

Healthy meal and snack ideas



Eating well helps you feel good and stay healthy. Check out the tasty ideas below. Which ones will you try?

New food ideas for breakfasts, lunches, dinners and snacks can provide inspiration to eat well every day.

Your routine and meal schedule may vary, so mix up any of the options below. If you feel bored, switch to something else or search for a new flavour experience.

Breakfast

Different breakfasts suit different people, and at different time. You may eat at home or on the go. What helps you function the best?



Ready-to-eat cereal – Porridge or overnight oats, muesli (less than 10% sugar), wheat biscuits. Add milk or alternative and yoghurt or fruit if you like.

Toast – Wholemeal or grain bread with Vegemite, peanut butter. Or a combo like; avocado, tomato and cheese. Or ricotta, banana and cinnamon.

Smoothie – Your blend from key ingredients; milk or alternative, yoghurt, oats, banana, berries, nuts and seeds. Sweeten with a little honey, dates or cinnamon sugar.

Hot dish – Boiled eggs, omelette, baked beans, grilled tomato or mushrooms.

Lunches

You may choose to make your lunch each day, batch cook or eat left-overs. Here are some go-to options.

Salads – Mix and match salad vegetables using favourites like; carrots, capsicum, cucumber, celery. Add protein from lean meat, chicken, tuna, boiled eggs, tofu or falafel.

Wraps and sandwiches – Start with all-stars on wholegrain, like; chicken, lettuce and mayonnaies or ham, tomato and cheese.

Sushi – Californian rolls, rice-paper rolls and sashimi make great portion-controlled lunches from the shopping mall.

Savoury delights – Corn frittas, zucchini slice and pumpkin muffins taste good hot or cold.

Soups – Make your own classic (e.g. vegetable, pumpkin, cauliflower, pea and ham, lentil) or buy ready-to-eat (choose lower salt).

Left-overs – Some meals just seem to taste better the second time as leftovers. All the dinners listed on the next page make great left-overs.



EATING TRIGGERS?

Use these meal and snack ideas to help you be prepared for whenever eating triggers strike.

Also, check out the Eating Triggers Fact Sheet on the NSW Ambulance Families page:

www.ambulance.nsw.gov.au/fonassn



RESOURCES

For more meal and snack ideas check out the Healthy Eating section at: makehealthynormal.nsw.gov.au

For simple recipes and food ideas go to: nomoneynotime.com.au

ADVICE & SUPPORT



Get Healthy Information & Coaching Service

For free NSW Health telephone-based coaching on healthy eating and other lifestyle goals go to: gethealthynsw.com.au

Speak to your **General Practitioner** to make a plan for support, including referral to an Exercise Physiologist or an Accredited Practising Dietitian (APD).



Healthy meal and snack ideas

Dinners

Adding just one or two new meals to your menu rotation can invigorate your choices. And all these dinners make great left-overs to take to work.



Stir fries – Add soy sauce and a drizzle of honey to vegetables and your favourite protein (e.g. chicken, pork, beef, tofu) as your easy make at home own stir-fry.

Stews / casseroles – Beef stew with stacks of vegetables (i.e. broccoli, butternut squash, carrots, celery, onion, parsnip, sweet potato).

Roast and vegetables – Any roast meat (e.g. chicken, turkey, lamb) goes a treat with roast potato (with rosemary), sweet potato (with paprika), pumpkin, carrot, onion or beetroot.

Pasta and vegetable bake – A simple combination of boiled pasta, white sauce (butter, flour and milk) to bind and added cooked vegetables (e.g. broccoli, cauliflower, mushrooms, pumpkin, tomato, zucchini). Top with grated cheese and bake for 15 minutes.

Spaghetti bolognese – Pan-fried onion, garlic and mince then add chopped carrots, celery, canned tomatoes and zucchini. Flavour with Worcestershire sauce.

Curries – Search “healthy curries” for tasty one-pot wonders like; butternut biryani, cauliflower korma, vegetable curry and lentil dahl.

BBQ meats, vegetables and salad – Standard sausages (lean) and fillets (i.e. beef, pork, chicken) with roast corn cobs in foil, vegetable and haloumi skewers (e.g. capsicum, eggplant, tomato, zucchini).

Vegetarian – Choices, including; vegetable koftas, veggie patties, falafels, dahl and chilli con carne.

Snacks

A good snack can level out your energy levels and keep hunger at bay until your next meal.

Sweet snacks

- Yoghurt tubs (natural or Greek) or squeezable yoghurt tubes.
- Whole fruit (e.g. apples, bananas, oranges, pears).
- Dried fruit (e.g. sultanas, apricots, dates).
- Muesli or nut bars (look for less than 10% sugar).
- Trail mix (dried fruits and nuts).
- Chia pudding.
- Snack balls / protein balls.



Savoury snacks

- Nuts (e.g. almonds, peanuts, walnuts) or nut mix.



- Vegetable sticks (e.g. carrot, celery, cucumber) with dip (e.g. hummus, tzatziki, beetroot dip), cottage cheese or peanut butter.
- Roasted chickpeas.
- Air-popped popcorn.
- Wholegrain crackers or crisp bread.
- Rice crackers.
- Cheese (e.g. cheddar, ricotta, cottage).
- Boiled eggs.
- Tinned fish (i.e. tuna salmon).

