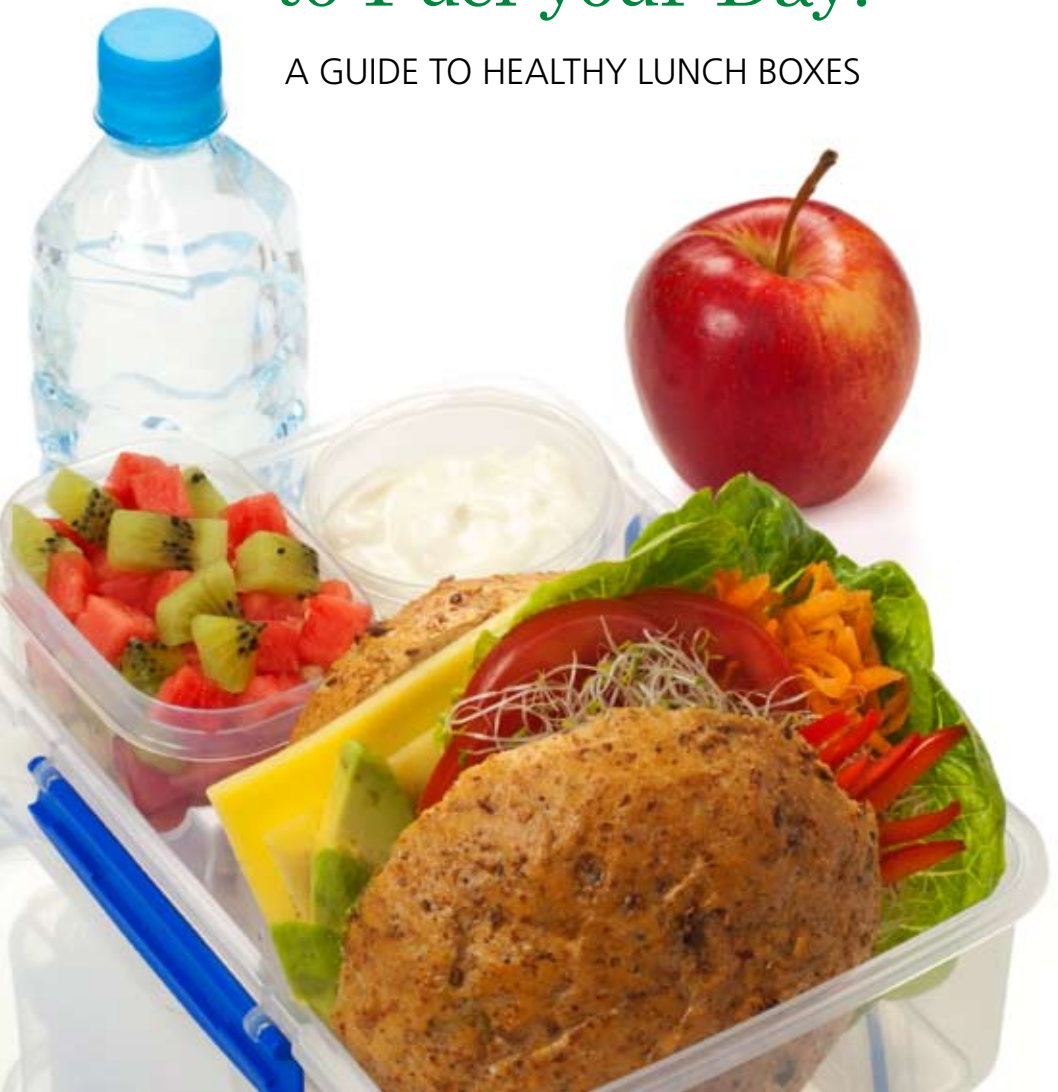




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FRUIT VEG

Fresh Food to Fuel your Day!

A GUIDE TO HEALTHY LUNCH BOXES



South Australians don't eat enough fruit and vegetables.

Most adults in South Australia eat around 1½ serves of fruit and 2½ serves of veg per day. Adults need at least 2 serves of fruit and 5 serves of veg every day to get health benefits, so the good news is you might already be half way there.

If you eat one meal and one or two snacks at work, this can contribute to around half of your daily food intake. So to help you reach 2 and 5, we have some ideas to boost the amount of fruit and vegetables you can eat at work.

For tasty recipes visit:

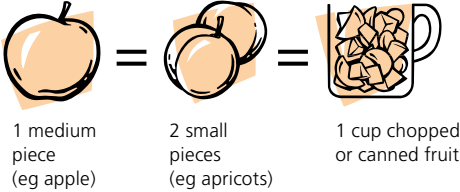
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Remember to Go for 2&5® and happy eating!

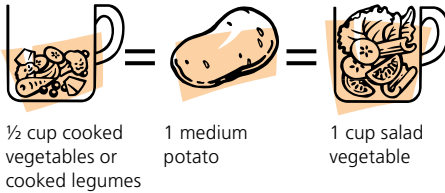


What's a serve size?

One serve of FRUIT is 150 grams of fresh fruit or:



One serve of VEGETABLES is 75 grams or:



What's in it for you?

Fruit and vegetables taste delicious, can be quick and easy to prepare and are great value for money. Choose those locally grown and in-season for taste and value.

Fruit and vegetables eaten as a part of a healthy diet have been shown to contribute to good health throughout life. For better health and to reduce the risk of disease, make it a habit to eat fruit and veg every day.

A life-time habit of eating fruit and veg can help prevent:

- Cardiovascular disease.
- Some forms of cancer.
- Overweight and obesity.
- Constipation.

They can also help:

- Reduce blood pressure and blood cholesterol levels.
- Improve control of diabetes.



Steps for building a better lunch box

Step 1: Base snacks on fruit or vegetables

- Include some fresh fruit everyday for a quick and easy snack! Or try canned fruit in juice (not syrup) or sometimes dried fruit, or even fruit made into a healthy cake or bread.
- Vegetables can be eaten fresh whole or in bite-sized pieces by themselves, with a dip or salsa, or cooked in soup, a toasted sandwich or sometimes a savoury cake.

Step 2: Base lunches on

• Breads and cereals

eg wholemeal and wholegrain bread, rolls, pita bread, rice, pasta or couscous.

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• Lean meats, eggs and legumes

eg lean chicken, turkey, beef, ham, tuna, salmon, boiled eggs, kidney beans, 3-bean mix or chickpeas.

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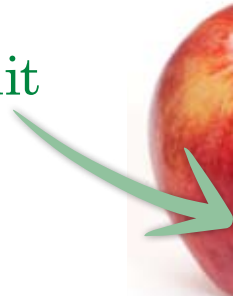
• At least 2 serves of salad or vegetables

eg lettuce, tomato, carrot, cucumber, pumpkin, mushrooms, capsicum or broccoli.

Add flavour with

- Reduced fat mayonnaise, cream cheese, dips, low fat salad dressings, avocado spread, salsa, chilli sauce, tahini, chutney, horseradish, mustard or tomato-based pasta sauces.

1 fruit



Step 3: Drink plenty of water

- Swap fruit juice for a piece of fresh fruit and a drink of water.
- Swap sweetened soft drink, flavoured waters, cordials, sports drinks and iced teas for plain mineral or soda water or a glass of tap water.
- Swap full cream milk drinks for reduced fat or low fat milk drinks.

Why make the drink changes?

Sugary drinks are low in important nutrients, full of kilojoules, bad for teeth and can contribute to weight gain.

Full cream milk contains more kilojoules and saturated fat than reduced and low fat varieties. Saturated fat is associated with coronary heart disease.

Recommendations:

- Adults and children over 5 years should consume reduced fat or low fat milk.
- Children 2-5 years should consume reduced fat milk.
- Children under 2 years should consume full-cream milk.



Quick and Simple Lunch Box Ideas for Everyone

Suggestion One

Morning snack:

A piece of fruit.

Lunch:

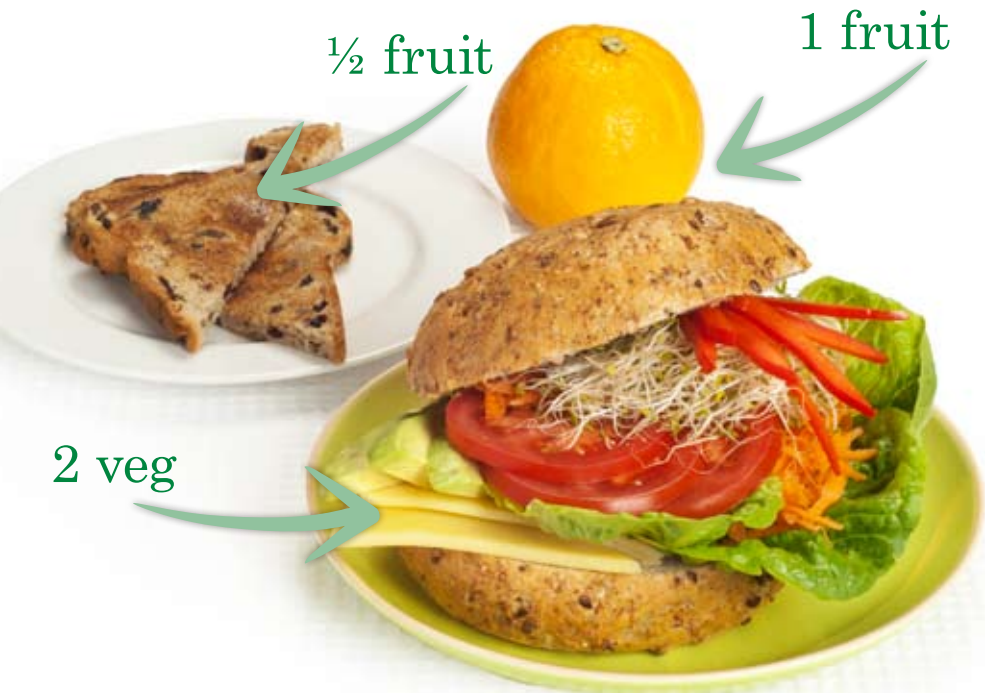
Wholemeal or wholegrain roll with reduced fat cheese or lean meat and plenty of salad.

Afternoon snack:

Slice of fruit bread with a thin spread of margarine, honey or reduced fat ricotta.

Tips:

- For variety, try wraps or toasted sandwiches. Include salad and vegetables you like toasted such as mushrooms, capsicum, baked beans, baby spinach, rocket, capsicum, pumpkin, corn.
- Add tomato just before you eat lunch to avoid soggy sandwiches.
- Use margarine, avocado or tzatziki instead of butter.



Suggestion Two

Morning snack:

Fresh fruit and low fat yoghurt.

Lunch:

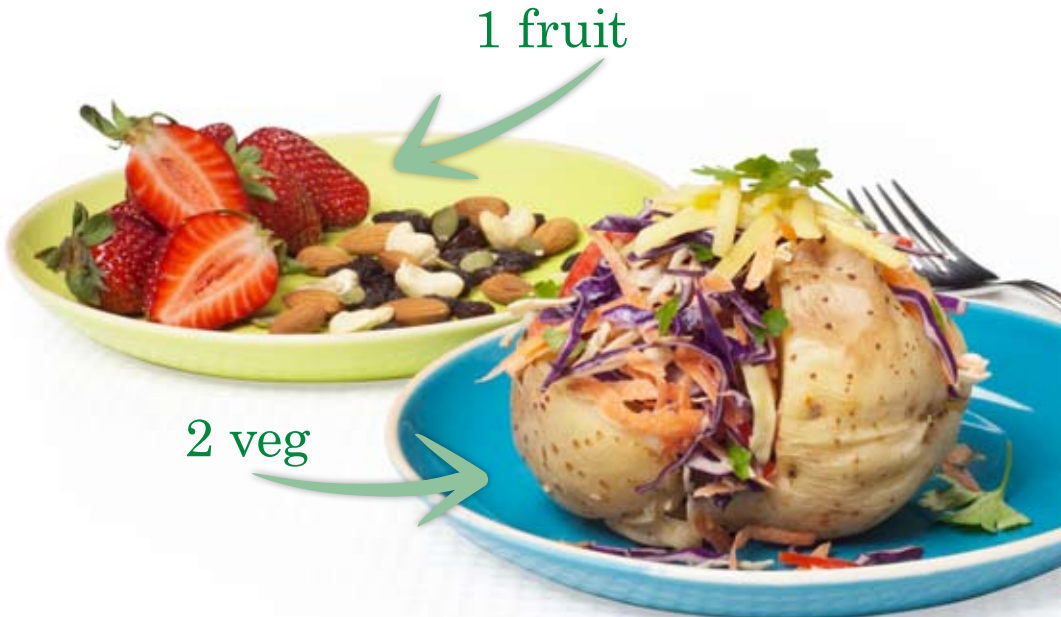
Microwave baked potato with coleslaw, low fat dressing and reduced fat cheese.

Afternoon snack:

A handful of mixed dried fruit, seeds and nuts.

Tips:

- You can buy pre-cut coleslaw in most supermarkets.
- For variety try baked beans or canned corn cornels and canned tuna on your baked potato.
- Use a tablespoon of low fat Greek yoghurt instead of sour cream.
- Cook an extra potato the night before with dinner, or microwave a potato for 5 minutes wrapped in paper towel.



Suggestion Three

Morning snack:

Fresh fruit and low fat yoghurt.

Lunch:

Vegetable based soup with a small wholegrain or wholemeal roll or bread.

Afternoon snack:

Vegie sticks with reduced fat dip.

Tips:

- Cook up a batch of soup and freeze lunch portions for mornings when you're on the go.
- There are many different soup varieties, experiment! Curried carrot, vegie lentil soup, bean and ham, minestrone, pumpkin and creamy veg.
- If you don't have the time to make soup, choose vegetable based, salt reduced canned varieties.



Suggestion Four

Morning snack:

Mini fruit muffin.

Lunch:

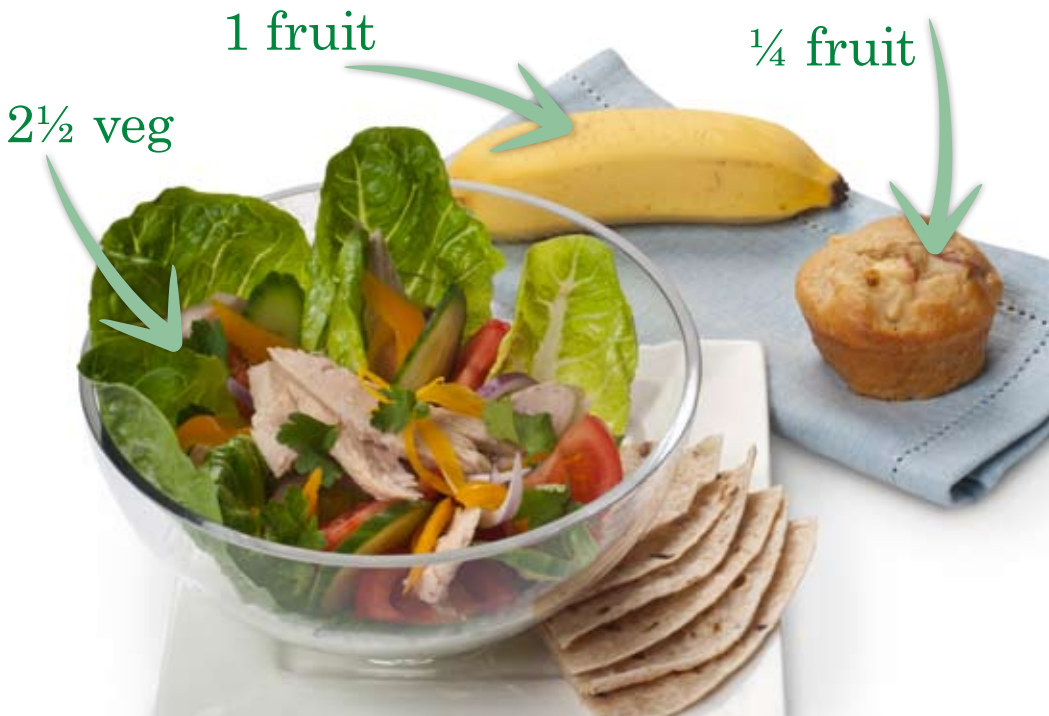
Canned tuna with garden salad and flat bread.

Afternoon snack:

Banana.

Tips:

- To mix things up try different salads with your tuna:
 - Cannelloni beans, tomato and avocado.
 - Three bean mix with corn, red onion and capsicum.
 - Couscous and roast vegetables drizzled with a little olive oil.
- Mini fruit muffins or pikelets can be made with apple, pear, banana, berries or sultanas and kept in the freezer.



Other healthy snack ideas

Things you can buy:

- Fresh fruit.
- Fruit tubs or tinned fruit in natural juice.
- Dried sultanas, apple, apricots or mango.
- Tub of low fat yoghurt and a piece of fruit (freeze for a refreshing snack in summer).
- Salad sandwich (bought or made).
- Plain corn thins or rice cakes with reduced fat dip or salsa.



Things you can make:

- Scones with sultanas, dates or pumpkin.
- Pikelets made with pear, apple or banana with $\frac{1}{2}$ wholemeal and $\frac{1}{2}$ plain flour.
- Wholemeal English muffin with tomato and avocado.
- Cooked mini cob of corn.
- Carrot, capsicum, celery sticks with reduced fat dips like hummus and tzatziki.
- Celery with peanut butter or reduced fat cream cheese.
- Mini fruit or vegetable muffin.
- Wholemeal and wholegrain based breakfast cereals or natural muesli with fruit and yoghurt.



Other healthy lunch ideas

Things you can buy:

- Salad sandwiches, rolls and wraps with lean meats.
- Vegetable stir-fries with lean meats or tofu.
- Bruschetta.
- Vegetable based soups with a small roll (bought or made).
- Steamed vegetable dumplings.
- Frittata.

Things you can make:

- Avocado, tomato, tuna and reduced fat cheese toastie.
- Pasta with tuna, mixed steamed vegetables and tomato based pasta sauce.
- Toast with baked beans.
- Toasted tortilla sandwich with avocado and three bean mix.
- English muffin or pita bread vegetable pizzas.
- Lean chicken, turkey, beef or egg salad.
- Falafel, vegetable frittata or patties with side salad.
- Savoury mini muffins, try pumpkin and reduced fat cheese or carrot and parsnip or spinach and bacon.
- Add chopped vegetables to leftovers already in the fridge.

Note: Choose wholegrain or wholemeal bread varieties.





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