 5 min

✓gluten free ✓dairy free
✓diabetes friendly

1 large kiwi fruit, peeled,
chopped
25g baby spinach
¼ small avocado
2 teaspoons ground linseeds
2 teaspoons grated
fresh ginger
Large handful mint leaves
1 cup coconut water
Handful ice cubes

1 Place all the ingredients in a blender and blitz on high until smooth, thick and creamy. Pour into a glass and serve.



PER SERVE	
1151kJ/275cal	Sugars 20.6g
Protein 6.3g	Fibre 7.6g
Total Fat 16.8g	Sodium 65mg
Sat Fat 3.5g	Calcium 151mg
Carbs 21.7g	Iron 4.5mg

Purple berry & beet juice

Serves 1 Cost per serve \$1.90

Time to make 5 min

✓gluten free ✓diabetes friendly

¾ cup frozen raspberries
1 small beetroot,
peeled, grated
1 orange, peeled, chopped
1 cup reduced-fat milk or
unsweetened almond milk
1 tablespoon chia seeds
½ teaspoon cinnamon
1 teaspoon maple syrup

1 Place all the ingredients in a blender and blitz on high until smooth, thick and creamy. Pour into a glass and serve.



PER SERVE	
1398kJ/334cal	Sugars 38.5g
Protein 15.5g	Fibre 13.7g
Total Fat 9.5g	Sodium 143mg
Sat Fat 2.7g	Calcium 388mg
Carbs 39.0g	Iron 2.8mg

Mango macadamia sunshine smoothie

Serves 1 Cost per serve \$2.25

Time to make 5 min, plus soaking

✓gluten free ✓diabetes friendly

1 tablespoon macadamia nuts,
soaked for 1 hour
½ small carrot, peeled, grated
½ cup frozen mango
½ cup chopped fresh pineapple
1 cup reduced-fat milk or
unsweetened almond milk
¼ cup reduced-fat
plain yoghurt
¼ teaspoon ground turmeric

1 Drain macadamia nuts. Place nuts in a blender with remaining ingredients and blitz on high until smooth, thick and creamy. Pour into a glass and serve. hfg



PER SERVE	
1247kJ/298cal	Sugars 28.4g
Protein 15.3g	Fibre 3.1g
Total Fat 12.4g	Sodium 159mg
Sat Fat 3.4g	Calcium 457mg
Carbs 29.1g	Iron 1.3mg

Green supreme
kiwi fruit crush

Purple berry
& beet juice

Mango macadamia
sunshine smoothie

Recipes: Chrissy Freer. Photography: Mark O'Meara. Styling: Julz Beresford. Food prep: Kerrie Ray.

A blue briefcase with a handle sits on top of a blue book. To the left of the book is a gold medal with a blue border, a white center, and a large gold number '1' flanked by two small gold stars. A red ribbon is tied around the medal.

Share your healthy lunch box with us to become a certified *HFG* Lunch Box Hero!



Imogen packs fun, healthy finger food for Nellie, 1.



Amy's daughter Layla, 5, enjoys a unicorn for lunch!



Pieta lays out a rainbow of antioxidants for Alessio, 6.



WIN an Orgran prize pack!

Calling all kids! Let us feature your healthy lunch box, and you'll receive an *HFG* Lunch Box Hero certificate to stick on your fridge, along with a fantastic prize!

If your photo appears here next month, you'll WIN an Orgran prize pack, valued at \$50. The entire range is free from gluten, nuts and dairy, and are a healthy way to enjoy your favourite food. Our products are safe to share at school and ideal for school lunches! Prize pack includes biscuits, pasta, cereal, chips and other Orgran goodies.

To enter Visit healthyfoodguide.com.au/win or mail pictures to Locked Bag 5555, St Leonards, NSW 1590

(Each of this month's Lunch Box Heroes has won a Kambrook pancake maker, worth \$49.95 – well done!)

• food for tiny tummies

Cool pops are a fun way to add more fruit and dairy to your kids' diet!

Berry swirl yoghurt pops

Makes **10 x 100ml popsicles**

Cost per serve **\$0.65**

Time to make **15 min**,
plus **overnight** freezing

500g reduced-fat

Greek-style yoghurt

1 teaspoon vanilla essence

⅓ cup icing sugar

**300g frozen mixed
berries, thawed**

- 1** Blend the yoghurt, vanilla and half of the icing sugar in a blender or food processor until well combined. Transfer the mixture to a jug.
- 2** Add frozen berries and remaining icing sugar to blender or food processor. Pour in 1 cup of the vanilla yoghurt mixture and process until smooth and combined.
- 3** One-third fill popsicle moulds with the vanilla yoghurt mixture, then top up with berry mixture.
- 4** Run a skewer through each mould to create a swirled effect.
- 5** Place in freezer for 1 hour, then insert a popsicle stick in each one and return to freezer for several hours, or overnight until solid.
- 6** Remove popsicles from the moulds just before serving. If popsicles are difficult to remove, wrap a warm, damp cloth around

moulds for a few seconds and they should slide out easily.

Tip Popsicle moulds are available in different shapes and sizes from department stores and specialty kitchen shops. Popsicle sticks are available from newsagents and craft shops. [hfg](#)

Berry swirl
yoghurt pops



PER POPSICLE

240kJ/57cal	Sugars 9.5g
Protein 3.3g	Fibre 1.1g
Total Fat 0.2g	Sodium 36mg
Sat Fat 0.1g	Calcium 110mg
Carbs 9.6g	Iron 0.2mg

**This recipe and image is from
Healthy Kids. See more recipes
like this at healthykids.nsw.gov.au**



Your vegetarian



Compiled by
HFG editor
& dietitian
Brooke Longfield

Each day's menu gives you ...

- **6300kJ** (about 1500cal) for gradual weight loss
- **35g fibre** to keep you feeling full all day long
- **100 per cent** of your daily calcium and iron needs
- **5 serves veg** so you get a variety of antioxidants
- **2 serves fruit** that will boost your fibre and vitamin intake

Learn more about your individual nutrition needs on p94.



MONDAY

Breakfast

- **Mango macadamia sunshine smoothie (p86)**
- 10 almonds
(1600kJ/380cal total)

Lunch

- **Tomato & feta toast**
- 2 slices soy-linseed toast topped with 2 tbs hoummos, 1 sliced tomato, 1 cup baby spinach & 40g feta, drizzled with balsamic vinegar
(1700kJ/410cal total)

Dinner

- **Spice-roasted cauliflower, quinoa & pepita pilaf (p58)**
- (1600kJ/380cal total)

Snacks

- **Mexican avocado & fried egg rice cake (p78)**
- 170g tub reduced-fat, Greek-style yoghurt with ½ cup mixed berries
(1600kJ/380cal total)

Daily total:
6500kJ (1555cal)



TUESDAY

Breakfast

- **Greek yoghurt & fruit**
- 170g tub reduced-fat, Greek-style yoghurt with 1 diced apple, 2 tbs chopped walnuts & 1 tbs chia seeds
(1600kJ/380cal total)

Lunch

- **Chilli tofu & noodle lettuce wraps (p54)**
- (1300kJ/310cal total)

Dinner

- **Roasted tomato & lentil pasta with ricotta (p58)**
- 2 squares 70% cocoa dark chocolate
(2100kJ/500cal total)

Snacks

- **Peanut butter, banana & cinnamon rice cake (p78)**
- 4 dried apricot halves
- 1 cup carrot sticks with 2 tbs hoummos
(1400kJ/330cal total)

Daily total:
6400kJ (1530cal)



WEDNESDAY

Breakfast

- **Purple berry & beet juice (p86)**
- 10 almonds
(1700kJ/410cal total)

Lunch

- **Leftover Roasted tomato & lentil pasta with ricotta (p58)**
- 1 apple
(1800kJ/430cal total)

Dinner

- **Sweetcorn, zucchini & tofu fritters with chive cottage cheese (p57)**
- (1500kJ/360cal total)

Snacks

- **Almond butter, strawberries & coconut flakes rice cake (p78)**
- 170g tub reduced-fat, Greek-style yoghurt with 1 small sliced banana & a pinch of cinnamon
(1300kJ/310cal total)

Daily total:
6300kJ (1500cal)

meal plan

Reap the health rewards of a delicious plant-based diet!

Brooke Longfield, HFG editor



THURSDAY

Breakfast

• Bircher muesli

¼ cup rolled oats, ¼ cup reduced-fat Greek-style yoghurt, ¼ cup milk & ½ grated apple, soaked overnight. Then top with 2 tbs chopped walnuts & 1 tbs chia seeds (1600kJ/380cal total)

Lunch

• Leftover **Sweetcorn, zucchini & tofu fritters with chive cottage cheese** (p57) (1500kJ/360cal total)

Dinner

• **Vegetarian pizza** (p82)
• 2 squares 70% cocoa dark chocolate (2000kJ/480cal total)

Snacks

• **Hummus, tomato, cucumber & parsley rice cake** (p78)
• 30g dried fruit & nut trail mix
• 1 banana (1400kJ/330cal total)

Daily total:
6500kJ (1555cal)

FRIDAY

Breakfast

• **Green supreme kiwi fruit crush** (p86)
• 10 almonds (1500kJ/360cal total)

Lunch

• **Tomato & avo toast**
2 slices soy-linseed toast topped with ¼ avocado, 20g feta, 1 sliced tomato & 1 cup baby rocket, drizzled with balsamic vinegar (1800kJ/430cal total)

Dinner

• **Kale & broccolini rice with fried egg** (p57)
• 170g tub reduced-fat, Greek-style yoghurt with ½ cup mixed berries (2000kJ/480cal total)

Snacks

• **Tahini, raspberries, cacao nibs & shredded coconut rice cake** (p78)
• 1 cup carrot sticks with 2 tbs hoummos (1100kJ/260cal total)

Daily total:
6400kJ (1530cal)

SATURDAY

Breakfast

• **Cafe-style veggie omelette**
made of 2 eggs, ¼ cup mushrooms, ¼ red onion, 1 small tomato, 1 cup baby spinach & 40g feta, served with 1 slice sourdough (1500kJ/360cal total)

Lunch

• **Chilli tofu & noodle lettuce wraps** (p54)
• 1 banana (1700kJ/410cal total)

Dinner

• **Free-form individual tomato & ricotta lasagne** (p69)
• 170g tub reduced-fat, Greek-style yoghurt with ½ cup mixed berries (2200kJ/530cal total)

Snacks

• **Hummus, tomato, cucumber & parsley rice cake** (p78)
• 30g dried fruit & nut trail mix (1000kJ/240cal total)

Daily total:
6400kJ (1530cal)

SUNDAY

Breakfast

• **Berry & chia papaya boats** (p66) (1000kJ/240cal total)

Lunch

• **Chickpea, quinoa & feta salad**
½ cup canned chickpeas, ½ cup cooked quinoa, 2 cups salad leaves, cucumber, tomato & 20g feta, drizzled with 2 tsp extra virgin olive oil (1400kJ/330cal total)

Dinner

• **Taco bowl with spicy beans** (p64)
• 2 squares 70% cocoa dark chocolate (2200kJ/530cal total)

Snacks

• **Peanut butter, banana & cinnamon rice cake** (p78)
• 4 dried apricot halves
• 1 cup carrot sticks with 2 tbs hoummos
• 1 small skim or soy latte (1600kJ/380cal total) *hfg*

Daily total:
6200kJ (1480cal)

Subscribe today and you could **WIN** a **VITAMIX S30** personal blender



Subscribe to *Healthy Food Guide* magazine for one year (12 issues) for just \$59, and you'll go in the draw to **WIN a Vitamix high-performance blender!**

The powerful Vitamix S30 is no ordinary blender. Powering through the toughest wholefood ingredients, it is so much more than a blender. Vitamix turns nuts to butters, wheat to flour, makes soup without a stove, and sorbet without a freezer. Precise speeds create precise textures, from smooth purées to chunky salsas, and everything in between.

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**Healthy Food Guide,
Locked Bag 3355,
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How much do I need to eat?

Every recipe in *HFG* has a complete nutrition analysis, so you can match your eating plan to your body's needs. Here's how to estimate your daily dietary requirements.



PER SERVE

1857kJ/444cal	Sugars 5.0g
Protein 29.8g	Fibre 4.0g
Total Fat 15.3g	Sodium 301mg
Sat Fat 3.4g	Calcium 70mg
Carbs 43.7g	Iron 2.5mg

Look for these nutrition panels (left) which appear on all our recipes!

Your individual intake will vary depending on your age, gender, height, weight and physical activity level.

We use 8700kJ (2100cal) as an average daily intake, as this is the value prescribed by the Australia New Zealand Food Standards Code. You'll find this on food labelling.

While these numbers are one way of tracking healthy

eating, it's important to focus on the quality of the foods we eat. Eating a wide variety of healthy, real foods makes it easy to meet all our daily nutrition needs, as well as balancing energy intake.

Use these recommended daily intakes as a general guide only. For personalised advice, visit daa.asn.au to find an Accredited Practising Dietitian.

Average daily intake

Kilojoules (kJ)	8700kJ
Calories (cal)	2100cal
Protein (g) 15-25% of energy	78-130g
Total Fat (g) 20-35% of energy	47-82g
Saturated Fat (g) Less than 10% of energy	<24g
Carbohydrate (g) 45-65% of energy	230-310g
Free sugar (g) Less than 10% of energy	50g
Fibre (g)	25-30g
Sodium (mg)	2300mg
Calcium (mg)	1000mg
Iron (mg)	8mg

SODIUM If you have heart disease or are at high risk of this condition, aim to consume no more than 1600mg of sodium per day.

CALCIUM Women over 50 years, and men over 70 years, should increase their intake to 1300mg of calcium per day.

IRON Women under 50 years should aim for 18mg of iron each day. If pregnant, your iron intake should increase to 27mg each day.



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What's *hot*

Look for these top products on store shelves in March.



Hello aloe!

Lifestream Aloe Vera Juice is 99.7% premium aloe. It soothes the intestines and stomach lining, supports the immune system and helps maintain intestinal bacteria health. Go to lifestream.co.nz



Wrap it up

Mission Low GI Wraps are a source of protein, good source of fibre and contain no preservative 282. This low-GI variety has the same great taste and texture that Mission products are known for.



Energy to go

Table of Plenty Nourish & Go contains real fruit, oats, flax and yoghurt (or dairy-free coconut milk), without any added nasties. Perfect for school lunches or on the run! Available in Woolworths.



Crunch into corn

Don't confuse **Corn Thins** with rice cakes. Being made primarily of corn, Corn Thins taste delicious – like popcorn squished into a crispbread, making them a great snack idea. Visit cornthins.com



Skinny dipping

Chobani Mezé Dips are now available in six delicious flavours. With less than 565kJ (135cal) per tub, you can enjoy one of these yoghurt-based, protein-packed dips as a healthy snack any time!



Simply delicious

Nutrisoy Soyco is a healthy choice the whole family will enjoy. Loaded with minerals, protein and fibre, its great taste and texture make it ideal for adding to any meat-free meal. Click on nutrisoy.com.au

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All references are abridged.

NEXT MONTH

Welcome autumn with nutrition tips and fresh, easy recipes!

- **Save time in the kitchen!** Health hacks for busy families, plus fresh and FAST weeknight recipes.

- **Easter treats** You'll love our light and delicious chocolate recipes that are perfect for entertaining!

- **On-the-go picnic food** Get outdoors for lunch with our healthy and portable salads, wraps and muffins.

... and much more!

AUSTRALIAN **healthyfood** PRACTICAL IDEAS FROM THE EXPERTS **GUIDE**



Chocolate, date & fig truffles



Dukkah chicken with warm couscous salad & tzatziki

All our recipes are developed with dietitians to optimise your health!



Rare roast beef & rocket wraps

APRIL ISSUE ON SALE
20 MARCH!



1

Half a cup of pomegranate seeds gives you a quarter of your daily vitamin C needs.
(Think pink with pomegranates, p19)



2

Did you know it's the salt in crackers that makes them moreish?
(How much fibre is in those crackers? p24)



3

Move over meat! Plant foods protect against diabetes, obesity and heart disease.
(Plant power! How to cook like a vegetarian, p42)

10 THINGS you'll discover in this issue



5

These easy Chilli tofu & noodle lettuce cups will be ready in just 25 minutes!
(Vego-rama, p54)



6

Trying to lose weight? Unexplained weight gain can be due to hormonal imbalances.
(It's not me, it's my hormones! p36)



4

Coconut oil lacks the nutrients found in other oils such as extra virgin olive oil.
(5 surprising truths about coconut oil, p23)



7

Feeling the pinch? Find delicious ways to feed your family for under \$15!
(Eat well for life with one easy shop! p28)



8

Crack on! An egg a day may help boost brain function in older people.
(News bites, p10)



9

Eating breakfast helps kids stay on track in the classroom, say teachers. Pass the cereal!
(News bites, p10)



10

Sail off to brekkie in paradise with these tropical fruit boats.
(Taste the tropics, p66)

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- Vegetarian pizzas 82

BREAKFAST

- Berry & chia
papaya boats **GF**..... 66
- Green supreme
kiwi fruit crush **GF**..... 86
- Mango macadamia
sunshine smoothie **GF**..... 86
- Purple berry & beet juice **GF**... 86

SNACKS & SWEETS

- Almond butter, strawberries
& coconut flakes
rice cake **GF** 78
- Berry swirl yoghurt pops..... 89
- Hummus, tomato, cucumber
& parsley rice cake **GF**..... 78
- Mexican avocado
& fried egg rice cake **GF**..... 78
- Peanut butter, banana
& cinnamon rice cake **GF**..... 78
- Smoked salmon, avocado
& capers rice cake **GF**..... 78
- Tahini, raspberries, cacao nibs
& shredded coconut
rice cake **GF**..... 78

Get to know our recipe badges



Recipes contain no more than:

- 1700kJ per main meal
- 800kJ per dessert
- 600kJ per side dish
- 200kJ per 250ml fluid



Recipes contain at least:

- 20g protein per main meal
- 5g protein per side dish or dessert



Recipes contain no more than:

- 10g fat per main meal
- 4.5g fat per dessert
- 3g fat per side dish
- 3.5g fat per 250ml fluid



Recipes contain at least:

- 6g fibre per main meal
- 3g fibre per side dish or dessert



Recipes contain no more than:

- 500mg sodium per main meal or dessert
- 200mg sodium per side dish



Recipes contain at least 250mg calcium per serve



Recipes contain 4.5mg (or more) iron per serve



Serves of vegies per serve

✓gluten free ✓dairy free

Contains no ingredients that usually contain gluten or dairy, but always check the ingredients you are using.

✓vegetarian

Suitable for lacto-ovo vegetarians. These recipes often include cheese, which may contain animal rennet. Check the label and use a vegetable substitute if you prefer.

✓diabetes friendly

Meals contain 60g (or less) carbohydrate, 4g (or more) fibre, 7g (or less) saturated fat, 600mg (or less) sodium, at least 2 serves of vegies and are low-medium GI. Desserts are low kilojoule, high fibre and low sodium; they usually contain fruit and are low-medium GI.

No-added-salt diet

Less than 1600mg sodium per day (as per Heart Foundation recommendations to reduce heart-disease risk).

Standard measurements

1 cup = 250ml • 1 tablespoon = 20ml
1 teaspoon = 5ml • Eggs are 55g
Temperatures are for fan-forced ovens.
For baking recipes, use a table spread that's at least 60 per cent fat.

GF indicates that a recipe is gluten free.

You can make many recipes gluten free if you replace bread, pastry and pasta with gluten-free varieties, and use gluten-free stocks and sauces.

NEW

YOUR FAVOURITE WRAP JUST GOT BETTER!



LOW Gi RATING

GOOD SOURCE OF FIBRE



SOURCE OF PROTEIN

NO PRESERVATIVE 282