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FRESH TAKES ON
tacos!
p50



How to **BEAT STRESS**

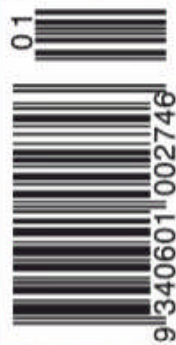
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Welcome

A new year always comes with a sense of renewal: we wipe our slates clean and plan on making the year ahead the best ever, often with a resolution in mind. We may pledge to lose weight, work out more or give up junk food – but for many of us these resolutions all too often fizzle out.

If this is you, try thinking about becoming healthier as being on a journey, and pledge to adopt just one simple new healthy habit instead of embarking on major change. And once that becomes routine, add another. In this way you can build on your success and make changes that stick. Even *HFG* colleagues are taking this challenge on, so if you need a little inspiration, look no further than our healthy habit commitments on page 13.

If you decide to try a new healthy recipe every week, how about starting with our absolutely delish takes on tacos (p50)? Or perhaps you want to spend more time out in the sunshine – then our lazy summer night dinners (p36) are the perfect time-savers. And for those thinking about a detox, be sure to read our story on the subject first (p20)! There are a lot of ideas in this issue, and we hope you find something to help you start your next journey.

Alison

Alison Kirkman, Managing Editor

EDITOR'S TOP PICK



This creamy dessert has just 4 ingredients. Whip it up to impress guests – they'd never know how easy it is!

p76



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Why you can trust **AUSTRALIAN healthyfood** GUIDE

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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'.



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 healthyfood.com

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 badges.



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*Source: Euromonitor International Limited; per Consumer Health 2019ed, meal replacement and protein supplements category definitions; combined % RSP share GBO, 2018 data. Always read the label – use only as directed. ¹GI value is for powder only.

your say

Got something to share? Connect with us...



LETTER OF THE MONTH

Change for good

Thanks to advice from both *HFG* and my dietitian I now have a positive relationship with food. I no longer diet, but instead approach healthy eating using the '90/10' method as my new way of life. I have become more energised and happier since adopting a mindful approach to eating. The biggest change I've made is being more mindful about the snacks I choose to eat, by adding more vegies, fruit and nuts into my diet. Thank you *HFG*!

Lisa Dishot, VIC



Falafels can't be beet!

I loved the falafel recipe in the November issue of *HFG*. This was the first time I'd tried them with beetroot hoummos, and they were so delicious! And finding out which products were the best in the *Healthy Food Guide Awards* was so helpful. I just love trying out new healthy products, and so far I have loved all the products I've tried. So I will definitely be sampling the other foods in the next couple of weeks.

Claudia Khalil, NSW

Iron Woman

My food goal this month was to increase my iron intake, as I'm not a big meat eater. Thank you so much for your story on what plant foods include iron! I had no idea chickpeas contained so much — I'm going to whip up batches of hoummos at home, made with healthy Mediterranean olive oil of course! Yum!

Leah Stewart, NSW

Practical inspo

I love *HFG* for its practicality, and how all the stories are backed by research, plus how you are aware of different lifestyles and needs for all ages. The recipes inspire me to try them out — they make hearty, healthy fare so easy, it's great to have one less thing to worry about after the stresses of this year.

Eve McClellan, VIC



WIN! a Prana Chai giftset

One of Australia's premier sticky chai brands, Prana Chai is handmade fresh every day in Melbourne with all-natural ingredients. Get spicy and sweet with Prana's Ultimate Summer Giftset: a chai cold brew bottle, four flavours of sticky chai (Original, Turmeric, Peppermint and Vegan), Prana Honey, and a Chai recipe book! This delightful prize is valued at \$70. Write to Your Say at the addresses below for your chance to win!

* Congratulations to Lisa Dishot of Victoria, this month's Your Say winner, who has won a \$147 Gingerbread Folk Goodies pack.

Have your say
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Note: Your say letters may be edited for length and content.

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newsbites

KEEP UP-TO-DATE WITH THE LATEST IN HEALTH AND FOOD NEWS.

Did you know?

Blueberries are widely known to have lots of healthy ‘anthocyanins’ to help protect your body’s cells, but potatoes with similar-coloured blue, red or purple skins are full of them too!

WebMD, 2020



Take a hike – *and extra water!*

Most people don’t bring enough water with them on hikes to compensate for sweat loss, a US study finds. *HFG’s* handy tip: take twice the water you think you’ll need.

Arizona State University, 2020





\$1800

That's how much your family can save each year (or \$35 a week) by buying plant-based groceries.

Deakin University, 2020

HOW TO BEAT TRANS FATS

Progress in reducing trans fats in Australia's packaged food supply has ground to a halt, although a government ban could prevent about 2000 deaths and 10,000 heart attacks over the next 10 years for only \$22 million. The George Institute for Global Health says intake of trans fatty acids in Australia is generally low, but we can minimise exposure to them by avoiding products with partially hydrogenated fat or partially hydrogenated oil on the label.

Night shift nibbles

Is a meal, a snack or no food at all the best way for nightshift workers to reduce sleepiness, and maximise alertness and productivity? University of South Australia researchers found a snack worked best – and choosing a fruit or veg-based snack will make it healthier too.



University of South Australia, 2020



Better together

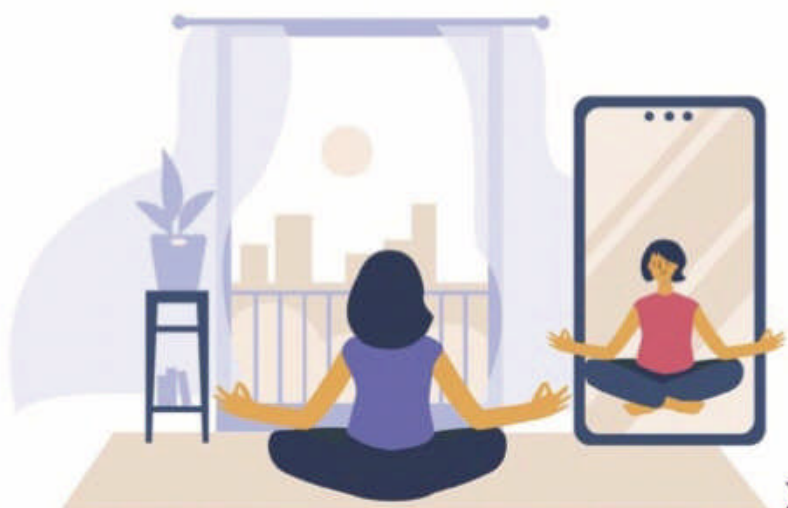
Weight loss is more successful in heart attack survivors when partners join in the effort to diet. Heart attack survivors who take part in lifestyle programs for weight reduction, physical activity and smoking cessation do better than those who don't, with new research showing the most notable improvements in patients who took part in the lifestyle programs *and* lived with a partner.

European Society of Cardiology, 2020

UP AND APP 'EM!

Turns out social media might have some positive impacts on our health after all. Flinders University has found that while apps alone don't motivate most people to exercise, interacting with an online exercise community in a non-competitive way gives us the encouragement and motivation to keep going – whether we're 18 or 83!

Flinders University, 2020



newsbites



LOVE YOUR LUNGS!

High intakes of vitamins A and E in foods and supplements, and vitamin D in supplements, have been linked to less asthma and breathing difficulties. Turn to our 'Breathe Easy' feature on page 30 to discover foods and strategies to boost lung health.



BMJ Nutrition, Prevention & Health, 2020



17.5 hours

Those who use a screen on average 17.5 hours a day (sounds a lot but think about it) have the least healthy dietary patterns and poorest health indicators, compared to moderate and light users of 11.3 and 7 hours a day.

BMC Public Health, 2020

Many happy memories

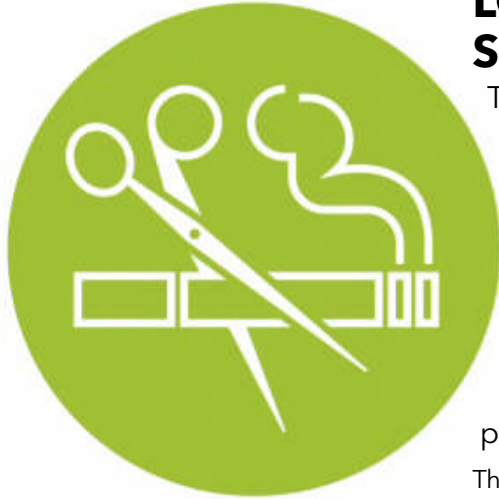
People who feel enthusiastic and cheerful – what psychologists call 'positive effect' – are less likely to experience memory decline as they age. More research into why this is so might focus on areas such as social relationships and personal health, the study's authors say.

Psychological Science, 2020

Not now, sweetie

Sugary drinks and artificially sweetened beverages are *both* linked with higher risk of cardiovascular disease, cardiologists have found. Your best option is to give sweetened drinks the flick altogether: the study found non-consumers of sweet drinks had a lower risk of cardiovascular disease.

Journal of the American College of Cardiology, 2020



LOCKDOWN TURNS SMOKERS OFF

The number of smokers who want to give up doubled during the COVID lockdown, with remote-based support being the best approach to help them. A survey found two-thirds were interested in nicotine replacement therapy, and half in text support and/or counselling programs, with a strong preference for counselling via email.

The George Institute for Global Health, 2020



We asked the HFG team to share the healthy habit goals they have planned for the New Year...

Early bird exercising

→ "Starting my day with an early morning walk is my healthy habit for 2021. Simply slip on some sneakers and I'm out the door enjoying the fresh air, listening to my favourite new podcast!"

Nerida Shield
HFG Art Director

Lovin' lentils

→ "I want to experiment with more lentil recipes. They're so versatile and I just don't eat enough of them. If I can add a couple extra tasty lentil recipes to my repertoire, I'm winning."

Alison Kirkman
HFG Managing Editor

Going tech free

→ "I'm hoping to create a morning routine that is tech-free and will get me energised for the day. I want to start the day with stretching, reading and a morning swim – all before reaching for my phone. Bliss!"

Stephanie Hilton
HFG Digital Content Creator [hfg](#)

WHY JUNK FOOD APPEALS

Our hunter-gatherer roots have left our brains primed to find and consume calorie-dense foods even though our modern lives need far less. Five hundred participants who were asked to remember and locate different foods around a room were far more likely to remember where the potato chips and chocolate brownies were, rather than lower-calorie foods such as apples and cucumbers. Even more reason to keep those healthy snacks in sight!

Scientific Reports, 2020



Online food warning

Social media sites have become a popular way for unregulated food sellers to hawk their wares, leading the Food Safety Information Council to issue a warning against buying or selling food prepared in unregulated home kitchens. High risk foods are curries, spring rolls, dumplings, roast meats, baked goods and seafood, with concerns including hygiene, cooking and cooling safety, refrigeration, storage and transport.

Food Safety Information Council, 2020





The Italian Art of dressing.



Balsamic Vinegar of Modena

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IN OAK
BARRELS**



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live WELL

does detoxing work? | healthy ways to cook veg | food for strong lungs

Child's play?

The highest-paid YouTube 'influencer' last year was an eight-year-old who earned \$35 million.

When looking for videos for young children, many adults turn to those by 'kid influencers' – children whose parents film them playing with toys, celebrating their birthdays, or just being kids.

The trend has caught the attention of big food producers, who now pay to promote their products on the videos. The catch is...a study has found half of the kid influencer adverts push food and drinks, and 90 per cent of these are unhealthy, branded products.

Perhaps it's time to check what kids are consuming online too? [hfg](#)

How to manage anxiety

Anxiety is the most common mental health issue in Australia, affecting one in four Australians at some stage. Luckily, there are ways to handle it.

Modern life is enough to test anyone's mental health, so we can be forgiven for feeling stressed from time to time. But when these feelings of stress don't ease up and start to get out of proportion, it may be a sign of an anxiety disorder. The good news is that for many, there are ways to ease anxiety, and what we eat can play a role.

What is anxiety?

In prehistoric times, the 'fight or flight' response saved humans from predators or other dangers. This prehistoric instinct is still useful in keeping us safe, but today this reaction is triggered more by thoughts rather than external threats. The chemical reaction underlying perceived threats, however, remains the same – and it leads to stress.

During periods of stress, hormones are released to prepare us for battle, but when the threat doesn't turn up, we're left still feeling uneasy and on edge. Unmanaged stress may turn into anxiety which can affect sleep, motivation, quality of life, and create panic attacks and other associated conditions.

How does anxiety affect the body?

The immediate effects of anxiety come from the adrenalin and cortisol that's being released into the body due to that 'fight or flight' response. As a result, your heart beats faster, your breathing gets shorter, you may feel nervous, experience sweaty palms, or even lightheadedness and nausea.



DON'T THINK YOU'RE ALONE

More than 2 million Australian adults experience anxiety in any given year

Longterm effects

Chronic anxiety has been linked to:

- Increased risk of heart disease
- Various illnesses due to impaired immune function
- Gastrointestinal disorders such as Irritable Bowel Syndrome
- Memory problems
- Frequent migraines
- Low libido
- Thoughts of self-harm



What can we do?

Clinical psychologist Emmanuella Murray, who specialises in anxiety and depressive disorders, has seen an increase in people presenting with anxiety, particularly over the last 12 months. "During the pandemic [life has been] fraught with uncertainty," she says. "Anxiety is a temporary state for most, but when it persists people can find it hard to function in their daily lives. And, sadly, it can stop them from doing the things they love." To ease anxiety, Emmanuella has this advice:

Emmanuella's tips

→ BREATHE EASY

Anxiety floods our bodies with many physical sensations and there seems to be no hope of thinking clearly. Breathing helps to regulate our arousal, and weakens the attention given to those threat-focused thoughts.

→ SLEEP

Disruption to sleep can make anxiety worse. Our brain needs to know that it's safe to relax. Relaxation strategies like Progressive Muscle Relaxation (PMR) can help reduce anxiety in the longer term.

→ DE-CATASTROPHISE

The more we worry, the more we don't want to give worry up. We have a bias towards over-valuing thoughts of future threat, but thinking of the 'what ifs' actually maintains our worry levels. Facts are not fake news, but our thoughts can be. Be objective and identify the evidence that will discredit worrying thoughts.

→ DITCH 'CHECKING' & REASSURANCE SEEKING

These behaviours breed doubt and maintain anxiety. So no more checking online for possible causes of symptoms, or repeatedly calling loved ones to ensure they are safe.

→ DON'T 'AVOID'

Any situation where you find yourself saying 'I can't say or do that, I'll look bad' – do it! If we change our behaviour we can often find a lot of what we worry about isn't true, which helps to dispel our negative assumptions.

→ EXERCISE

Exercise can boost our mood, give us a sense of achievement, distract us from our worries, and get us socialising.

→ MINDFULNESS

It does take practice, because our minds like to naturally wander. Studies have shown mindful attention makes it easier to weaken our association with worrying thoughts. Choose the calming technique best for you.



1 Eat breakfast every day

Eating breakfast is associated with improved mood, better memory and energy throughout the day, plus feelings of calmness.

TRY Muesli with nuts and seeds topped with yoghurt and berries, or wholegrain toast spread with avocado and an egg, or peanut butter. If you are not overly hungry, have a banana and handful of nuts.



Daily do-ables to beat anxiety

Research shows the following daily strategies can help ease the symptoms of anxiety:

2 Add lentils to lunch

Lentils, beans and chickpeas are a great source of slow-release energy to keep blood sugar levels balanced and maintain a positive mood.

TRY Add lentils, 4-bean mix or edamame to your salad at lunch. Spread your sandwich with hoummos, or add any type of canned legumes to a bowl of vegie-based soup.



3 Include fish or seafood every second day

Include two-to-three serves of omega-3-rich fish and seafood weekly. You're not a fish eater? Increase your daily intake of omega-3-rich linseeds, walnuts, soy beans, legumes and dark leafy vegetables.

TRY Add canned fish to your salad or sandwiches, spread salmon fillets with pesto and cook in the oven, or even try having a marinara mix with your pasta sauce.



4 Drink six glasses of water daily

Water is the best hydration choice, but also consider herbal teas like peppermint and chamomile, a potential source of antioxidants. Avoid caffeinated drinks or alcohol.

TRY Start your day with a glass or two of water. Track your intake by carrying a water bottle with you. Aim to finish one full bottle before lunch time, and a second one before you start dinner.

→ HELP IS ALWAYS AT HAND


If it's all getting a bit much and you're feeling overwhelmed, it's important to speak to someone who can help. If you need to find someone to talk to, BeyondBlue offers phone support on 1300 224 636, or there's online support at beyondblue.com.au [help](#)



Does DETOXING WORK?

You might be considering a detox – but what's the best way, and do you even need to? *HFG* dietitian Caroline Trickey investigates.

During the first few weeks of the year we're often bombarded with detox adverts that come with enticing claims: lose weight fast, boost your immune system, flush out nasty toxins, make your skin glow. But what does the science say? Is detoxing even needed?



Extreme calorie restriction can leave you nutritionally unbalanced

What is a detox?

The word 'detox' was originally used to describe a treatment for drug addictions but is now used to mean 'cleanse', and in nutrition to describe one of three typical diet regimes:

→ **A liquid diet** of specified juices, teas, smoothies, or soups, usually with supplements thrown in.

→ **A restrictive diet** that cuts out alcohol, caffeine, sugar, red meat, processed foods, fatty foods, wheat and dairy, and includes only certain types of fruit, veg and water.

→ **A suite of supplements and products** to promote bowel movements that will 'clear out' your bowels.

Why do people detox?

The promise of health benefits is certainly alluring. For some it's an attempt to kick-start a healthy life or to 'fix' unhealthy habits – and some people do feel better initially, particularly if their diet previously was poor. But more likely, the quick results that detox promises can be the main reason we try it: we want results *now!*

Can detoxing be harmful?

Yes, it can be. Depending on the method, detoxing can initially cause nausea, headaches, fatigue, hunger and dehydration to the point where you may get 'hangry.'

A detox regime based on extreme calorie restriction can leave your body nutritionally unbalanced and feeling starved. Too long on such a regime and you will miss out on important nutrients, which can put you at risk of extreme fatigue and even malnutrition. Prolonged detoxing can also increase problems such as constipation and interfere with hair growth.

Some popular detoxes may actually suppress natural detoxification pathways in certain people. Colonic 'cleansing' has been shown to have several adverse effects. Continually cleaning out the bowel could potentially remove the healthy bacteria that live there – the very bacteria that play a role in immune health, gut health, metabolism and our nutrient absorption.

GO EASY!
Cleaning out your bowel via detoxing can also remove healthy gut bacteria

Lasting benefits?

Many detox regimes don't teach us about how to make positive, *sustainable* changes to our diet: they may make food the enemy and create unnecessary anxiety about it. They can also set some people up to 'yo-yo' diet, and trigger disordered eating in others.

Importantly, while the scales may go down, it's probably not body fat you're losing, but fluid, digested food matter, stored carbohydrates and important electrolytes that make your body function optimally. Once you go back to your normal way of eating, you will put this weight back on. If you're after long-term lasting benefits, it's highly unlikely that a detox will provide them for you.

Do we need to detox?


Many detox regimes still remain popular, despite any convincing evidence that a detox will actually remove toxins from your body or improve your health.

The good news is that your body naturally detoxes itself every single day – without you even having to think about it!

Your liver, kidney, your lungs, your gastrointestinal tract and immune system are constantly breaking down and excreting multiple waste products within hours of eating. Through bowel movements, sweating and even breathing, your body is constantly getting rid of waste products. If it didn't, toxins would be sitting around in your blood for weeks, making you very ill indeed!

What to try instead

You can help your body cleanse itself by reducing the intake of substances that make your liver and kidneys work overtime. These include alcohol, drugs and an excessive protein intake. But avoid a restrictive mindset and focus on foods you can *add* for their nutritional benefits. These can 'crowd out' the less healthy options. If you want to get back on track, here are five strategies – instead of a detox – that will actually contribute to your long-term health:



*Your body
already comes
equipped with
a detox system!*

Your **HANDY FIBRE GUIDE**

INCREASE YOUR FIBRE

Often referred to as 'the broom that sweeps your digestive tract,' fibre is the undigested part of food that travels all the way along your gut, taking as it goes any waste products and helping you get rid of them through bowel movements.











To help you reach your recommended daily 30g fibre to support this process, aim to eat 10-plus grams of fibre per meal, and 3g of fibre when snacking. Use this handy chart to help you estimate fibre:

2 STAY HYDRATED

Water is all you really need to help flush toxins out of your body. This includes spring water, mineral water, filtered or distilled water and herbal (caffeine-free) tea.

Most people still don't drink enough water, which is essential to help your kidneys and bowels function at their best. To boost your fluid intake, have a glass of water when you first wake up, then one *before* every meal, including snacks.

Many people tend to mistake thirst for hunger, so if you are feeling hungry and it's not a meal time, try drinking a glass of water, wait 10 minutes, and see if the hunger goes away.

 <p>Chickpeas ½ cup = 6g fibre</p>	 <p>Vegetables 1 cup = 4g fibre</p>
 <p>Fruit (most) medium piece = 3g fibre</p>	 <p>Raspberries 1 cup = 6g fibre</p>
 <p>Kiwifruit 2 = 6g fibre</p>	 <p>Wholegrain bread 1 slice = 2-4g fibre</p>
 <p>Quinoa, cooked 1 cup = 5g fibre</p>	 <p>Oats, uncooked ½ cup = 4g fibre</p>
 <p>High-fibre breakfast cereal ½ cup = 6g fibre</p>	 <p>Chia 1 tablespoon = 5g fibre</p>

3 ADD A SERVE OF VEG TO YOUR DAY

As well as being packed with vitamins, minerals and disease-fighting phytonutrients, vegies support your body's own natural detox system – especially leeks, Brussels sprouts, broccoli, garlic, onions, artichokes, radishes and spinach. Here's how to fill up on these and other veg to sideline other less healthy foods.



How to 'CROWD OUT' LESS HEALTHY FOODS



→ Add tomato, spinach or mushrooms to your eggs for breakfast.



→ Make a big salad or coleslaw (store the salad undressed) to form the base of your lunches for the week ahead, or to eat with your sandwich.



→ When it's cooler, cook up a big pot of vegie soup to freeze and enjoy as a speedy meal or snack.



→ Roast a tray of vegetables on the weekend to have ready to add to lunches or dinners – either cold or warmed slightly.



→ Cut up vegies to eat for a snack on their own, or scoop into vegie-based dips such as avocado or beetroot.



→ Use vegies in baking. Try zucchini bread, or delicious sweet potato brownies.



4 CONSIDER HOW YOU EAT

While everyone's focused on *what* to eat, many don't give much thought to the actual process of eating. Your digestive system is doing its best to break down food, but can you help it along? How do you currently eat? Perhaps could benefit from slowing down? Perhaps you could chew your food more? Maybe you're always in a hurry when you eat? Perhaps you could take a break checking emails or eating on the run, and benefit from allowing yourself to sit down and relax before eating?

Your best digestion happens when you're relaxed. Observe how you eat over the following 12-24 hours and see if there's one thing you can do to help your digestive system do its job.

5 DETOX YOUR ENVIRONMENT

If there's anything in your environment that encourages detoxing and crazy diets (and that can include social media), give it a break! Create an environment that supports your desire to be healthy and feel good, for good!

The same goes for any less-than-healthy foods in your cupboards or fridge. Put them where you can't see them. Reduce temptation by losing tempting indulgences and restocking with nutritious, filling and tasty snacks and drinks. Store these healthy foods in easy-to-reach, eye-catching places in the fridge, freezer or pantry. Cut up fruit and vegetables and store them at eye level in the fridge. Maybe write out a weekly meal plan and put it on the front of your fridge. It's easy to be healthy! [hfg](#)

Yes!
YOU CAN

January is a great month for beginnings. Focus on building up sustainable, healthy habits – and you can't lose!

Ways to COOK vegies for MAXIMUM NUTRITION

We all know that vegies are good for us. But the way you cook them might not be delivering the most nutrients. Find out how to reap the most nutritional goodness from your veg.

Vegies are extremely versatile, so the method that you use to cook them can make a big difference to the amount of nutrients you receive when you eat them. Each type of vegetable has a unique blueprint of nutrients and phytochemicals, all of which play essential roles in keeping your body healthy.

Some vegies are best eaten raw, or cooked in a way that minimises the loss of water-soluble vitamins – such as vitamin C and the B-group vitamins, which can be destroyed by heat.

Other vegetables like potatoes need to be well cooked to get the maximum benefit from specific phytonutrients. Follow our guide to get the most nutrition out of your veg.

Brassicas



Brassicas – such as cauliflower, cabbage, broccoli and broccolini, – pack their biggest nutritional punch via steaming, which lets them keep more of their vitamin C and iron benefits.

Steam for as little time as possible –

the vegies should still be brightly coloured and have an audible crunch. Stir-frying is another great option for brassicas, but make sure you cook using a spray oil, because using water to stir-fry increases nutrient loss.

OUR PICK

Steaming

Brassicas are high in vitamin C, folate, iron, calcium, selenium, fibre & antioxidants





Starchy tubers



Potatoes and sweet potatoes (kumara) are popular veg due to their adaptability and delicious flavour – but any method of cooking that involves lots of oil and salt isn't going to yield the best nutritional benefits.

Similarly, you can lose water-soluble vitamins through

boiling potatoes, so steaming is the best way to go. Wash the potatoes and pierce them a few times with a fork before cooking. If you're microwave-steaming, wrap the spuds in a damp paper towel after piercing and cook for several minutes, or until they're soft.

OUR PICK

Microwave steaming



Cooking methods *at a glance*



Steaming

A great way to cook! Steaming minimises the loss of nutrients from vegetables. You can choose two methods: a steamer placed over boiling water, or a microwave (see below).

HFG TIP: Don't cook vegetables too long. Perfect steamed vegies are brightly coloured and tender-crisp, rather than mushy.



Microwaving

One of the fastest ways to cook and steam veg. When steaming, microwaving is the best method to use, because you lose slightly less nutrients as a result of the quick cooking time.

HFG TIP: Place vegies in a microwave-safe dish and steam them with a small amount of water for just a few minutes.



Chargrilling & BBQ

These popular cooking methods can enrich the flavour of eggplant and capsicum – but try to avoid charring food, as the black burnt bits are carcinogenic.

HFG TIP: When you are barbecuing or chargrilling, lightly spray the food, not the barbecue plate or chargrill pan, with oil. This prevents the barbie from smoking and food from sticking.



Roasting

This simple cooking method is another healthy way to get the most out of veg like starchy tubers or coloured root vegetables – just watch the oil!

HFG TIP: To make homemade chips: thinly slice potatoes, sweet potatoes or carrots. Place on a baking tray lined with baking paper. Spray with a little oil, then roast until golden.



Stir-frying

Stir-frying's fast cooking time means more nutrients are retained. Just spray a hot wok or frying pan with oil and add vegies such as carrot and capsicum.

HFG TIP: A bag of frozen 'stir-fry mix' vegies is a great stand-by for those nights when you're short on time. >



Try not to cook leafy greens in water, as many vitamins can be washed away

Leafy greens



Leafy greens such as spinach, silverbeet and watercress are great sources of vitamins A, C, E, folate, calcium and iron. By not using heat, you'll maximise their nutritional value, so they're great salad material. To get the most from leafy greens,

quickly stir-fry them or stir through a hot dish. The leaves should stay dark green, and only just begin to wilt. Avoid cooking leafy greens in water, as many of the water-soluble vitamins are washed away with the green water.

OUR PICK Stir-frying

Tomatoes



Although technically a fruit, tomatoes are often viewed and used as a vegetable. They're rich in healthy lycopene, carotenoids, vitamin C and fibre. To increase the 'bioavailability' of both lycopene and carotenoids, lightly sauté or roast tomatoes in a little oil. The skins will wrinkle, the colour will deepen and the

All veg count

If you are eating your recommended five serves or more of veg a day, how you cook them is less important than getting enough each day. Mix it up and try varied cooking styles to ensure your vegies are both delicious *and* nutritious, so that they will end up crowding out less healthy foods.

sweetness will intensify. Use them as a side dish to accompany meat dishes, or turn them into sauces or pastes.

Raw tomato is of course a popular and nutritious addition to most salads. It's a good source of vitamin C when raw, but not such a nutritional powerhouse as when it is cooked.

OUR PICK

Roasting





Capsicum



Bright and beautifully coloured, capsicum is rich in carotenoids, vitamin C and fibre. To maximise these healthy nutrients, slice capsicums into large pieces to reduce the vitamin loss while they are cooking, then stir-fry for less than 3 minutes in a teaspoon of oil. The skin should remain bright, firmly attached

and slightly crunchy. Alternatively, grill some capsicum halves for a few minutes, peel off the skin and dress the flesh with olive oil and balsamic vinegar.

Raw capsicum is packed with readily available vitamin C – so add it to salads or sandwiches, or dip it in low-fat hoummos.

OUR PICK

Grilling

Choose the best method to unlock all the goodness in veg



Zucchini



Zucchini's key nutrients are folate (important for pregnant women), beta carotene (to help boost your immune system), and fibre (good for your gut). Steaming preserves the most nutrition, so steam briefly to retain zucchini's firmness and the bright green skin. Stop steaming as soon as the centre flesh turns

semi-transparent and seeds are more visible.

You can also retain zucchini's nutrients by stir-frying it quickly after a spray of oil, or grating it into other dishes. Make savoury pancakes by grating a small zucchini into the batter. You can also shred or grate raw zucchini to use in salads or sandwiches. **hfg**

OUR PICK

Stir-frying

A woman with dark, curly hair is blowing a large pink balloon. She is wearing a red dress with white polka dots. The background is a solid light blue color. The text is overlaid on the lower left side of the image.

*Each of us can
help ward off lung
disease **by eating
the right foods***

Breathe easy!

How food can BOOST your lungs

It may not have hit the headlines, but the link between nutrition and lung health is becoming clearer.

Most of us understand that eating too much of the wrong foods – those high in energy and low in nutrients, such as fast foods, processed foods and takeaways – causes weight gain and can lead to obesity. These foods are often also high in saturated fat, refined carbs (or sugars) and sodium, which increase the risk of diabetes, heart disease and some cancers.

But eating poorly has some more surprising ramifications. Recently we've come to realise unhealthy eating can affect our lungs. In fact, changing our diet could help us breathe easier.



Text by **Lisa Wood**, Professor, Head of School of Biomedical Sciences and Pharmacy, University of Newcastle. Source: The Conversation, theconversation.com

Healthy diets make healthy lungs

Most of the evidence linking diet with lung function has focused on chronic obstructive pulmonary disease (COPD). Linked to smoking, COPD causes progressive lung deterioration and asthma.

Several large studies that have observed people over time have found that an unhealthy eating pattern – including refined grains, cured and red meats, desserts and French fries – increases the risk of lung function decline and COPD onset, compared to a healthy eating pattern which includes fruit, vegetables, fish and wholegrains.

A recent study followed more than 40,000 men for 13 years and found a high fruit and vegetable intake was associated with reduced risk of COPD. Current and ex-smokers eating five or more serves a day of fruit and vegetables were 30 to 40 per cent less likely to develop COPD compared to those eating fewer than two serves per day.

A three-year study of patients with existing COPD revealed those consuming a high fruit and vegetable diet had an improvement in lung function.

In asthma, there is evidence westernised diets, fast foods and processed foods increase the risk of



The soluble fibre in fruit & vegetables reduces inflammation of the airways

asthma attacks, lung function decline, wheezing and breathlessness.

At the University of Newcastle's Centre for Healthy Lungs we tested the effect of a high fruit and veg diet on asthma sufferers over three months. We found that people consuming seven or more servings of fruit and vegetables per day had a reduced risk of asthma attacks compared to people who consumed a low fruit and vegetable diet (that is, fewer than three servings per day).

Another intervention study in asthma used a diet originally designed to reduce high blood pressure – the Dietary Approaches to Stop Hypertension (DASH) diet – for six months. DASH dietary goals included consuming seven-to-12 servings of fruit and vegetables, as well as two-to-four servings of low-fat/fat-free dairy products – plus limiting daily fat and sodium intake. This led to improvements in asthma control and quality of life.

How do fruit & vegetables improve lung health?

People who have respiratory diseases such as COPD and asthma typically suffer from inflamed airways. The airway tissue becomes swollen and hypersensitive, excess mucus is produced, and the breathing tubes become damaged, sometimes irreversibly. The resulting narrowing of the airways makes it difficult for air to pass in and out of the lungs.

Failure to breathe freely can very quickly become life threatening. Restricted airflow can also have a debilitating effect on day-to-day activities, causing symptoms such as coughing, wheezing, breathlessness and chest tightness in people with asthma and COPD.

Fruit and veg are a rich source of multiple nutrients – particularly soluble fibre and antioxidants – that have been shown to reduce inflammation in the airways.

Dietary fibre & lung inflammation

Dietary fibre exists in soluble and insoluble forms. Soluble fibre is fermented by gut bacteria to produce short chain fatty acids. These can bind to specific receptors on the surface of immune cells, which suppress airway inflammation. The Centre for Healthy Lungs has shown a single dose of soluble fibre activates these receptors and reduces inflammation in human airways within just four hours.

Short chain fatty acids can also inhibit expression of the genes that cause airway inflammation, through a process known as 'epigenetic modification'. So if you have a high soluble-fibre intake, it can potentially protect against airway inflammation by activating anti-inflammatory immune receptors, and also by inhibiting the genes controlling inflammation.

Antioxidants are also anti-inflammatory

Antioxidants found in fruit and vegetables – such as vitamin C, carotenoids and flavonoids – are also beneficial, as they can protect against the damaging effect of free radicals. These are highly reactive molecules produced by activated inflammatory cells that can damage asthmatic airways. Many observational studies have linked antioxidants with lung health.

However, data from trials involving antioxidant supplements in asthma are not convincing. Few studies show the supplements have a beneficial effect, probably due to the use of *individual* nutrients. Multiple antioxidants exist together in fruit and veg, which have interdependent roles that are likely to be critical for their protective effects. So modifying your diet using whole fruit and veg – rather than supplements – is a better strategy.

Sources of soluble fibre



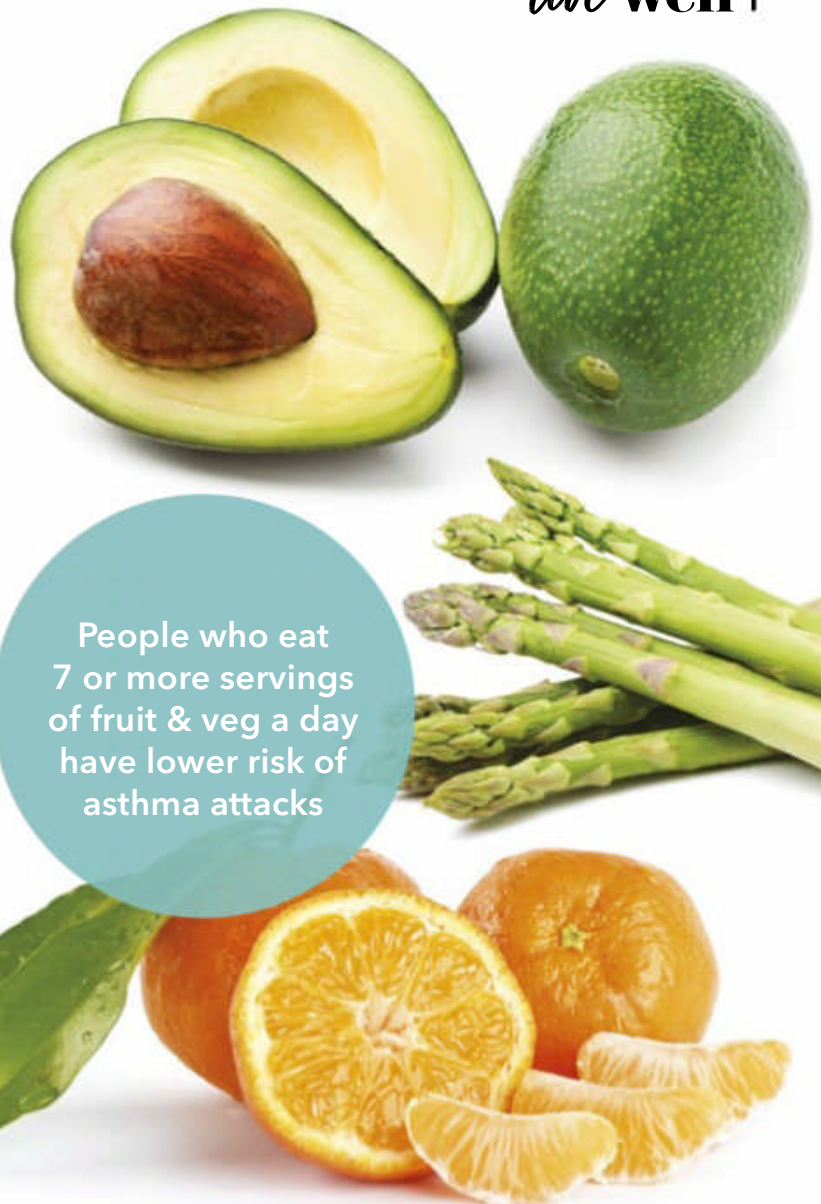
oats



corn



chickpeas



People who eat 7 or more servings of fruit & veg a day have lower risk of asthma attacks

The bottom line

Sometimes we can become overwhelmed by the nutrition messages in the media, which tell us to eat this and not eat that. Sometimes the advice seems contradictory and confusing. So here is a very simple and focused message for people with respiratory disease: eat more fruit and vegetables!

There's really nothing to lose and everything to gain. As well as helping to maintain or achieve a healthy weight and reducing the risk of heart disease, diabetes and cancer, you will also be improving your lung health. [hfg](#)

Carman's
FALL *in* LOVE
with
BIRCHER



100%
NATURAL

WANT TO WAKE UP TO A *tasty and nutritious* BREKKIE, ready for you TO GRAB AND GO? HELP YOURSELF TO OUR *simple and delicious* OVERNIGHT OATS RECIPES. DOWNLOAD YOUR FREE BIRCHER RECIPE E-BOOK AT CARMANSKITCHEN.COM.AU/EBOOKS.

Proudly Australian made and owned

cook FRESH

summer BBQ special | fun ways with tacos | 30-minute dinners

Happy holidays

The party and entertaining season has arrived, so make the most of our easy taco recipes, BBQ sizzlers and easy summer salads – then finish off the meal with our delicious peach & raspberry ice cream terrine. Enjoy!

To make life easier, we've done the healthy eating hard yards for you! Every main meal contains at least two serves of vegies. Each dish meets our dietitians' criteria to ensure it doesn't contain too much energy, saturated fat, sugar or sodium. Recipes all come with a nutritional analysis, with the table on page 94 showing how they fit daily nutritional needs.

Harissa prawn skewers with dill & apple coleslaw
(See recipe on p45)

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



✓gluten free ✓dairy free ✓diabetes friendly ✓vegetarian

3 SERVES
OF VEG!

Tuna, tomato & feta panzanella salad

(See recipe p42)

LOW kJ HIGH PROTEIN HIGH FIBRE 3 VEGIE serves

PER SERVE

1586kJ/337cal	Sugars 5.9g
Protein 29.6g	Fibre 8.6g
Total Fat 12.7g	Sodium 939mg
Sat Fat 3.1g	Calcium 158mg
Carbs 30.6g	Iron 3.6mg



Recipes: Caroline Trickey. Photography: John Paul Urizar. Styling: Michaela Le Compte. Food Prep: Dixie Elliott.

Lazy summer *nights*

Whip up these oh-so-easy meals when cooking is the last thing on your mind.

Chicken shawarma wraps with quick pickled onions & tahini sauce ▶

Serves 4 Cost per serve \$5.20 Hands-on time 15 min

Cooking time 10 min

✓diabetes friendly ✓dairy free

- 2 small red onions, sliced
- 1 tablespoon apple cider vinegar
- ½ teaspoon sugar
- 1 tablespoon Moroccan or Middle Eastern spice mix, or make your own, see below
- 500g skinless chicken breasts
- 2 small Lebanese cucumbers, finely diced
- 2 large tomatoes, finely diced
- 1 red or yellow capsicum, finely diced
- 3 small radishes, sliced
- 1 cup fresh parsley, mint and/or coriander, finely chopped
- 1 large handful rocket
- 3 tablespoons freshly squeezed lemon juice
- 2 tablespoons tahini
- 1 garlic clove, crushed
- 4 large wholegrain wraps

MAKE YOUR OWN SPICE BLEND

Mix together 2 teaspoons ground cumin, 2 teaspoons ground coriander, 1 teaspoon turmeric and 1 clove garlic, crushed

1 Start by pouring boiling water over onions to just cover. Set aside for 5 minutes. Then drain, mix with vinegar, sugar and set aside. Mix the spice mix with a drizzle of olive oil in a bowl, add chicken breasts and stir to coat.

2 In a separate bowl, now mix together cucumbers, tomatoes, capsicum, radish, herbs, rocket, 1 tablespoon lemon juice and a drizzle of olive oil. Season salad with pepper.

3 Make the tahini sauce by combining tahini, 2 tablespoons of lemon juice, the garlic and 1 tablespoon water. Mix well.

4 Heat a large non-stick frying pan over medium heat. Cook chicken for 3-4 minutes each side, or it is until browned and cooked through. Allow it to rest a few minutes before slicing.

5 Place wraps, sliced chicken, salad, onions and tahini sauce in the middle of the table. Allow everyone to construct their own wrap by filling it with all of the ingredients and then drizzling it with tahini sauce.



SO
FAST!

LOW kJ HIGH PROTEIN HIGH FIBRE LOW SODIUM 4 VEGIE serves

PER SERVE	
1580kJ/376cal	Sugars 10.8g
Protein 39.0g	Fibre 13.9g
Total Fat 10.7g	Sodium 274mg
Sat Fat 1.7g	Calcium 196mg
Carbs 23.5g	Iron 4.2mg

Save time on the washing up *by using lettuce 'cups'*


San choi bau with turkey mince

(See recipe overleaf)

HIGH PROTEIN **3 VEGIE serves**

PER SERVE

1632kJ/388cal	Sugars 4.4g
Protein 35.9g	Fibre 5.6g
Total Fat 14.4g	Sodium 724mg
Sat Fat 2.7g	Calcium 56mg
Carbs 25.0g	Iron 4.1mg



Hoummos beetroot & feta bruschetta with spinach salad

(See recipe overleaf)

IRON
RICH!

HIGH FIBRE HIGH IRON 2 VEGIE serves

PER SERVE

2152kJ/512cal	Sugars 9.0g
Protein 18.0g	Fibre 11.3g
Total Fat 32.4g	Sodium 560mg
Sat Fat 4.6g	Calcium 202mg
Carbs 32.7g	Iron 4.5mg



TUNA, TOMATO & FETA PANZANELLA SALAD (p36)

Serves 4 Cost per serve \$4

Time to make 15 min

✓diabetes friendly

- 800g tomato medley mix, halved
- 1 small red onion, finely sliced
- 1 x 400g can no-added-salt cannellini beans, drained
- 1 tablespoon capers, drained, rinsed
- 3 anchovy fillets in oil, drained, roughly chopped (optional)
- 12 black olives, pitted, halved
- ½ bunch basil, leaves picked, washed and roughly torn
- 4 slices wholemeal or rye sourdough bread
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 heaped teaspoon Dijon mustard
- ½ teaspoon honey
- 1 garlic clove, finely chopped
- 2 x 125g cans tuna slices in oil, drained
- 50g reduced-fat feta, crumbled

1 Place the tomatoes on base of serving dish. Sprinkle over onion, the cannellini beans and capers, anchovies, olives and half of the basil. Toast the bread.

2 Whisk together vinegar, olive oil, mustard, honey and garlic. When bread is toasted, tear into large chunks. Evenly distribute over salad, pour dressing over, and toss to combine.

3 Top with tuna, feta cheese and garnish with the remaining basil

leaves. Place in the middle of the table and allow everyone to help themselves.

SAN CHOI BAU WITH TURKEY MINCE (p40)

Serves 4 Cost per serve \$4.50

Time to make 25 min

✓gluten free

- 100g vermicelli noodles
- ⅓ cup raw peanuts
- 4 large portobello mushrooms, chopped
- 2 teaspoons olive oil
- 500g turkey mince
- 2 garlic cloves, crushed
- 2 teaspoons fresh grated ginger
- 1 large zucchini, grated
- ½ cup sliced water chestnuts, roughly chopped
- 1 tablespoon tamari or low-salt soy sauce
- 1½ tablespoons oyster sauce
- 1 teaspoon sesame oil
- ½ bunch coriander, finely chopped
- 12 large lettuce leaves (iceberg, cos or butter lettuce)

1 Boil kettle and pour water over noodles. Set aside for 5 minutes before draining. Heat a wok or a large frying pan over a medium heat. When hot add peanuts and toss in pan for a few minutes, or until golden brown. Remove nuts from pan. Add mushrooms and a drizzle of olive oil to the pan and cook until browned. Add turkey mince, the garlic and ginger and cook, stirring, for 3 minutes. Add zucchini, water chestnuts, tamari,

oyster sauce and sesame oil. Stir through chopped noodles and most of the coriander. Remove from heat and spoon into lettuce cups. Scatter cups with remaining coriander, peanuts and serve.

HOUMMOS BEETROOT & FETA BRUSCHETTA WITH SPINACH SALAD (p41)

Serves 4 Cost per serve \$4.00

Hands-on time 10 min

Cooking time 3 min

✓diabetes friendly ✓vegetarian

- 150g spinach leaves
- 4 qukes or 2 small cucumbers, sliced
- ⅓ cup walnuts
- 2 tablespoons balsamic vinegar
- 1½ tablespoons extra-virgin olive oil
- 8 large slices mixed grain baguette
- 200g hoummos
- 8 canned or cooked baby beetroot, quartered
- ⅓ cup feta, crumbled
- 1 tablespoon pumpkin seeds
- 1 tablespoon sunflower seeds
- Fresh basil leaves, shredded, optional

1 Start by making the salad. Place spinach, cucumber and walnuts in serving bowl. Add vinegar and oil to a jar with a tight-fitting lid. Shake well to combine. Pour over salad and toss.

2 Toast baguette slices. Top with the hoummos, beetroot, feta; then sprinkle with seeds and basil and serve with spinach salad. *hfg*

your protein boost never looked so good



find more delicious recipes at
bulla.com.au



**un
fake
able**



FULL OF FLAVOUR!

Bring on the BBQ

It's high summer – and high time to fire up the BBQ and get creative with nutritious salads and coleslaws.

◀ Harissa Prawn Skewers with Dill & Apple Coleslaw

Serves 4 Cost per serve \$6.00 Time to make 25 min ✓gluten free

24 large uncooked prawns, peeled and deveined, leaving tails intact

2 bunches asparagus, trimmed, cut into 3cm lengths

2 red onions, cut into wedges

2 tablespoons sweet chilli sauce

1 tablespoon harissa paste

¼ red cabbage, hard core removed, shredded

¼ green cabbage, hard core removed, shredded

2 celery sticks, sliced

2 red-skinned apples, cut in batons

2 green-skinned apples, cut in batons

2 tablespoons dill leaves

½ cup reduced-fat

plain yoghurt

¼ cup lime juice

1 tablespoon Dijon mustard

1 garlic clove, crushed
Lime wedges, to serve

1 Thread 3 prawns, asparagus and the onion onto 8 metal or bamboo skewers. Heat a char-grill or barbecue grill over high heat. Spray skewers with oil.

2 Whisk sweet chilli sauce and harissa paste in a small bowl until combined. Add skewers to grill; cook, brushing occasionally with harissa mixture, for 2 minutes each side, or until prawns change colour and vegetables are tender.

3 Meanwhile, combine cabbages, celery, apples and dill in a bowl. Whisk the yoghurt, lime juice, mustard and garlic in a jug. Add to the cabbage mixture; toss to combine. Season.

4 Spoon coleslaw onto serving plates. Top with prawn skewers. Serve with lime wedges.



PER SERVE

1288kJ/298cal
Protein 30.8g
Total Fat 4.1g
Sat Fat 0.9g
Carbs 30.1g

Sugars 28.4g
Fibre 11.0g
Sodium 697mg
Calcium 267mg
Iron 2.9mg

Pistachio Dukkah Pork with Peach & Plum Salad ▶

Serves 4 Cost per serve \$8.00 Time to make 25 min ✓gluten free

- 4 small pork medallions
- ¼ cup wholegrain mustard
- 1 tablespoon pistachio dukkah
- 2 limes, cut in half
- 2 peaches, halved, destoned, cut into wedges
- 1 large Lebanese cucumber, cut in halves
- 2 plums, halved, destoned, cut into wedges
- 2 cups baby rocket leaves
- ⅓ cup parsley leaves
- 2 shallots, sliced
- 100g low-fat Danish feta, crumbled
- 2 tablespoons lime juice
- 1 garlic clove, crushed

1 Place pork in a shallow glass dish. Brush with 1 tablespoon of the mustard. Sprinkle with dukkah. Heat a chargrill pan or barbecue grill over medium-high heat. Spray pork with oil. Add pork to grill; cook, brushing with another tablespoon of mustard occasionally, for 3 minutes each side, or until browned and just cooked through. Transfer to a plate. Cover with foil. Rest for 5 minutes. Slice. Add limes to grill; cook for 2 minutes, or until browned. Transfer to a plate.

2 Meanwhile, combine the peaches, cucumber, the plums, rocket, parsley, shallots and the feta in a bowl. Whisk remaining mustard with the lime juice and garlic. Add mustard mixture to peach mixture; toss to combine. Season with cracked pepper.

3 Spoon peach salad onto a large serving platter. Top with pork. Serve with grilled limes.



COOK'S TIP

If your peaches or plums are soft, add them last rather than tossing them through the salad

The BBQ pork in this salad just melts in your mouth!



LOW kJ **HIGH** PROTEIN **LOW** FAT **2** VEGIE serves

PER SERVE	
1397kJ/333cal	Sugars 8.8g
Protein 48.9g	Fibre 4.4g
Total Fat 9.0g	Sodium 626mg
Sat Fat 3.5g	Calcium 189mg
Carbs 10.2g	Iron 3.0mg

READY IN
25 MIN!





◀ **Black Pepper Chicken with Mixed Rice & Radish Salad**

Serves 4 Cost per serve \$6.60 Time to make 25 min ✓dairy free

- 4 **chicken thigh fillets**,
cut in half
- ¼ cup **black pepper sauce**
- 2 x 250g **packets brown, red
and wild rice medley**
(Uncle Ben's brand), heated
- 1 cup **shredded carrot**
- 1 bunch **red radishes**,
trimmed, scrubbed, sliced
- ½ cup **coriander sprigs**
- 2 **shallots**, sliced
- ¼ cup **sesame soy dressing**
- 1 **Lebanese cucumber**,
finely chopped
- 2 tablespoons drained
pickled ginger
- 1 tablespoon **black
sesame seeds**

1 Place chicken thighs in a large shallow dish. Add sauce; toss to combine. Heat a chargrill or a barbecue grill over medium-high heat. Spray chicken with oil. Add to grill; cook for 4 minutes each side, or until browned and cooked through. Transfer to a plate. Cover with foil; rest for 5 minutes.

2 Meanwhile, combine the rice, carrot, radish, coriander and the shallots in a large bowl. Add the dressing and toss to combine. Season with cracked pepper.

3 Spoon rice salad onto a large serving platter. Top with chicken, cucumber and ginger. Sprinkle with sesame seeds to serve. **hfg**

COOK'S TIP

To retain juices in this recipe, use a spatula or tongs to move or flip the food without piercing



PER SERVE

2009kJ/478cal	Sugars 9.9g
Protein 29.3g	Fibre 6.0g
Total Fat 16.0g	Sodium 1102mg
Sat Fat 2.9g	Calcium 90mg
Carbs 50.9g	Iron 4.1mg

*Loaded with
colourful veg &
rich, spicy flavours*



PICK A
FAVE!



It's .taco time

Tacos can be healthy *and* tasty! Check out three new takes on a great summer favourite.

cook fresh



Spice-roasted cauliflower tacos with chilli salsa

(See recipe p56)



HIGH FIBRE **HIGH CALCIUM** **4 VEGIE serves**

PER SERVE

1742kJ/415cal	Sugars 7.0g
Protein 17.9g	Fibre 11.2g
Total Fat 16.2g	Sodium 695mg
Sat Fat 5.2g	Calcium 272mg
Carbs 42.7g	Iron 4.2mg



FIBRE RICH!

Fish tacos with corn & avocado salsa

(See recipe p56)

HIGH PROTEIN

HIGH FIBRE

LOW SODIUM

2 VEGIE SERVES

PER SERVE

2044kJ/487cal
Protein 32.0g
Total Fat 16.9g
Sat Fat 3.1g
Carbs 48.0g

Sugars 5.7g
Fibre 6.7g
Sodium 432mg
Calcium 87mg
Iron 2.3mg

Pork banh mi tacos ▶

Serves 4 Cost per serve \$5.50

Time to make 30 min

✓diabetes friendly ✓dairy free

- 3 large **carrots**
- 500g extra-lean **pork mince**
- 1 **lemongrass stem**, trimmed, finely chopped
- 1 **long red chilli**, deseeded, finely chopped, plus extra sliced chilli to serve
- 2 tablespoons chopped **fresh coriander**, plus extra leaves to serve
- 2 tablespoons chopped **fresh mint**, plus extra leaves to serve
- 2 tablespoons **rice wine vinegar**
- 1 tablespoon **caster sugar**
- 1 **red onion**, thinly sliced
- 8 x 26g **soft tacos**, warmed
- 1 **cos lettuce**, shredded
- 150g **snow peas**, thinly sliced
- 1 **avocado**, mashed

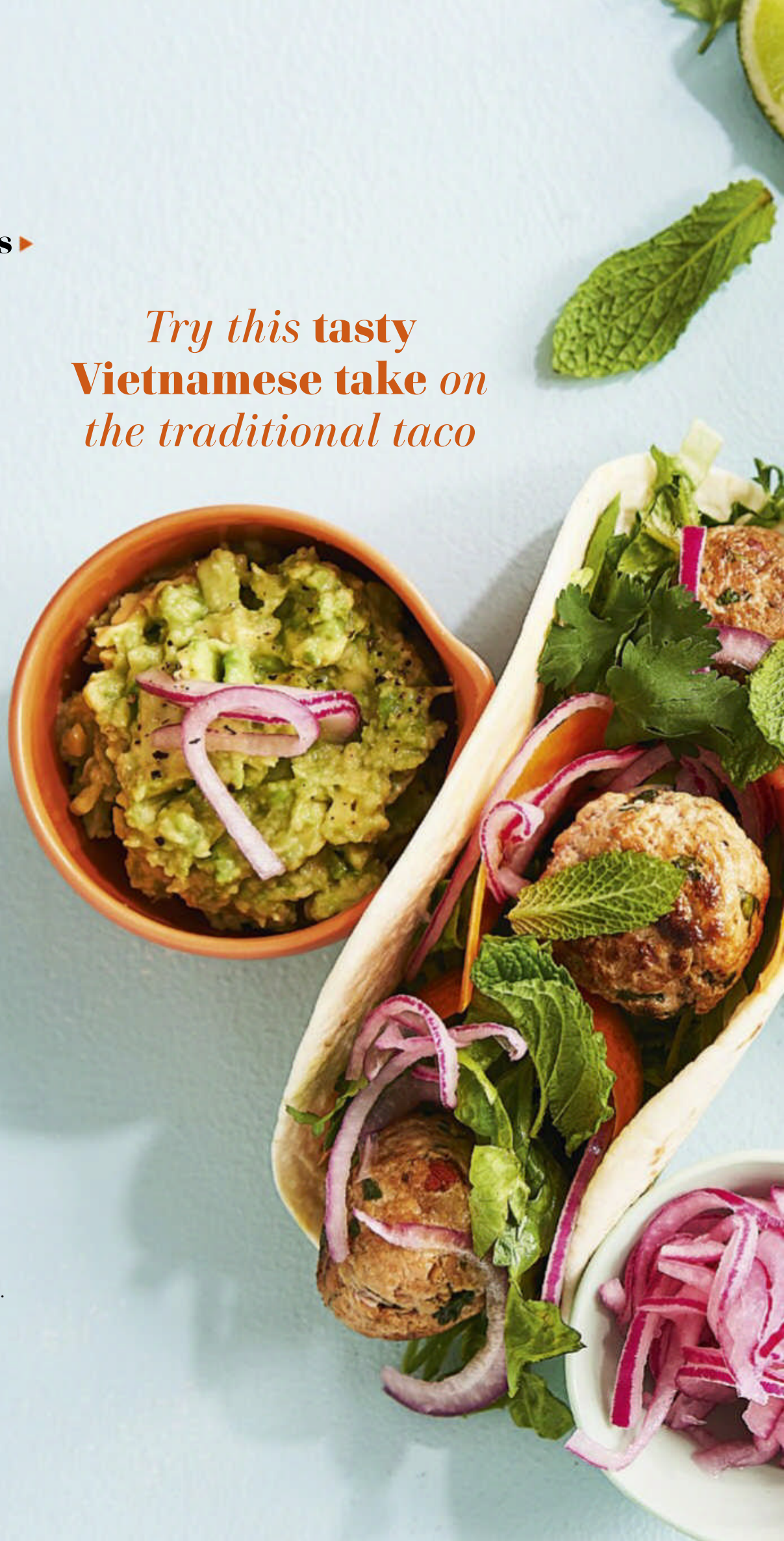
1 Peel and finely grate 1 carrot. Combine with the mince, chilli, coriander and mint in a large bowl. Roll scant tablespoons of the mixture into meatballs.

2 Combine vinegar, sugar and pinch of salt in a medium bowl. Add the onion, stir to combine. Pickle for 10 minutes. Drain.

3 Heat a large non-stick frying pan on medium-high heat. Cook meatballs, turning, for 8 minutes.

4 Peel remaining carrots into ribbons. Fill tacos with lettuce, snow peas, carrot, meatballs and some pickled onion. Top with a dollop of avocado and sprinkle with extra herbs and chilli.

*Try this tasty
Vietnamese take on
the traditional taco*





NUTRITION TIP

When shopping, look for extra-lean pork mince with 5% or less fat

HIGH PROTEIN
HIGH FIBRE
LOW SODIUM
3 VEGIE serves

PER SERVE

2024kJ/482cal	Sugars 10.9g
Protein 37.3g	Fibre 10.4g
Total Fat 17.1g	Sodium 560mg
Sat Fat 4.5g	Calcium 103mg
Carbs 39.4g	Iron 3.1mg

For an optional kick of citrus flavour add a few limes on the side

SPICE-ROASTED CAULIFLOWER TACOS WITH CHILLI SALSA (p52)

Serves 4 Cost per serve \$4.55

Time to make 30 min

✓vegetarian

- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 500g cauliflower, cut into florets
- 1 tablespoon extra-virgin olive oil
- 400g can chickpeas, rinsed, drained
- 250g cherry tomatoes, halved
- ¼ cup coarsely chopped fresh coriander
- 1 long green chilli
- 1 tablespoon lime juice
- 2 zucchini, sliced
- 100g haloumi, cut into 8 slices
- Butter lettuce leaves, to serve
- 8 x 26g-each soft tacos, warmed

1 Combine the cumin and the paprika in a large bowl. Add the cauliflower and toss to evenly coat in the spices. Heat the oil in a large non-stick frying pan over medium-high heat. Cook cauliflower, stirring, for about 3-4 minutes. Add the chickpeas and cook, stirring, for 1-2 minutes,

or until lightly toasted. Keep warm.

2 Combine tomatoes, coriander, chilli and lime juice in a small bowl. Season with black pepper.

3 Lightly spray a chargrill with oil and heat over high heat. Cook zucchini and haloumi for about 1-2 minutes each side.

4 To serve, divide the lettuce, chickpea mixture and tomato salsa between tacos. Top with zucchini and haloumi to serve.

FISH TACOS WITH CORN & AVOCADO SALSA (p53)

Serves 4 Cost per serve \$6.30

Time to make 25 min

✓diabetes friendly ✓gluten free
✓dairy free

- 2 tablespoons plain flour
- 1 teaspoon ground turmeric
- 500g firm white fish fillets, cut into 2cm cubes
- 2 corn cobs, husks & silk removed
- 1 small avocado, diced
- ½ small red onion, diced
- 250g cherry tomatoes, quartered
- 2 tablespoons lime juice
- 1 long red chilli, finely chopped

1 tablespoon extra-virgin olive oil

1 small garlic clove, crushed
Butter lettuce leaves, to serve
8 x 26g corn tortillas, warmed or grilled

1 Combine flour and turmeric on a large plate. Toss fish in the flour mixture to lightly coat.

2 Heat a chargrill or barbecue over high heat. Grill corn, turning, for 8-10 minutes, or until lightly charred and tender. Set aside to cool slightly, then carefully cut kernels from the cob.

3 Combine corn, avocado and tomatoes in a medium bowl. Season with black pepper and set aside. Whisk lime juice, chilli, olive oil and garlic together in a small bowl.

4 Heat olive oil in a large non-stick frying pan over a medium-high heat. Cook fish for 1-2 minutes each side, or until golden.

5 To serve, divide the lettuce, fish and roasted corn salad between tacos. Drizzle with a little of the lime dressing to serve. **hfg**



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Meal for two

Reel in some sizzling salmon and three of your five daily serves of veg!

Salmon Salad Bowl

Serves 2 Cost per serve \$8.40 Time to make 25 min

✓dairy free ✓gluten free

25g wholegrain brown rice,
or brown & wild rice mix
75g frozen edamame beans
or frozen peas
2 × 120g salmon fillets
1 teaspoon sesame seeds
Pinch crushed dried chilli
flakes (optional)
2 large handfuls baby
spinach leaves or
mixed baby salad leaves
½ medium avocado, stone
removed, peeled & chopped
1 medium carrot,
trimmed & grated
2 shallots,
trimmed & sliced
4 radishes, trimmed & sliced
Lime wedges, to serve

Dressing

2 tablespoons dark soy sauce
1 tablespoon sesame oil
1 teaspoon fresh lime juice
1 teaspoon honey

- 1 Preheat the oven to 200°C and line a small baking tray with foil.
- 2 Half fill a small saucepan with water and bring to boil. Add the rice and cook for about 20 minutes, or until tender. Add the edamame beans or peas and return to the boil, stirring. Drain immediately.
- 3 To make the dressing: Combine the soy sauce, sesame oil, lime juice and honey in a small bowl and whisk well.
- 4 Place salmon, skin-side down, on the prepared tray and drizzle with 2 teaspoons of the dressing. Sprinkle with the sesame seeds and chilli flakes, if using. Bake for 10-12 minutes, or until salmon just cooked. (It is ready when the salmon flakes into large pieces easily when prodded with a fork.)
- 5 Divide the leaves, rice and the beans or peas between two bowls. Arrange the avocado, carrot, the shallots and the radishes alongside. Flake the salmon into the bowl (leaving behind the skin), drizzle with rest of the dressing and serve with lime wedges for squeezing over. **hfg**

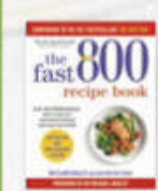


PER SERVE

2267kJ/542cal	Sugars 9.9g
Protein 33g	Fibre 9.3g
Total Fat 35.3g	Sodium 797mg
Sat Fat 6.8g	Calcium 76mg
Carbs 20g	Iron 4.3mg



NUTRITION TIP
Lower the sodium in this dish by using salt-reduced soy sauce



Extract from *The Fast 800 Recipe Book*, Dr Clare Bailey & Justine Pattison, published by Simon & Schuster Australia, \$35.00. Photography by Smith & Gilmour.

Living *on the* veg

These light & vegielicious salads are ideal for sharing with friends and family during the summer break.

Lemongrass fish pops with green mango salad

(See recipe 64)



Images and text from
In Praise of Veg, Alice
Zaslavsky. Photography
by Ben Dearnley.
Murdoch Books \$15.99.





NUTRITION TIP

Add a couple of handfuls of spinach to boost the veg & feed extra guests

HIGH PROTEIN

HIGH FIBRE

1 VEGIE serve

PER SERVE

1704kJ/406cal	Sugars 23.5g
Protein 32.0g	Fibre 6.8g
Total Fat 17.7g	Sodium 951mg
Sat Fat 3.2g	Calcium 107mg
Carbs 26.5g	Iron 3.1mg

cook fresh

*Serve this salad
warm, allowing the
cheese to melt a little
before eating*

**SPICE
IT UP!**

◀ Jalapeño 4-bean salad

Serves 6 Cost per serve \$2.40 Time to make 20 min

✓gluten free ✓vegetarian

Salad

300g green beans, topped but not tailed
100g sugar snap peas
150g broad bean pods (yielding about 50g beans)
1 x 400g can black beans, drained, rinsed
½ bunch coriander, stems finely chopped, leaves left whole
½ bunch dill, fronds picked
1 handful mint leaves, roughly chopped
100g manchego cheese

Lime & jalapeño dressing

½ cup extra virgin olive oil
1 French shallot, finely diced
1 fresh green jalapeño chilli, finely diced
Juice of 1 lime
2 tablespoons red wine vinegar
1 tablespoon brown sugar
½ teaspoon salt flakes

1 Slice green beans and sugar snap peas in half lengthways along the seams. Blanch the green beans by adding them to a large saucepan of salted boiling water. Cook beans for 3 minutes exactly, then plunge into cold water to stop the cooking process and keep the colour bright.

2 In the same pan, blanch the sugar snap peas and broad beans for 2 minutes and then plunge into cold water. When cooled, drain all the water from the beans and sugar snap peas. Pop them into a decent-sized mixing bowl.

3 Put black beans in another bowl. Whisk all the dressing ingredients together, add the finely chopped coriander stems and season very generously with freshly cracked black pepper. Pour the dressing over the black beans to let flavours be absorbed.

4 When ready to serve, toss the coriander leaves, dill and mint through the black beans, then pile over the mixed fresh beans. Grate the cheese over the top, using a fine grater, then serve.

HIGH PROTEIN

HIGH FIBRE

2 VEGIE serves

PER SERVE

1260kJ/300cal	Sugars 4.0g
Protein 7.5g	Fibre 5.3g
Total Fat 25.2g	Sodium 450mg
Sat Fat 6.6g	Calcium 110mg
Carbs 10.9g	Iron 2.0mg

LEMON GRASS FISH POPS WITH GREEN MANGO SALAD (p60)

Serves 4 Cost per serve \$6.30

(Makes 12 fish pops)

Time to make 45 min

✓gluten free ✓dairy free

Fish pops

4 lemongrass stems

1/3 bunch coriander

500g white fish such as monkfish or blue-eye cod, roughly chopped

3 tablespoons Thai green curry paste

1 teaspoon palm sugar

6 kaffir lime leaves, finely chopped, plus extra to garnish

Peanut or sunflower oil, for brushing

Lemongrass dressing

1 tablespoon finely grated lemongrass

2 tablespoons fish sauce

2 tablespoons palm sugar or brown sugar

1/4 cup lime juice

1 red chilli, bruised, but kept whole

1 tablespoon finely chopped coriander stems

1 tablespoon peanut oil

Pinch of chilli flakes

Green mango salad

1 long green mango, flesh julienned

1 pomelo, peeled, segmented, then roughly torn

3 shallots, finely sliced on an angle

1/3 bunch of mint, leaves picked

1/4 cup toasted cashews, chopped

1/4 cup toasted peanuts, chopped

1 Cut the lemongrass stems into thirds, reserving the pale white stems for grating into the dressing. Pick the leaves from coriander and reserve for the salad; finely chop the coriander stems and save for the dressing. Put the fish in a food processor, add the curry paste, sugar and lime leaves and blitz into rough paste. Make sure that you have a bowl of water nearby, and line a tray with baking paper.

2 Using damp hands, squish squash-ball-sized rissoles of fish mixture onto the 12 lemongrass stems, wetting your palms to stop things sticking. Pop the skewers on the lined tray and chill for 20 minutes to set.

3 To make the dressing: Finely grate the reserved lemongrass stems into a small saucepan. Add the fish sauce, sugar and 2 tablespoons of the lime juice. Bring to a simmer, let the sugar dissolve and turn off the heat. Add the bruised chilli, chopped coriander stems, peanut oil, chilli flakes and remaining lime juice, and stir. Season to taste.

4 To make the salad: Combine the mango, pomelo, the shallots, and most of the mint in a bowl. Next add most of the reserved coriander leaves. Scatter with toasted nuts, reserving some for the top. Drizzle with most of the dressing and toss. Top with the remaining nuts and herbs.

5 Heat a chargrill pan or a barbecue chargrill plate until it is smoking hot. Then wet a piece of baking paper until it is just damp; shake off the excess water and lay the paper on the grill pan (this is to help prevent the fish sticking). Brush the fish pops with oil, then grill for about

4 minutes on each side. Once the surfaces of the fish pops are firm, pull off the baking paper and finish them on the naked grill. Serve the skewers with the dressed salad, with the left-over dressing in a dipping bowl.

GENTLEMEN'S SALAD ▶

Serves 6 Cost per serve \$1.90

Time to make 25 min

✓vegetarian

500g fresh or frozen broad beans

400g farfalle pasta

4 cups frozen peas

100g snow peas

100g crumbled feta

Lemon zest, finely grated, & juice of 1 lemon

2-3 garlic cloves, crushed

1/3 cup extra-virgin olive oil

1 large handful of mint leaves

1 Put the broad beans into a heatproof bowl. Pour boiling water over them and let them stand for 5 minutes. Pop them out of their skins and set aside.

2 Meanwhile, bring a large saucepan of well-salted water to the boil. Add the pasta and cook according to the packet instructions, adding the peas and snow peas during the final 2 minutes. Drain.

3 Crumble the feta into a small bowl, then mix in the lemon zest and juice, garlic and olive oil, to make a dressing. Season with plenty of cracked black pepper.

4 While warm, toss the pasta, broad beans, peas and half the dressing together to allow the flavours to get to know each other. Drizzle with the remaining dressing, add mint and serve. **big**

NUTRITION TIP

Use a legume-based pasta to boost the protein and fibre in this dish



Gentlemen's salad

(See recipe at left)



PER SERVE

2201kJ/524cal	Sugars 6.9g
Protein 22.7g	Fibre 15.2g
Total Fat 18.3g	Sodium 189mg
Sat Fat 4.6g	Calcium 132mg
Carbs 59.4g	Iron 5.3mg

you'll need...



SHREDDED CHICKEN



BROCCOLI & CAULIFLOWER RICE



ASPARAGUS



MIXED TOMATOES



SUGAR SNAP PEAS

plus

- + shredded coconut
- + garlic cloves
- + ginger paste & shallots
- + fresh herbs & tamari

5pm panic!

We've handpicked some of *HFG's* most popular 5pm Panic recipes – and some of the healthiest too!



MONDAY

Broccoli & cauliflower 'rice' with spring vegies ▶

Serves 4 Cost per serve \$3.80

✓gluten free ✓dairy free ✓diabetes friendly

- 4 tablespoons shredded coconut
- 1 x 300g packet broccoli and cauliflower rice (see *Cook's tip*)
- 2 garlic cloves, crushed
- 3 teaspoons ginger paste
- 2 bunches asparagus, trimmed, chopped
- 100g sugar snap peas, trimmed, halved
- 250g shredded cooked chicken
- 1 x 200g punnet tomato medley mix, halved
- 2 shallots, chopped
- Chopped fresh herbs, to serve, (optional)
- 1 tablespoon reduced-salt, gluten-free tamari, to serve

- 1 Heat a large non-stick frying pan over a medium-high heat. Lightly toast coconut, stirring, for 1-2 minutes. Remove the coconut from the pan, set aside.
- 2 Add 2 teaspoons of olive oil to pan and return to heat. Add the broccoli and cauliflower rice, garlic and ginger. Cook, stirring often, for 3-4 minutes.
- 3 Add the asparagus and peas; cook, stirring, for 2 minutes, or until tender. Add the chicken and warm through. Toss through the tomatoes and shallots, and herbs, if using. Divide the mixture among the serving bowls, drizzle with tamari, and scatter with the toasted coconut and extra herbs.



COOK'S TIP
You can find the
broccoli and cauliflower
rice in the fresh or
frozen section of your
supermarket

LOW kJ
HIGH PROTEIN
HIGH FIBRE
LOW SODIUM
4 VEGIE SERVES

PER SERVE

1106kJ/265cal	Sugars 5.7g
Protein 26.3g	Fibre 8.8g
Total Fat 12.8g	Sodium 239mg
Sat Fat 5.5g	Calcium 64mg
Carbs 8.5g	Iron 3.0mg

you'll need...



EGGS



BUTTERNUT PUMPKIN



BABY SALAD LEAVES



AVOCADO



MINT

plus

- + rosemary & fennel seeds
- + black pepper
- + olive oil & lemon juice
- + red cabbage
- + cucumber



The crunch of the rosti and the gooey egg make this dish hard to resist

TUESDAY

Rosemary & fennel pumpkin rosti with fried eggs ▶

Serves 4 Cost per serve \$4.55

✓gluten free ✓dairy free ✓diabetes friendly ✓vegetarian

- 1 kg butternut pumpkin, peeled, coarsely grated
- 2 tablespoons finely chopped fresh rosemary
- 1½ teaspoons fennel seeds, finely crushed
- 1 teaspoon cracked black pepper
- 5 eggs
- 2 tablespoons olive oil
- 2 tablespoons lemon juice, plus lemon wedges, to serve
- 1 cup finely shredded red cabbage
- 100g baby salad leaves
- 1 Lebanese cucumber, thinly sliced
- 1 avocado, thinly sliced
- ⅓ cup mint leaves

- 1** Combine pumpkin, rosemary, the fennel, pepper and 1 lightly beaten egg in a medium bowl.
- 2** Heat 2 teaspoons of olive oil in a large non-stick frying pan over medium heat. Spoon four, lightly packed ½-cupfuls of pumpkin batter into pan. Flatten to roughly form 8-10cm round rosti. Cook rosti for 5-6 minutes. Carefully flip rosti over. Cook for a further 2-3 minutes, or until pumpkin is golden. Repeat with 2 teaspoons of the oil and the pumpkin mixture to make 8 rosti.
- 3** Heat 2 teaspoons of oil in a large non-stick frying pan. Fry 4 eggs to your liking.
- 4** Meanwhile, combine lemon juice and remaining oil in a large bowl. Add red cabbage, salad leaves, cucumber, avocado and the mint; toss to coat. Serve rosti with the salad and topped with eggs. Season with pepper and serve with lemon wedges.

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

4 SERVES
OF VEG!

LOW
KJ

HIGH
FIBRE

LOW
SODIUM

4
VEGIE
SERVES

PER SERVE

1660kJ/397cal
Protein 14.3
Total Fat 29.7g
Sat Fat 6.5g
Carbs 15.1g

Sugars 11.6g
Fibre 6.7g
Sodium 105mg
Calcium 110mg
Iron 2.7mg

Put pasta back on the menu with this light lasagne dish

30
mins

COOK'S TIP

Make this meal gluten free by using gluten-free lasagne sheets, and check that the pesto is gluten-free

WEDNESDAY

◀ Tomato & ricotta lasagne stack

Serves 4 Cost per serve \$4.65

✓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 shaved parmesan
- 2 tablespoons pine nuts, toasted
- 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, 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.



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

you'll need...



MISO PASTE



WHITE FISH FILLETS



BROCCOLINI



RED CABBAGE



MICROWAVABLE BROWN RICE

plus

- + carrot
- + soy sauce
- + chicken stock powder

Swap fish 'n' chips for a lighter option with this quick fish 'n' veg



THURSDAY

Miso fish tray bake ▶

Serves 4 Cost per serve \$5.40

✓dairy free ✓diabetes friendly

- 1 bunch **broccolini**, cut in half lengthways, then crossways
- 1 medium **carrot**, halved lengthways, thinly sliced
- 1 cup shredded **red cabbage**
- 2 teaspoons reduced-salt **soy sauce**
- ½ teaspoon reduced-salt **chicken stock powder**
- 2 teaspoons **miso paste**
- 4 x 150g **white fish fillets**
- 1 x 450g packet **microwavable brown rice**

- 1** Preheat the oven to 200°C and line a large baking dish with baking paper.
- 2** Spread vegies over base of baking dish; toss with soy sauce and stock powder dissolved in a ¼ cup of hot water. Bake for 10 minutes, or until vegetables just start to soften.
- 3** Next mix the miso paste with 2 teaspoons of olive oil and rub over fish fillets. Place fish on top of the vegetables and bake for 10-15 minutes more, or until cooked through.
- 4** Meanwhile, heat rice as per packet instructions. Serve with the fish and vegetables. [hfg](#)

COOK'S TIP

Reserve the juices from the bottom of the baking dish to pour over the fish for extra flavour



PER SERVE

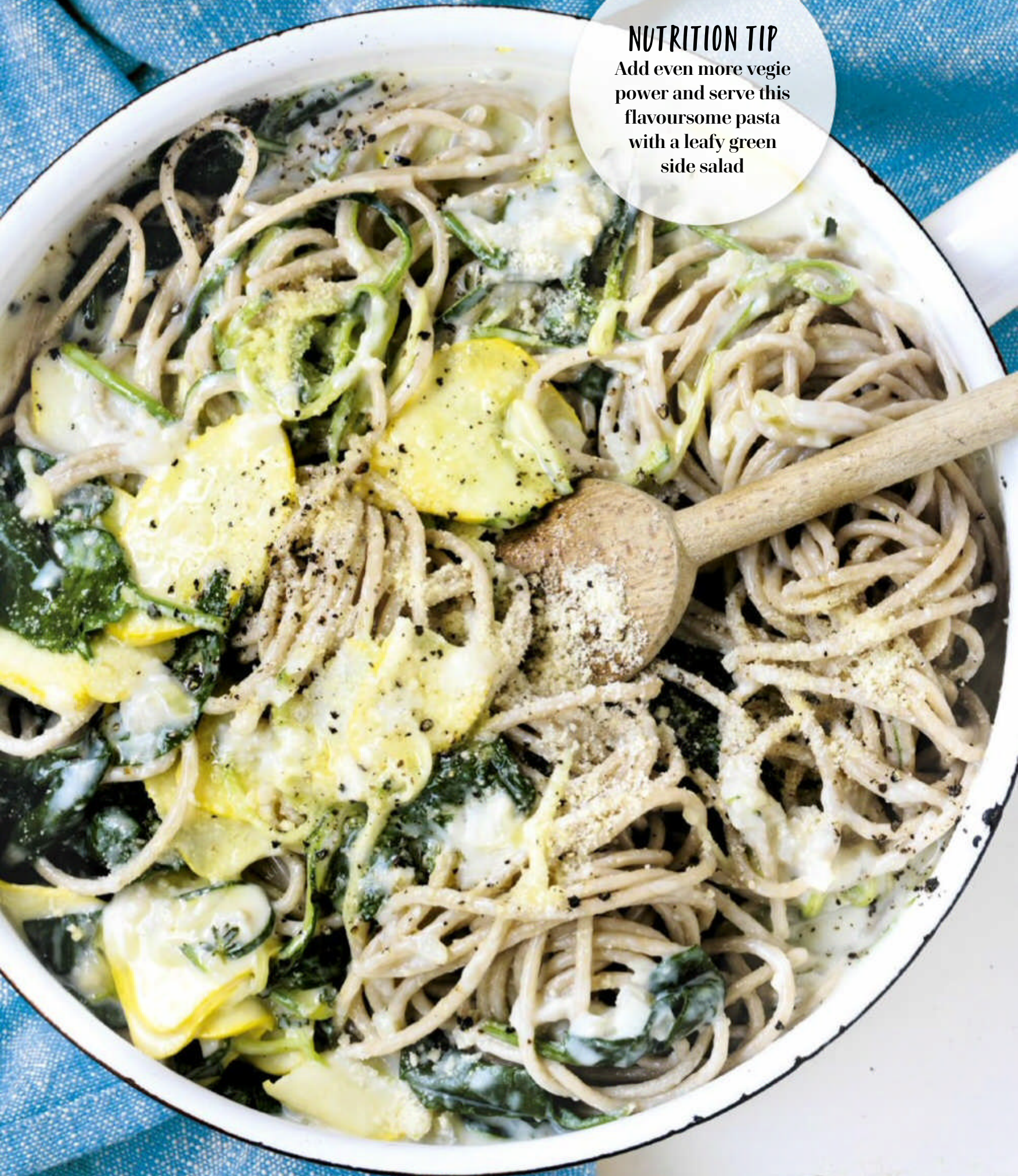
1532kJ/367cal	Sugars 3.1g
Protein 35.0g	Fibre 6.6g
Total Fat 5.0g	Sodium 449mg
Sat Fat 1.1g	Calcium 49mg
Carbs 41.0g	Iron 2.0mg



SO
YUM!

NUTRITION TIP

Add even more vegie power and serve this flavoursome pasta with a leafy green side salad



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

35
mins

FRIDAY

◀ Pasta alfredo with summer vegies

Serves 4 Cost per serve \$4.40

✓vegetarian

- 325g wholemeal spaghetti**
- 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**
- 1/3 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 2 teaspoons of 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 mixture 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 four bowls and season with cracked black pepper. *hfg*

HIGH PROTEIN
LOW FAT
HIGH FIBRE

LOW SODIUM
HIGH CALCIUM
HIGH IRON
2 VEGIE serves

PER SERVE	
1878kJ/449cal	Sugars 11.3g
Protein 21.3g	Fibre 11.6g
Total Fat 8.6g	Sodium 177mg
Sat Fat 3.2g	Calcium 321mg
Carbs 65.0g	Iron 5.3mg

you'll need ...



WHOLEMEAL SPAGHETTI



ZUCCHINI



YELLOW SQUASH



BABY SPINACH



PARMESAN

- plus**
- + brown onion
 - + garlic cloves
 - + thyme leaves
 - + plain flour
 - + reduced-fat milk

Peach perfect

Our ice cream terrine is so easy to make – and even easier to eat!

Peach & raspberry ice cream terrine ▶

Serves **10** Cost per serve **\$1.85**

Time to make **20 min**, plus **8-10 hours** freezing

2 large firm ripe peaches
1.5-litre reduced-fat vanilla ice cream
2 tablespoons lightly toasted slithered almonds, chopped
1 x 125g punnet fresh raspberries, plus ½ cup extra, to serve

*You only need
4 ingredients
 to get this delish
 dessert onto
 your table*

1 Lightly spray a 21cm x 11cm loaf tin with oil and line with cling wrap, allowing wrap to overhang on the long sides of the tin.

2 Lightly score the base of each peach with a cross. Bring a large saucepan of water to the boil. Add peaches; simmer gently for 2 minutes. Remove peaches with a slotted spoon and transfer them to a large bowl of iced water to cool. Once peaches cool, carefully remove the peach skin with a small sharp knife and discard. Cut the peaches into chunks and discard the stones.

3 Blend or process the peach chunks into a smooth purée. Place half of the ice cream into a bowl and set aside to soften slightly. Add the peach purée and the almonds; stir until well combined and smooth.

4 Spoon the peach ice cream mixture into prepared tin and smooth surface. Cover tin with

overhanging wrap and place in freezer until firm.

5 Once peach layer is firm, place raspberries in a large bowl, and crush with a fork. Add remaining ice cream to bowl, and set aside to soften slightly. Stir raspberry ice-cream mixture until smooth and well combined. Spoon the mixture evenly over the layer of peach ice cream; cover and return to freezer until firm.

6 To serve, remove terrine from tin using cling wrap as handles and invert onto a serving platter with the peach layer on top. Top with extra raspberries and slice evenly to serve. **hfg**



PER SERVE	
561kJ/134cal	Sugars 19.8g
Protein 4.7g	Fibre 2.0g
Total Fat 3.7g	Sodium 58mg
Sat Fat 1.7g	Calcium 136mg
Carbs 20.0g	Iron 0.3mg



COOK'S TIP

Make this as individual desserts in ramekins, or as mini ice creams on sticks

BUY THE DIARY THAT SAVES LIVES

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This diary does more than help organise our lives every day, it's packed with expert health advice important to every woman - like breast, heart, family and mental health, along with diet, exercise, skincare and lots more.

Plus you'll be helping identify new treatments for Australia's most commonly diagnosed cancer, giving hope to the 54 women diagnosed with breast cancer every day.

LISA WILKINSON

Co-host Ch10's The Project, and mum of three



breastcancertrials.org.au

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10 top frozen indulgences | fat in cheese | choosing fermented foods

Cool coco sip?

Is coconut water the new way to hydrate? After all, it's fat free, with less sugar and calories than soft drink, and has the natural electrolytes athletes love.

Coconut water comes from the clear liquid found inside young green coconuts. Yet despite a long list of claims such as improved exercise performance and muscle cramp prevention, research is limited. The truth is, most of us don't exercise enough to need electrolyte top-ups, so water remains the ideal. But if you're looking for an occasional non-alcoholic, refreshing drink, it could be worth a try. Just remember: choose the natural versions rather than those with added flavours, colours or sugar. [hfg](#)

Text: Caroline Trickey. Photo: iStock.



shopping news

HFG
DIETITIAN
APPROVED

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



Eat fresh!

PLUMS

Plum in your mouth

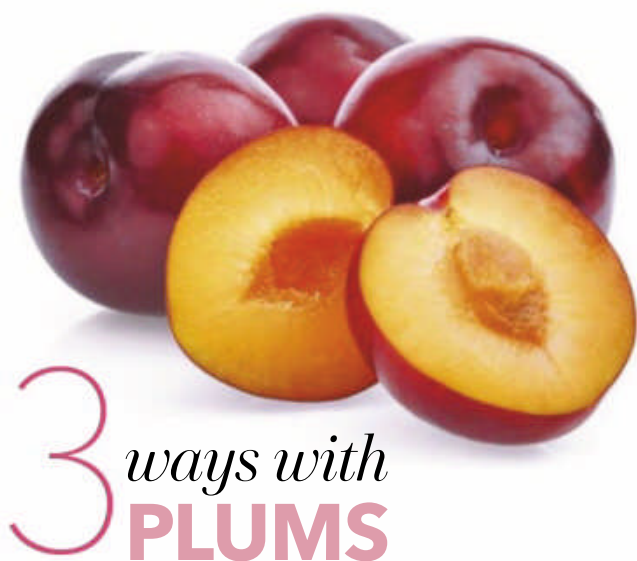
Often overlooked as a stone fruit, versatile plums are in season now. Eat them fresh, poach or preserve them, turn them into jams, chutneys or sauces, or use them in cakes or desserts – the choice is yours!

Full of goodness

Small plums contain only 110kJ (26cal) and 4.5g carbs – just one-third the carbs of a regular-sized piece of fruit. They're low GI and contain 1.5g fibre – so just two will give you roughly 10 per cent of your daily fibre needs.

The purple skin on some plums, such as Satsuma blood plums, is also a source of the powerful phytonutrient anthocyanins. These can support heart health, reduce cholesterol and help to fight obesity. Plus, the Queen Garnet plum, which is abundant during February and March, has higher levels of antioxidants and vitamin C than other plum varieties.

So, look for plump plums with strong colours – and eat them once they're soft, or store them in the fridge for up to three days.



3 ways with PLUMS



NECTARINE & PLUM COMPOTE



PLUM CLAFOUTIS



PORK & PLUM STIR-FRY

Shelf Watch

Colourful snacking

Add these new **Orgran Beetroot & Turmeric Wafer Crackers** to your gluten-free platter.

Per 10g serve: 154kJ (37cal), 0.5g protein, 0.1g sat fat, 7.9g carbs, 0.1g sugars, 0.3g fibre, 42mg sodium



Fibre-rich custard

Looking for a new snack? Try the new **South Australian Gourmet Food Company Fruit Custard** with added fibre. Available in apple, strawberry or banana.

Per 120g serve: 482kJ (115cal), 1.9g protein, 2.4g sat fat, 9.5g sugars, 11.0g fibre



Boost your veg!

Bambino® Sweet Baby Cabbage by Perfection has the appeal of lettuce with the health benefits of cabbage, plus a balanced mild and sweet taste. Great for light summer salads.



Curry in a hurry

New **Lean Cuisine Vegan Green Lentil Curry** with plant protein and grains is high in protein and includes two serves of veg.

Per 350g serve: 1310kJ (312cal), 25.2g protein, 4.2g sat fat, 37.8g carbs, 6.0g sugars, 7.0g fibre, 774mg sodium



Snack healthy

SSS Foods Coriander, Cumin & Mild Chilli Hommus is made using 100 per cent natural, Australian ingredients.

Per 25g serve: 132kJ (31cal), 1.4g protein, 0.4g sat fat, 0.1g sugars, 124mg sodium **hfg**



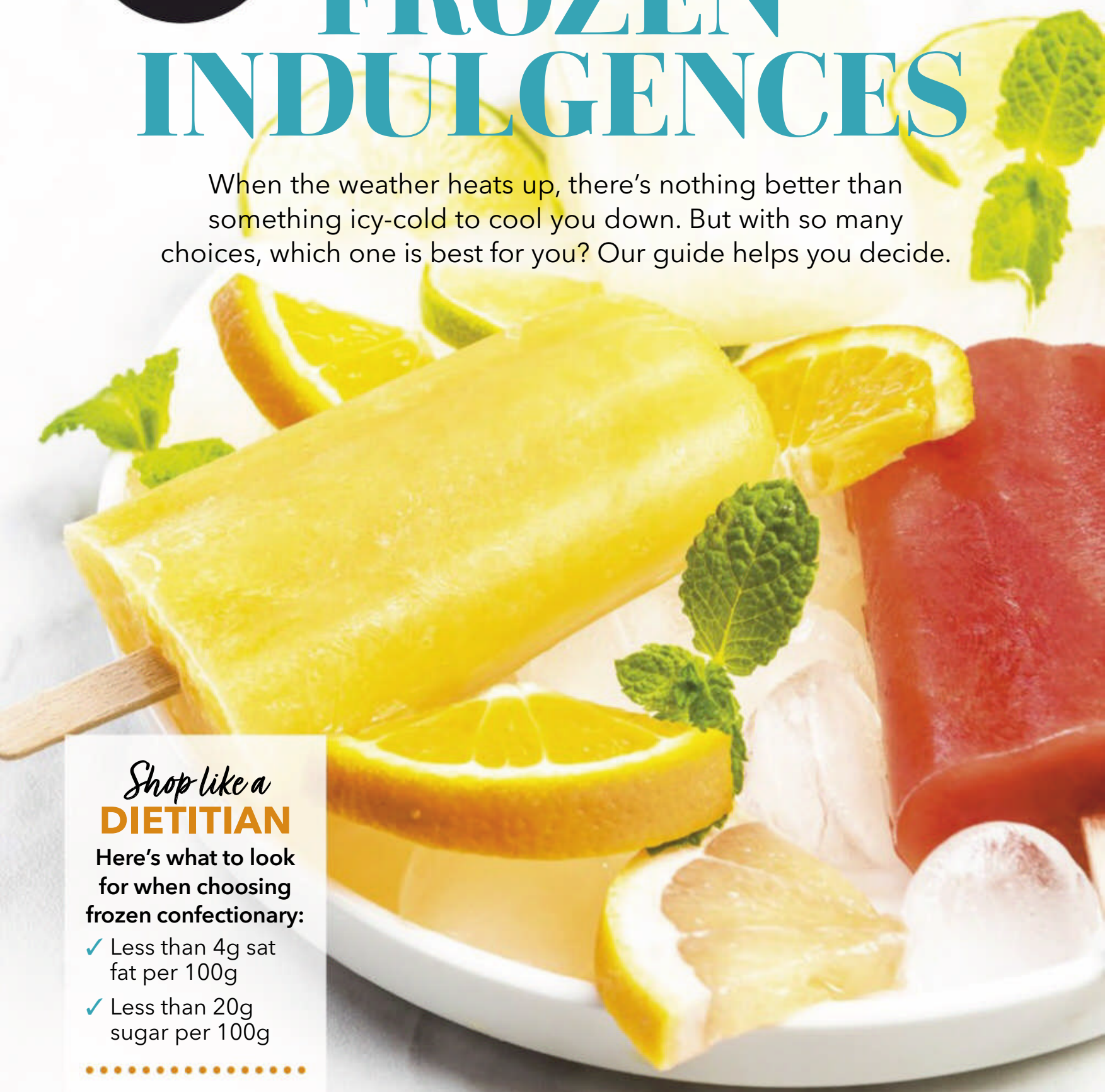
For these recipes, visit healthyfood.com



— 10 OF THE BEST —

FROZEN INDULGENCES

When the weather heats up, there's nothing better than something icy-cold to cool you down. But with so many choices, which one is best for you? Our guide helps you decide.



Shop like a

DIETITIAN

Here's what to look for when choosing frozen confectionary:

- ✓ Less than 4g sat fat per 100g
- ✓ Less than 20g sugar per 100g



Small-portion *ice creams* are a great choice, as usually this means less calories



DID YOU KNOW?
Despite being lower in fat and usually sugar, 'light' ice cream is often just 10% lower in calories – so 'light' doesn't mean 'eat more'!

1 Weis Strawberry & Vanilla Frozen Yoghurt Snack Bar
Per 50g serve: 309kJ (74cal), 1.6g protein, 2.2g sat fat, 8.5g sugars, 123mg calcium

2 Twisted Minis – Chocolate & Vanilla Bean
Per 70g serve: 388kJ (92cal), 2.6g protein, 1.4g sat fat, 9.9g sugars

3 Proud & Punch Pops: Chocolate, That's Bananas
Per 57g serve: 390kJ (94cal), <1g protein, 2.2g sat fat, 11.1g sugars

4 Bulla Nourish Minis Peach Apricot
Per 36g serve: 153kJ (38cal), <1g protein, <1g sat fat, 4.7g sugars

5 Licks Mango Delish
Per 80ml bar: 177kJ (42cal), 0.2g protein, 0g sat fat, 9.0g sugars



6 Halo Top Plant Based Chocolate Hazelnut 360 Calories Per Tub
Per 65g serve: 377kJ (90cal), 0.5g protein, 2.5g sat fat, 6.5g sugars

7 Bulla Nourish Strawberry Sticks
Per 71g serve: 236kJ (56cal), <1g protein, <1g sat fat, 7.5g sugars

8 Weis Minis Mango & Ice Cream
Per 40g bar: 235kJ (56cal), 0.5g protein, 1.3 sat fat, 8.9g sugars

9 Proud & Punch Mini Pops Variety Pack
Per 44g serve (Berry Passionate) 120kJ (28cal), <1g protein, <1g sat fat, 6.4g sugars (Paging Dr Green) 110kJ (27cal), <1g protein, <1g sat fat, 5.9g sugars

10 So Good Dairy-Free Vanilla Bliss
Per 51g serve: 320kJ (77cal), 1.5g protein, 0.4g sat fat, 8.3g sugars **hfg**

LOOKING FOR A *healthier oil?*



The No. 1 choice for a boost
of 'good' fats

With 16 avocados per bottle, Grove Avocado Oil is a natural source of antioxidants and healthy fats. Grove is safer for cooking at high temperatures than other oils due to its very high smoke point.



COLD-PRESSED FROM RIPE AVOCADOS

- ✓ Naturally high in 'good' fats
- ✓ Mild flavour
- ✓ Perfect for high heat cooking

100% Pure



smart swaps

CONDIMENTS

Make these condiment swaps and enjoy a healthier, tasty meal.

Most of the swaps below will cut salt consumption – and therefore reduce your sodium intake. The recommended maximum sodium intake is 2000mg per day, or 1600mg for those with, or at risk of, heart disease.

Some swaps below also cut down on added sugars and some slash fat and saturated fat. Limiting sugars and fats helps manage weight and can reduce heart disease and type 2 diabetes risk. Aim to keep your sat fat intake to less than 24g a day



**Rosella
Tomato Sauce**
Per 15ml serve: 3.4g
sugars, 204mg sodium

Saves
147mg
sodium



**Beerenberg
Tomato Sauce**
Per 15ml serve: 2.9g
sugars, 57mg sodium



**Fountain
Barbecue Sauce**
Per 15ml serve: 9.7g
sugars, 188mg sodium

Saves
5.4g sugars,
89mg sodium



**Beerenberg
BBQ Sauce**
Per 15ml serve: 4.4g
sugars, 99mg sodium



**Masterfoods
Moroccan seasoning**
Per 5g serve (approx. 1 tsp)
615mg sodium

Saves
568mg
sodium



**Spice & Co.
Moroccan Spice Mix**
Per 5g serve:
47mg sodium



**Coles Light
Sour Cream**
Per 50g serve: 8.9g
total fat, 6.0g sat fat

Saves
7.2g fat,
5.0g sat fat



**Farmers Union Greek
Style Probiotic Yoghurt**
Per 50g serve: 1.7g
total fat, 1.0g sat fat



**Heinz Garlic
Aioli mayonnaise**
Per 25ml serve 16.4g total fat,
1.4g sat fat, 150mg sodium

Saves
95mg
sodium



**Black Swan
Tzatziki dip**
Per 25g serve: 1.6g total fat,
<1g sat fat, 55mg sodium



**Sacla Classic
Basil Pesto**
Per 47.5g serve:
618mg sodium

Saves
449mg
sodium



**Jamie Oliver
Green Pesto**
Per 47.5g serve:
169mg sodium hfg

HOW MUCH FAT IS IN cheese?

If you've been diagnosed with high cholesterol or are trying to lose weight, you might be avoiding cheese altogether due to its high-fat reputation. But is cheese – or are some cheeses – healthy to eat?

Let's face it – cheese is delicious! And as a nation we prove it: the average Australian consumes almost 14kg a year, with good old cheddar the most popular. Cheese makes our favourite dishes so moreish – from pizzas and lasagnes through to ultra-tempting cheese toasties. And what would entertaining be without a cheese board?

What's in cheese?

Cheese is made from milk, with salt used to help preserve it. Cheeses have starter cultures of 'good bacteria' to achieve their characteristic flavours – and an enzyme called rennet. Rennet is used to curdle the milk, allowing it to form curds which are then strained off to form cheese and whey. Whey, a watery liquid that consists mostly of water with some protein, fat, carbohydrates and lactose, is drained away, and can be used to make ricotta.

Is cheese good for you?

While cheese can be high in fat and salt, it contains many important nutrients such as muscle-supporting protein, calcium and phosphorus to strengthen bones and teeth, along with vitamin B12 for healthy blood cells.

And while saturated fat can increase your LDL cholesterol

levels and potentially increase cardiovascular risk, studies on cheese consumption show a neutral-to-positive effect on the heart. If in doubt, you can always choose reduced-fat options.

What's a our choice?

Soft, salty feta is typically made from sheep or goat's milk. Its sharp taste means you only need crumble a small amount over your salads to appreciate its full flavour. Most cheeses in small amounts are OK from time to time for the majority of people – look for varieties with low saturated fat and sodium.

24.8g
fat
per 100g



Mil Lel Shaved Parmesan
16.1g sat fat

2.2g
fat
per 100g



Bulla Cottage Cheese High Protein Original
1.5g sat fat

24.2g
fat
per 100g



Coles Tasty Light Cheddar Shredded
16.6g sat fat

Did you know?
Low-fat cheese typically has no more than 3% fat

15.2g
fat
per 100g



La Casa Del Formaggio Traditional Bocconcini
10g sat fat

13.5g
fat
per 100g



South Cape Danish Style Fetta Reduced Fat
8.8g sat fat

9.8g
fat
per 100g



Perfect Italiano Original Ricotta
6.9g sat fat

32g
fat
per 100g



Tasmanian Heritage Double Brie
20.5g sat fat

37.4g
fat
per 100g



Mainland Extra Tasty Cheddar
37.4g sat fat

27.1g
fat
per 100g



Lemnos Haloumi Cyprus Style Cheese
17.6g sat fat

32.5g
fat
per 100g



Yarra Valley Cheese Camembert
19.3g sat fat

13.7g
fat
per 100g



Light Philadelphia Cream Cheese Spread 250g
9.6g sat fat *hfg*

Text: Caroline Trickey. Main image: iStock.

YOUR GUIDE TO

Fermented foods

Fermented foods are so popular – but do we really need to consume them? *HFG* takes a closer look.

CULTURE CLUB

What is fermented food?

Fermentation has been around for hundreds of years, long before refrigerators were invented and food chemicals were used to preserve food.

'Fermented' means food or drink has undergone a controlled process in which microorganisms such as yeast and bacteria are introduced to break down sugars into simpler molecules. A starter culture is often used, but this can be as simple as pickling vegetables in water and salt.

Fermentation increases shelf life and can enhance flavour, texture and appearance, also allowing a food's nutrients to be better absorbed by your body.

What can it do?

Some claim fermented foods reduce the risk of cardiovascular disease, diabetes, allergies and inflammation, or help you manage your weight, improve mood and brain activity, or can boost bone health and increase recovery after exercise.

The evidence for most of these claims, however, is limited and largely anecdotal. Research is now focussing on fermented foods in relation to digestive health and bowel regularity – particularly gas and bloating – but as yet there's still little strong science.

What are probiotics?

Fermented foods are a potential source of probiotics – the good gut bacteria living inside your gut which, in adequate amounts, may benefit your health.

Probiotic-containing fermented foods are being seen as a way to manipulate the microbiome – your gut’s eco-system – so that ‘good’ bacteria can help improve the overall balance of bacteria in your gut and boost your health.

Are all fermented foods probiotics?

Not all fermented foods contain probiotics. Some fermented foods don’t retain live cultures. Many shop sauerkrauts and other fermented products undergo pasteurisation, a form of heat processing which kills most of the beneficial bacteria.

So, if you want fermented foods with beneficial bacteria that may still be alive at the time you eat them, look for ‘raw’ or untreated fermented foods. And – for the probiotics to benefit your health – you have to regularly eat a reasonable amount.



What you need to know

If you’d like to taste-test fermented foods, *HFG* has some of our favourites below. Include them as part of a high-fibre intake – and eat plenty of *pre*biotics such as onions, leeks, asparagus, oats and bananas. *Pre*biotics are in the foods that feed your good gut bugs. Without them, your *pro*biotics wouldn’t survive!

Fermented foods and beverages with unique flavours and textures include:

YOGHURT

Thick, creamy fermented milk, best eaten with a spoon

KEFIR

A fermented milk drink, a sort-of-drinkable yoghurt

KOMBUCHA

A fermented black or green tea drink

SAUERKRAUT

Pickled cabbage

KIMCHI

A Korean pickled vegetable condiment/side dish

MISO

Fermented soy bean paste

TEMPEH

Fermented soy beans made into a patty

AND OF COURSE...

Wine, beer and cider

The bottom line...

If you’re healthy and eat well, you probably won’t notice any benefits from fermented foods – but including them can certainly make your menu more fun and interesting! *hfg*

OUR FAVOURITES...



Gaga's Organic Powerkraut Vegan Kimchi 450g

Per 30g: 33kJ (8cal), 0.5g protein, 1.0g sugars



Kehoe's Kitchen Probiotic Sauerkraut Traditional

Per 41g: 225kJ (54cal), 4.2g protein, 0.5g sat fat



Table of Plenty Probiotic Kefir Natural

Per 100ml: 225kJ (54cal), 4.2g protein, 0.5g sat fat



Farmers Union Probiotic Yoghurt Greek Style

Per 100g: 328kJ (78cal), 5.5g protein, 2.1g sat fat

Your HOLIDAY



Compiled by
DIETITIAN
CAROLINE TRICKEY



MONDAY

Breakfast

- **Avo & tomato on toast**
2 slices soy linseed toast, ½ avocado, 1 small tomato, 25g feta cheese
- 1 regular skim coffee
(2138kJ/509cal total)

Lunch

- **Jalapeno 4-bean salad (p63)** with 95g can tuna
- ½ mango with ½ cup reduced-fat yoghurt
(2276kJ/543cal total)

Dinner

- **Hoummos, beetroot & feta bruschetta with spinach salad (p42)**
- ½ cup blueberries with 1 handful almonds
(2987kJ/711cal total)

Snacks

- 4 Vita-Weats
- 2 tbs hoummos
- 4 Brazil nuts
(1189kJ/283cal total)

Daily total:
8600kJ (2055cal)



TUESDAY

Breakfast

- **Nutty berry yoghurt**
2 tbs almonds, 2 small Medjool dates, 1 tbs shredded coconut, ⅔ cup reduced-fat yoghurt, ½ cup mixed berries
- 1 regular skim latte
(1721kJ/410cal total)

Lunch

- Leftover **Hoummos, beetroot & feta bruschetta with spinach salad (p42)**
- 1 nectarine & a handful of almonds
(3147kJ/749cal total)

Dinner

- **Chicken shawarma wraps with quick pickled onions (p38)**
- 1 peach
(1823kJ/434cal total)

Snacks

- 15 fresh cherries
- ⅓ cup hoummos with 1 cup carrot sticks
- 1 handful walnuts
(1735kJ/413cal total)

Daily total:
8400kJ (2010cal)



WEDNESDAY

Breakfast

- **Peanut butter toast**
2 slices soy-lin bread, 2 tbs almond or peanut butter
- 1 regular skim latte
(2403kJ/572cal total)

Lunch

- Leftover **Chicken shawarma wraps with quick pickled onions (p38)**
- 1 peach & a handful of walnuts
(2695kJ/642cal total)

Dinner

- **Tuna, tomato & feta panzanella salad (p42)**
- 1 nectarine
- 3 squares dark chocolate
(2350kJ/560cal total)

Snacks

- 2 passionfruit
- 170g reduced-fat plain yoghurt
- 4 Brazil nuts
(1016kJ/242cal total)

Daily total:
8500kJ (2030cal)

Each day's menu gives you ...

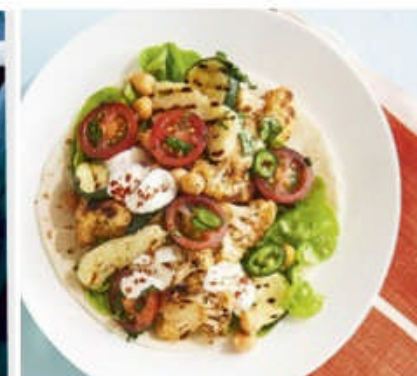
- **About 8500kJ** (approx 2000cal) for weight maintenance
- **At least 30g of fibre** to feed your gut microbiome
- **2-3 healthy snacks** to help maintain energy levels
- **100% of your daily vitamin A, C & E needs** for glowing skin & immune health

Learn more about your individual nutrition needs on p94.

meal plan

Your holiday menu is sorted with this week's satisfying plan!

Caroline Trickey, Dietitian



THURSDAY

Breakfast

- **Nutty berry yoghurt** (see Tuesday)
- 1 regular skim latte (1721kJ/410cal total)

Lunch

- Leftover **Tuna, tomato & feta panzanella salad (p42)**
- 1 handful walnuts (2457kJ/585cal total)

Dinner

- **San choi bau with turkey mince (p42)**
- 2 squares dark chocolate (2124kJ/506cal total)

Snacks

- 1 medium mango
- ¼ cup hoummos with 1 cup carrot sticks
- 170g reduced-fat yoghurt (2083kJ/496cal total)

Daily total:
8400kJ (2010cal)

FRIDAY

Breakfast

- **Veggie burrito wrap**
- 1 wholemeal wrap filled with 1 scrambled egg, ½ tomato, 1 cup spinach, 1 tbs relish, 10g feta
- 1 regular skim latte (1853kJ/441cal total)

Lunch

- Leftover **San choi bau with turkey mince (p42)**
- ½ mango
- 6 Brazil nuts (2479kJ/590cal total)

Dinner

- **Fish tacos with corn & avocado salsa (p56)**
- 8 strawberries
- 2 squares dark chocolate (2638kJ/628cal total)

Snacks

- 1 handful almonds
- 8 strawberries (1522kJ/362cal total)

Daily total:
8500kJ (2030cal)

SATURDAY

Breakfast

- **Avo & egg on toast**
- 2 slices soy linseed toast, ½ avocado, 2 poached eggs, 1 cup sliced mushrooms, drizzle of extra-virgin olive oil
- 1 regular skim latte (2140kJ/510cal total)

Lunch

- **Chicken avo wrap**
- 1 wholemeal wrap with 60g cooked chicken, ½ avocado, rocket, 1 tbs mayo, ½ small cucumber
- 1 nectarine & a handful of walnuts (3409kJ/812cal total)

Dinner

- **Miso fish tray bake (p72)**
- **Peach & raspberry ice cream terrine (pTK)** (2092kJ/498cal total)

Snacks

- 170g plain yoghurt with 2 passionfruit
- 10 strawberries (764kJ/182cal total)

Daily total:
8400kJ (2010cal)

SUNDAY

Breakfast

- **Baked beans on toast**
- 2 slices soy linseed toast, 130g can baked beans, 1 handful spinach leaves, 25g reduced-fat feta
- 1 regular skim latte (1833kJ/436cal total)

Lunch

- **Jalapeno 4-bean salad (p63)** with 95g can tuna
- ½ mango with ½ cup reduced-fat yoghurt (2276kJ/542cal total)

Dinner

- **Spice-roasted cauliflower tacos with chilli salsa (p56)**
- **Peach & raspberry ice-cream terrine (p76)**
- 2 squares dark chocolate (2886kJ/687cal total)

Snacks

- 170g plain yoghurt with ½ mango
- 10 strawberries
- 4 Brazil nuts (1402kJ/334cal total) *hfg*

Daily total:
8400kJ (2010cal)

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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	
1586kJ/337cal	Sugars 5.9g
Protein 29.6g	Fibre 8.6g
Total Fat 12.7g	Sodium 939mg
Sat Fat 3.1g	Calcium 158mg
Carbs 30.6g	Iron 3.6mg

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

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
Added sugars (g) Less than 10% of energy	50g
Fibre (g)	25-30g
Sodium (mg)	2000mg
Calcium (mg)	1000mg
Iron (mg)	8mg

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.

SODIUM If you have heart disease or are at high risk of this condition, aim to consume no more than 2000mg 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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Ask the expert ...

Chrissy Freer

A recent blood test showed I'm at risk of fatty liver, but I don't drink alcohol, so I'm unsure why this should be the case. What can I do? Melanie, via email

Q & **A** Fatty liver disease occurs when there's a build-up of excess fat of more than 5 per cent in people's liver cells. While fatty liver disease can result from drinking too much alcohol, it's also common in people who do not drink excessively, and in this case is called non-alcoholic fatty liver disease, or NAFLD. NAFLD affects 20-30 per cent of Aussie adults and is the most common liver disease.

In its simplest form, NAFLD typically does not cause serious damage and can be reversed. In some cases, however, it can lead to more serious outcomes such as liver fibrosis and cirrhosis. NAFLD risk factors include obesity, type 2 diabetes, low physical activity and genetics.

As yet there are no approved pharmacological treatments, so prevention and management of NAFLD focus heavily on weight loss – if required – through diet and exercise. Eating a healthy, balanced diet (especially a plant-based Med diet), reducing sugar and processed foods intake, staying active and cutting down on alcohol all help promote healthy liver function.

Chrissy Freer is a nutritionist, researcher and food and health author with an interest in the prevention and management of chronic disease – and in helping others adopt eating habits that become a way of life. Visit chrissyfreer.com.au

5 mins with Chrissy



Favourite vegetable?
I love *broccoli!*



Best foodie destination?
India, especially for vegetarian food

Best pantry shortcut item?
Canned *legumes*



Biggest inspiration?
For food - *Gotam Ottolenghi*



Go-to snack?
– natural yoghurt with *berries*

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 2000mg 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.



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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.

