

A person wearing a grey long-sleeved shirt and blue jeans is grilling food on a stainless steel gas barbecue. The barbecue has three control knobs on the left. The grill is filled with skewers of meat and vegetables, including mushrooms, bell peppers, and onions. A black frying pan with more food is also on the grill. Steam is rising from the grill. The background shows a wooden fence and some greenery.

LIVELIGHTER®

DUDE FOOD

Tasty recipes,
no-frills nutrition
advice and practical
tips to get you eating
better and feeling
good.

LIVELIGHTER®



Government of **Western Australia**
Department of **Health**



ARE YOU READY TO MAKE A CHANGE?

Thanks to heaps of input and ideas from blokes like you, we've put together this booklet to get you eating better and feeling good. And we promise you'll keep your social life and enjoy your food while you're at it!



**No-frills
nutrition advice**



**Practical tips
on making and
breaking habits**



**Tasty road-
tested recipes**

What's in it for me?...

The changes I've made in my diet have improved my work life in that I feel a bit sharper. I've got more energy to problem solve, and can think things through more clearly. Eating the right foods, eating more fruits and vegies and eating less processed foods – I'm not as lethargic in my working life as I was before.

- Ali



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HOW TO MAKE A PLAN... AND STICK TO IT

Start small

Overhauling lifelong habits can be daunting. But it doesn't have to be an all or nothing approach. Start with a small goal – something you can achieve without too much struggle. Small wins can build the confidence you need to tackle bigger goals. Even changes that seem small can be good for your health if you can sustain them.

Buddy up

It's 5.30am and the alarm goes off. Your motivation to go for a run is low, but you made a plan with a mate and you can't let him down by going AWOL.

Making a goal with a friend keeps you accountable which can help you stay on track. This technique isn't just for exercise – it's also great for changing food and alcohol habits. Like Dry July, a bunch of mates giving up alcohol together for a good cause.

Change your environment

Sticking to your goals is harder if your environment doesn't support you. Think about things that can get in the way and make a concrete plan to make it easier for yourself. Here are some examples:



Don't buy junk foods like chips and chocolate in the weekly shop. If they're not hanging around the house you'll be less tempted to eat them.

Pro tip: Don't go shopping on an empty stomach.



Eat a handful of nuts and a piece of fruit before a morning tea so you're less likely to max out on cakes.



Catch-up with friends for a game of soccer, a walk around the river or a coffee rather than at the pub.



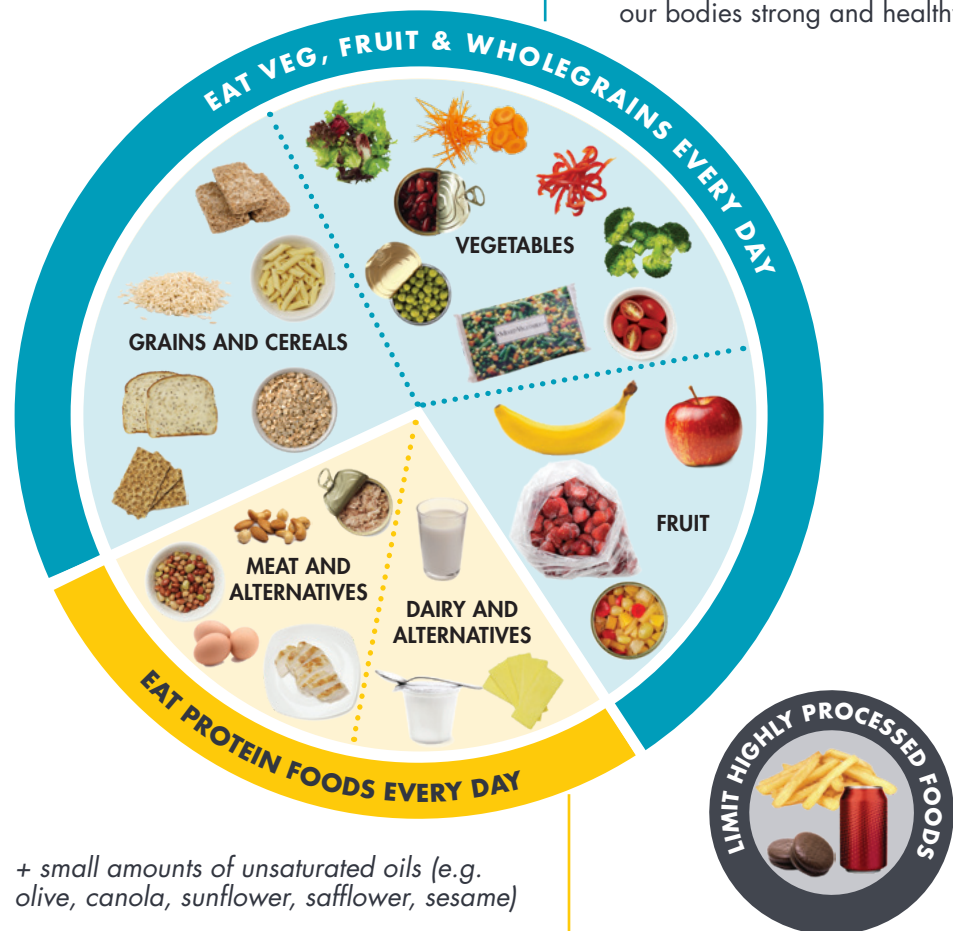
Find other ways to reward yourself after a long week at work – go for a surf, fire up the BBQ (tips for a healthy BBQ on page 12) or plan an early morning fishing trip.

WHAT IS HEALTHY EATING?

Eating well means eating a wide variety of foods, mostly from the 5 core food groups.

Visit eatforhealth.com.au for more information.

Eat veges, fruit, beans, lentils and wholegrains (e.g. oats, brown rice and grainy bread) every day. These foods are usually the cheapest. We need to eat plenty of these to keep our bodies strong and healthy.



+ small amounts of unsaturated oils (e.g. olive, canola, sunflower, safflower, sesame)

Eat protein foods like fish, seafood, lean meat, chicken, milk, yoghurt, cheese, eggs, nuts, seeds and tofu every day. These foods are a bit more expensive and we need a bit less of them in our diet.

JUNK FOOD

What does junk food look like?

We know the usual suspects – chips, fast food, doughnuts, ice cream, chocolate, meat pies, sugary drinks, alcohol and most packet snacks are pretty obviously junk food.



But, there's also a whole bunch of junk foods making out like they're healthier options. That includes things like sports drinks, energy bars, fruit drinks, iced tea, muesli bars, vegie chips, ham and red wine. They've got a better reputation because of clever marketing but are still junk food.



Eating too much junk food can cause weight gain which, as we've all heard plenty of times before, can lead to type 2 diabetes, heart disease and even some cancers (including bowel, liver and pancreatic).

Junk foods are everywhere and they can be hard to resist, but with a little know-how we can bump the junk and start to eat better.

- ▲ For healthy versions of takeaway foods (like burgers, pizza and nuggets) check out our recipes on pages 22-35
- ▲ For tasty snack ideas, see page 21

Australians are eating too much junk food. In fact, Aussie men get more than a third of their energy (kilojoules) from unhealthy foods and drinks.

Junk foods are packed with sugar, saturated fat and salt, and don't have any of the good stuff we need – like vegetables, fruits and wholegrains.





- Alex Dreyer, LiveLighter® Dietitian



SUGARY DRINKS

Sugary drinks can pack in as many kilojoules as food, but don't fill you up or provide the nutrients that your body needs. What a waste!

Which option would fill you up more?

| | |
|--|--|
|  <p>OR</p>  <p>Banana + handful of nuts 1100 kJ</p> <p>600ml cola 1100 kJ</p> |  <p>OR</p>  <p>Tuna salad sandwich 1000 kJ</p> <p>600ml lemonade 1000 kJ</p> |
|--|--|

How much sugar is in that drink?

| | | |
|--|--|---|
|   <p>Sports drink (600mL) 9 teaspoons added sugar</p> |   <p>Cola (600mL) 16 teaspoons added sugar</p> |   <p>Energy drink (500mL) 14 teaspoons added sugar</p> |
|   <p>Iced coffee (600mL) 7 teaspoons added sugar</p> |   <p>Chocolate milk (600mL) 7 teaspoons added sugar</p> |  <p>Still or sparkling water 0 teaspoons added sugar</p> |

Sports drinks

Don't believe the marketing spin - most Aussies don't ever need to drink a sports drink. Ever. Sports drinks are full of sugar which is bad news for your teeth and your waistline.

If you're doing more than 90 minutes of intense exercise, or have lost loads of fluid through heavy sweating, vomiting or diarrhoea, a sports drink or electrolyte replacement drink may be a useful option. Otherwise, regular water and the electrolytes present in normal food will do the hydration job just fine.



Flavoured milk

Flavoured milks might seem like an easy go-to option when you're rushed for time. It's milk, and milk's good for us, right? Not so quick – do you know about the huge amount of added sugars they have in them?



All dairy milk contains the naturally occurring sugar lactose, which is not bad for our health. However, flavoured milk also contains added sugars – many brands contain a whopping 7 teaspoons of added sugar in a large carton.

While milk does have some healthy nutrients like protein, calcium, zinc and vitamin D, it's better to choose plain milk (or whip up a smoothie with milk, yoghurt and fruit) to reap these health benefits.

Diet drinks

Although diet soft drinks are low in sugar and kilojoules, they've still been linked to type 2 diabetes and obesity. Why? Because drinking something sweet can prime our body to crave sweet things more often. This means we might be more likely to reach for that cake or chocolate later on. Diet drinks are also very acidic which makes them bad for our teeth.

BEER IS A FOOD GROUP, RIGHT?

Most of us don't want to hear it, but there's no getting around it – alcohol is bad for our health. It increases the risk of seven types of cancer, heart disease, and weight gain. The more we drink, and the more often we drink, the greater our risk. If we are going to drink, our best approach is to stick to national guidelines and have no more than ten standard drinks a week.

Did you know that drinking just two cans of beer each day means we're chugging down an extra 8100kJ each week? That's like eating a whole extra day's worth of food!

To keep off the kilos:

1. Go for lower alcohol drinks
2. Cut back
3. Skip alcohol altogether



How many kilojoules are in a...?

| Drink | Size | Kilojoules* | Standard drinks | Four drinks is equivalent to |
|--------------------|--------------|-------------|-----------------|------------------------------|
| Full-strength beer | 375mL can | 580 | 1.4 | Whole garlic bread |
| Lower-alcohol beer | 375mL can | 400 | 0.8 | Meat pie |
| Wine | 150mL glass | 460 | 1.5 | 9 ½ chicken nuggets |
| Spirits | 30mL nip | 260 | 1 | Piece of fried chicken |
| Pre-mixed spirits | 375mL can | 990 | 1.5 | 5 cinnamon doughnuts |
| Cider | 330mL bottle | 620 | 1.3 | 2 cheeseburgers |

*The average Aussie adult needs about 8,700 kilojoules per day

What about low-carb beer?

The idea that low-carb beer is good for you is nothing more than clever marketing, designed to make the weight-conscious drink more beer.

Most beers are actually already relatively low in carbohydrates. It's the alcohol – not carbs – making beer so high in kilojoules. And low-carb beer still has a high alcohol content – meaning that it still increases your risk of cancer.

But everyone around me is drinking!

The social pressure from our mates and colleagues to drink can make being empty-handed difficult. But ditching alcohol doesn't have to mean saying goodbye to our social life.

1. Try a low- or non-alcoholic beer to keep up appearances
2. Be the designated driver and stay sober for your friends
3. Drink slowly and steer clear of rounds
4. Set yourself a maximum number of drinks BEFORE you start
5. Organise social catch-ups that don't centre on alcohol - join a local footy team, shoot some hoops, go mountain biking or head out for brekkie



The temptation to drink is everywhere! What can I do...?

Challenges and temptations are always there. Alcohol is a big one, but I found low- or (even better) non-alcoholic drinks a good way to still have the experience with less kilojoules.

I belong to a local sports club and managed to get them to stock this type of drink so I can still be social. If I have been to other venues that don't stock non-alcoholic beer I have quite often volunteered to be the nominated driver which takes the pressure away as I know I can't drink even if I want to.

- Paul



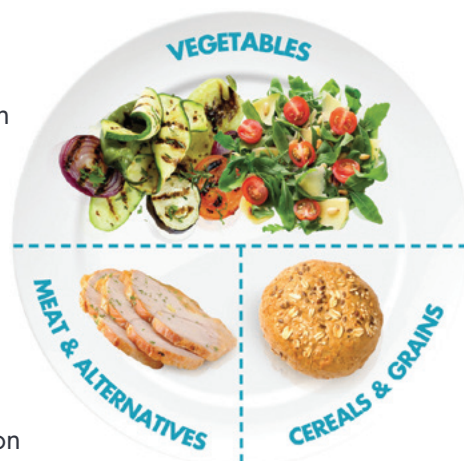
PORTION SIZE

Many of us were taught as kids to finish everything on our plate. But, when the portions being served are getting bigger and bigger, that means we eat more and more!

Bigger portions means more kilojoules. Keeping an eye on the size of our portions can help us avoid weight gain. This doesn't mean starving ourselves – it means bulking up our meals with fibre-filled options like vegies and wholegrains.

Here are some tricks to keep your portion size in check:

- ▲ Make a rule – always order the smaller size when buying take-away foods
- ▲ We don't need to munch down our dinner like a hungry dog – slowing down gives our brain time to get the fullness messages from your stomach
- ▲ Make half the plate vegies – they've got the least kilojoules and help fill us up. Split the rest between wholegrains (like brown rice, grainy bread or pasta) and protein heavy foods (like chicken, fish, red meat, nuts or beans). Check out the recipes on pages 22-30 for inspiration



How do I keep my portion size in check?...

When I finish a meal, I wait 10-20 minutes before going back for seconds, because it takes time for your body to send the signal to your brain. Now I concentrate on that. Smaller portion sizes, and then wait. And if I'm still hungry, I go for it, but often my body tells me that I'm okay by that time.

- Dino



HEALTHY BBQS

Who doesn't love a BBQ on a hot Aussie summer day? Barbies are a fantastic way to get friends together, but let's be honest, sometimes the food leaves a lot to be desired.

Swap the usual greasy snag and sad salad for something fresher and tastier. Try our tips for hosting a healthier get-together.

Healthy BBQ checklist

- ☐ Choose lean and lower-salt sausages, burgers or rissoles
- ☐ Have plenty of vegies and fruit available
 - ▲ Throw some veg on the barbie - mushrooms, corn cobs, zucchini and capsicum brushed with a little olive oil works a treat
 - ▲ Offer side salads
 - ▲ Have cut up fruit available
- ☐ Use wholemeal or grainy bread
- ☐ Choose skinless chicken
- ☐ Make sure there's water available
- ☐ If you're offering alcoholic drinks, include lower-alcohol options like light beer
- ☐ Plan to be active – get out the backyard cricket set, frisbee or footy for some classic outdoor Aussie fun
- ☐ Be SunSmart - don't forget hats, sunscreen and sunnies, and make sure there's somewhere shady for people to sit



A WORD ABOUT MOVEMENT

We can't make a whole book about food without also mentioning exercise. That's because although we know that exercise is really, really good for us, only 1 in 5 Aussie men does enough.

The key message with exercise is simple – find something you enjoy, and do that. Doing some is better than none, and the more we do, the better. You don't have to pound the treadmill if that's not your thing. Be creative – get out into nature for a walk, make it social by joining a sports team, bounce on the trampoline with your kids, ride around the river or walk part of the way to work. Put in your headphones and blast your favourite tunes while getting active. Whatever works for you, that's what's best.

- Dr Ben Jackson, Associate Professor of Exercise and Health Psychology, University of Western Australia



A good aim is to get to **half an hour of cardio each day** (like jogging, cycling or soccer), plus **exercises that strengthen your muscles at least twice a week** (like weights, sit ups, planks, yoga or carrying the groceries/kids).

Sitting less and breaking up sitting time is also good for your health. You could do some stretches, hop on an exercise bike when you're in front of the telly, or use the bathrooms on a different level in the office.

Whatever size we are, getting active is great for our health. It can also be loads of fun, it makes us feel good and it's a great way to spend time with mates too.

If I work out can I eat whatever I want?

You can't outrun a bad diet.

No matter how hard we might try, it can be difficult to do enough exercise to offset the extra energy in large amounts of junk food. A fast food burger, chips and drink can be nearly 6000 kJ – that's equivalent to 2 hours of running!

Exercise also doesn't make up for what's missing in junk food and drink - fibre, vitamins and minerals.

I'm too unfit/overweight to be active

It can be hard to get started, but it's worth it. Becoming more active can help you feel better in your brain and body. Here are some tips:



Anything is better than nothing! Start slow and gradually increase the time and intensity as your fitness improves. It can be rewarding to see yourself get fitter, and this can motivate you to continue.



Choose an activity that feels comfortable:

- Get outside for a walk (and some fresh air!)
- Swimming may be suitable because the buoyancy of the water supports your body
- Cycling is easier on the knees than running
- Watching work-out videos at home means you can set your own pace



It can be hard to get up and get going on your own, so why not get a few of your mates together, or join a group that's designed specifically for guys like you. An example is MAN v FAT – it's a soccer league for guys who want to enjoy soccer, lose weight and get healthier.



Don't push yourself too hard. If an activity hurts, decrease the intensity or stop altogether. It's okay for it to be a bit uncomfortable, but pain is a sign that there is something wrong. Going too hard can also make exercise seem like a chore which won't help you keep it up in the long term.

7 DAYS OF TASTY DINNERS

Eating well doesn't have to mean tasteless meals or restricting ourselves to rabbit food. We can still eat all of our favourites – burgers, fish and chips and pizza – with a healthy twist.

Swapping junk food for home-cooked is our number one tip for starting to eat better. Home-cooked meals mean having control of what's going into our food – this means less sugar, salt and saturated fat and more fruit and veg.

Pro tip: Make extra and save leftovers for lunch the next day.










How do I stick to my guns when the going gets tough?...

What really struck me is that it needs to be sustainable. You can do anything, pretty much, over a short period, but if after that time you go back to your old ways, then that's no good for your health. It has to be changes that you can make part of your everyday life.

- Dino



| Day | Recipe | |
|-----------|---|---|
| Monday |  | Pantry pasta Recipe on page 22 |
| Tuesday |  | Thai red beef curry Recipe on page 23 |
| Wednesday |  | Loaded mushroom burger Recipe on page 24 |
| Thursday |  | Mexi-chicken bake Recipe on page 25 |
| Friday |  | Fish and chips Recipe on page 26 |
| Saturday |  | Pizza Recipe on page 27 |
| Sunday |  | Potato topped beef and mushroom pie Recipe on page 29 |

Fancy something sweet after dinner? Check out our tasty dessert options on pages 31 & 32.

SHOPPING LIST

This list is for the **dinner** recipes in this booklet only.

| Fresh fruit and veg | 2 people | 4 people |
|----------------------------|----------------|----------------|
| Avocado | ½ | 1 |
| Baby spinach leaves | 3 cups | 6 cups |
| Button mushrooms | 200g | 400g |
| Capsicums | 2 | 4 |
| Carrots | 3 | 6 |
| Cherry tomatoes | ¼ small punnet | ½ small punnet |
| Cucumber | ¾ | 1 ½ |
| Garlic | 3 cloves | 6 cloves |
| Large flat field mushrooms | 2 | 4 |
| Lemon | 1 | 2 |
| Mixed salad leaves | 1 ½ cups | 3 cups |
| Onions | 3 ½ | 7 |
| Potatoes | 500g | 1kg |
| Pumpkin | 250g | 500g |
| Red onion | ¾ | 1 ½ |
| Sweet potato | 500g | 1kg |
| Tomatoes | 1 ½ | 3 |
| Zucchini | ¼ | ½ |

| Bakery | 2 people | 4 people |
|--|----------|----------|
| Wholegrain rolls | 2 | 4 |
| Wholemeal pizza base (dinner plate size) | 1 | 2 |




| Dairy | 2 people | 4 people |
|-------------------------------|----------|----------|
| Parmesan cheese | 1 tbs | 2 tbs |
| Reduced-fat cheddar cheese | 1 cup | 2 cups |
| Reduced-fat milk | ¼ cup | ½ cup |
| Reduced-fat mozzarella cheese | 1 cup | 2 cups |




| Pantry | 2 people | 4 people |
|-------------------------------|--------------|---------------|
| Breadcrumbs | ½ cup | 1 cup |
| Brown rice | ⅔ cup | 1 ⅓ cups |
| Gherkins | 2 | 4 |
| Mexican flavoured baked beans | 1x 420g can | 2x 420g cans |
| Olive oil | 1 tsp | 2 tsp |
| Olive or canola oil spray | | |
| Passata (tomato puree) | 2 tbs | 4 tbs |
| Plain flour | 2 tsp | 4 tsp |
| Reduced-fat coconut milk | 1x 165mL can | 2x 165mL cans |
| Spaghetti | 120g | 240g |
| No-added-salt brown lentils | 1x 400g can | 2x 400g cans |
| No-added-salt diced tomatoes | 1x 400g can | 2x 400g cans |

| Meat & eggs | 2 people | 4 people |
|----------------------------------|----------|----------|
| BBQ chicken breast | 180g | 360g |
| Eggs | 3 | 6 |
| Firm white boneless fish fillets | 200g | 400g |
| Lean beef mince | 200g | 400g |
| Lean beef | 200g | 400g |
| Skinless chicken breast | 200g | 400g |

| Spices & sauces | 2 people | 4 people |
|------------------------------|----------|----------|
| Reduced-salt beef stock cube | ½ cube | 1 cube |
| Chutney or relish | 1 tbs | 2 tbs |
| Dried mixed herbs | 4 ½ tsp | 2 ¼ tbs |
| Pepper | | |
| Red curry paste | 2 tsp | 4 tsp |

TASTY IDEAS FOR BREAKFAST

| Classic cereal | Eggs on toast | Porridge |
|--|---|--|
|  |  |  |
| <ul style="list-style-type: none"> ▲ Wholegrain cereal ▲ Reduced-fat milk ▲ Chopped up banana | <ul style="list-style-type: none"> ▲ Grainy bread ▲ Boiled or poached eggs ▲ Avocado | <ul style="list-style-type: none"> ▲ Recipe on page 33 |




| Beans on toast | Breakfast toastie | Breakfast smoothie |
|--|---|--|
|  |  |  |
| <ul style="list-style-type: none"> ▲ Grainy bread ▲ Reduced-salt baked beans | <ul style="list-style-type: none"> ▲ Wholemeal bread ▲ Egg ▲ Tomato ▲ Mushrooms ▲ Cheese | <ul style="list-style-type: none"> ▲ Recipe on page 37 |

It's a great idea to get some protein in your brekkie (think eggs, beans, milk, cheese or yoghurt) because it helps you stay full for longer, reducing the temptation of mid-morning snacks.

- Liam Reddy, goalkeeper for Perth Glory Football Club



TASTY IDEAS FOR LUNCH

| Cheese and salad roll | Loaded sweet potato | Sweet chilli chicken wrap |
|---|---|---|
|  |  |  |
| <ul style="list-style-type: none"> ▲ Grainy roll ▲ Reduced-fat cheese ▲ Sundried tomatoes ▲ Cucumber ▲ Lettuce | <ul style="list-style-type: none"> ▲ Recipe on page 34 | <ul style="list-style-type: none"> ▲ Grainy wrap ▲ Avocado ▲ Cooked chicken ▲ Sweet chilli sauce ▲ Capsicum ▲ Fresh coriander |

| Home-made chicken nuggets and salad | Quick tuna couscous | Curried egg sandwich |
|--|---|---|
|  |  |  |
| <ul style="list-style-type: none"> ▲ Recipe on page 35 | <ul style="list-style-type: none"> ▲ Tin of flavoured tuna ▲ Frozen peas and corn ▲ Cooked couscous, rice or pasta | <ul style="list-style-type: none"> ▲ Wholemeal bread ▲ Egg ▲ Yoghurt + curry powder ▲ Salad |

Pro tip: You may have heard that you should cut out carbs, but we need the fibre in these foods to stay regular... and we all know how important that is! The trick is to choose slow-burn carbs like grainy bread, brown rice, oats and sweet potato.

SNACKS

Be prepared for when hunger strikes! Keep healthy snacks handy so you can resist the temptation of the vending machine and servo sausage roll.

Healthy snack ideas

| | | |
|--|---|--|
|  |  |  |
| ▲ Microwave spud with baked beans | ▲ Smoothie made with fruit, milk and yoghurt | ▲ Avocado and tomato on toast |
|  |  |  |
| ▲ Plain popcorn | ▲ Tin of tuna and microwave rice | ▲ Grainy crackers and cheese |
|  |  |  |
| ▲ Hardboiled egg | ▲ Peanut butter on toast | ▲ Fruit |
|  |  |  |
| ▲ Chopped vegies and hummus | ▲ Handful of nuts | ▲ Plain or natural yoghurt |

Pro tip: Make sure you always have some healthier options handy. For example, if you usually have corn chips when you watch the footy, have some plain popcorn in the pantry to go for instead.



PANTRY PASTA

Preparation time: 10 minutes

Cooking time: 15 minutes

Ingredients

| | Serves 2 | Serves 4 |
|--|-------------|-------------|
| Spaghetti | 120g | 240g |
| Olive oil | 1 tsp | 2 tsp |
| Onion, diced | 1 | 2 |
| Garlic, finely diced | 2 cloves | 4 cloves |
| Carrot, grated | 1 | 2 |
| Zucchini, grated | ¼ | ½ |
| Tinned diced tomatoes (no-added-salt) | 1x 400g can | 2x 400g can |
| Tinned brown lentils, drained & rinsed (no-added-salt) | 1x 400g can | 2x 400g can |
| Dried mixed herbs | 2 tsp | 4 tsp |
| Pepper | | |
| Parmesan cheese, grated | 1 tbs | 2 tbs |

Method

1. Cook pasta according to packet directions.
2. Heat oil in a saucepan, add onion and garlic and cook until soft.
3. Add carrot and zucchini, stirring until well mixed. Lower heat, cover and cook for 5 minutes.
4. Add tomatoes, lentils, herbs and pepper. Turn up the heat and simmer for 5 minutes.
5. Remove from heat and serve over pasta. Sprinkle with cheese.

THAI RED BEEF CURRY

Preparation time: 10 minutes

Cooking time: 20 minutes

Ingredients

| | Serves 2 | Serves 4 |
|---------------------------------|-------------------|---------------------|
| Brown rice | $\frac{2}{3}$ cup | $1\frac{1}{3}$ cups |
| Olive or canola oil spray | | |
| Lean beef, sliced into strips | 200g | 400g |
| Onion, diced | $\frac{1}{2}$ | 1 |
| Red curry paste | 2 tsp | 4 tsp |
| Pumpkin, peeled, seeded & diced | 250g | 500g |
| Capsicum, seeded & diced | $\frac{1}{2}$ | 1 |
| Reduced-fat coconut milk | 1x 165mL can | 2x 165mL cans |
| Lemon, zest & juice | $\frac{1}{2}$ | 1 |
| Baby spinach leaves | 2 cups | 4 cups |

Tip

Spice it up by adding chilli flakes, hot sauce or chopped fresh chilli.

Method

1. Cook rice according to packet directions.
2. Heat oil in a large frypan and cook beef for 2-3 minutes until the outside is browned.
3. Add onion and cook for another 2-3 minutes, until it starts to soften.
4. Stir in the curry paste, pumpkin and capsicum and simmer for 10 minutes until pumpkin is soft, adding a little water if necessary.
5. Pour in coconut milk and lemon. Stir through spinach and cook until wilted.
6. Serve curry over rice.

LOADED

MUSHROOM BURGER

Preparation time: 5 minutes

Cooking time: 25 minutes

Ingredients

| | Serves 2 | Serves 4 |
|------------------------------------|-------------------|-------------------|
| Olive or canola oil spray | | |
| Red onion | $\frac{1}{2}$ | 1 |
| Large flat field mushrooms | 2 | 4 |
| Pepper | | |
| Reduced-fat cheddar cheese, grated | $\frac{1}{3}$ cup | $\frac{2}{3}$ cup |
| Eggs | 2 | 4 |
| Wholegrain rolls | 2 | 4 |
| Chutney or relish | 1 tbs | 2 tbs |
| Avocado, sliced | $\frac{1}{2}$ | 1 |
| Tomato, sliced | $\frac{1}{2}$ | 1 |
| Gherkins, sliced thinly lengthways | 2 | 4 |
| Mixed lettuce leaves | $\frac{1}{2}$ cup | 1 cup |

Method

1. Spray a barbecue plate or large griddle pan with oil and heat on high. Slice onion into 1-2 cm thick slices, keeping rings intact. Place on grill and cook for 4-5 minutes each side.
2. Trim the mushroom stalk and place on the barbecue, stalk side down. Cook mushrooms 4-6 minutes then flip, season with pepper and cook mushrooms a further 2-4 minutes. Add cheese and cook for 2 more minutes until mushroom is cooked through and cheese is melted.
3. Spray a large non-stick fry pan or flat barbecue plate with oil and heat over medium heat. Crack eggs carefully into the pan and cook until tops of white are set but yolks are still runny.
4. Slice bread rolls in half and hollow out the tops to make more room for the fillings if you need. Lightly toast if desired.
5. To assemble burgers, spread each roll base with chutney, add cooked onion slice, a cheesy mushroom and an egg. Fill each roll top with $\frac{1}{4}$ avocado then load up with tomato, gherkin and lettuce. Carefully sandwich both roll halves together and secure with a wooden skewer. Serve immediately.



FISH AND CHIPS

Preparation time: 15 minutes

Cooking time: 25 minutes

Ingredients

| | Serves 2 | Serves 4 |
|---------------------------------|----------|----------|
| Sweet potato, cut into wedges | 500g | 1kg |
| Olive or canola oil spray | | |
| Breadcrumbs | ½ cup | 1 cup |
| Dried mixed herbs | 1 tsp | 2 tsp |
| Egg | 1 | 2 |
| Firm white boneless fish fillet | 200g | 400g |
| Mixed salad leaves | 1 cup | 2 cups |
| Tomato, cut into wedges | 1 | 2 |
| Cucumber, sliced | ¼ | ½ |
| Lemon, cut into wedges | ½ | 1 |

Method

1. Preheat oven to 230°C (210°C fan-forced) and line a baking tray with non-stick baking paper.

2. Spread sweet potatoes in a single layer on a tray, spray liberally with oil and bake for 15 minutes on top shelf of the oven.
3. Combine breadcrumbs and herbs in a shallow dish. Fill a separate shallow bowl with beaten egg. Dip fish in egg wash, shake off excess so it is damp but not wet. Add fish to breadcrumb mixture, turning to make sure it is well coated and gently press on crumbs. Spray liberally with oil.
4. Turn wedges over and add the fish to the tray. Bake for 10 minutes until fish is golden and cooked through and wedges are crisp.
5. Divide between plates and serve with salad and lemon on the side.

MEXI-CHICKEN BAKE

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

| | Serves 2 | Serves 4 |
|--|-------------|--------------|
| Onion, diced | 1 | 2 |
| Capsicum, diced | 1 | 2 |
| Mexican flavoured baked beans | 1x 420g can | 2x 420g cans |
| Skinless chicken breast, sliced in half lengthways and chopped | 200g | 400g |
| Reduced-fat mozzarella cheese, grated | ½ cup | 1 cup |

Tip

Mexican flavoured baked beans are usually in the supermarket with the regular baked beans. If unavailable, swap for:

- ▲ No-added-salt baked beans + 2-4 tsp smoked paprika + 1 tsp ground coriander
- ▲ Red kidney beans + jar of salsa

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Combine onion, capsicum and canned beans in a large ovenproof dish.
3. Place chicken pieces into bean mix and press down so they are covered by sauce.
4. Bake for 20 minutes, then remove foil, sprinkle with cheese and bake for a further 5-10 minutes until chicken is cooked through and cheese has browned.
5. Divide between plates and serve immediately.

PIZZA

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients

| | Serves 2 | Serves 4 |
|--|----------|----------|
| Passata (tomato puree) | 2 tbs | 4 tbs |
| Wholemeal pizza base (dinner plate size) | 1 | 2 |
| Red onion, thinly sliced | ¼ | ½ |
| BBQ chicken breast, shredded | 180g | 360g |
| Capsicum, thinly sliced | ½ | 1 |
| Cherry tomatoes, halved | 5 | 10 |
| Dried mixed herbs | 1 tsp | 2 tsp |
| Reduced-fat mozzarella cheese, grated | ½ cup | 1 cup |
| Baby spinach leaves | 1 cup | 2 cups |
| Carrot, thinly sliced | 1 | 2 |
| Cucumber, chopped | ½ | 1 |

Method

1. Preheat oven to 220°C (200°C fan-forced).
2. Spread tomato puree evenly over pizza base. Top with sliced onion, chicken, capsicum and tomatoes. Sprinkle with mixed herbs and cheese and place on a baking tray, pizza stone or wire rack.
3. Bake for 5 minutes until cheese is melted then cover with foil to prevent burning. Bake for a further 5 minutes until base is crisp.
4. Serve with a simple side salad of baby spinach, carrot and cucumber.

Other topping ideas

- ▲ **Breakfast pizza:** pesto + baby spinach leaves + egg + cherry tomatoes + mushrooms + cheddar cheese.
- ▲ **Mediterranean:** olives + cherry tomatoes + baby spinach + marinated artichokes + marinated eggplant + tomato paste + mozzarella cheese + basil.
- ▲ **Prawn:** prawns + red onion + tomato + chilli + tomato puree + feta cheese + rocket (add rocket after cooking pizza).

Tip

Swap pizza bases for wholemeal wraps, pita bread, Turkish bread or English muffin halves (for mini pizzas).



POTATO TOPPED BEEF AND MUSHROOM PIE

Preparation time: 15 minutes

Cooking time: 30 minutes

Ingredients

| | Serves 2 | Serves 4 |
|------------------------------------|----------|----------|
| Olive or canola oil spray | | |
| Onion, diced | 1 | 2 |
| Carrot, diced | 1 | 2 |
| Garlic, finely diced | 1 clove | 2 cloves |
| Potatoes, cut into 2cm cubes | 500g | 1kg |
| Beef stock cube (reduced-salt) | ½ | 1 |
| Boiling water | ½ cup | 1 cup |
| Lean beef mince | 200g | 400g |
| Plain flour | 2 tsp | 1 tbs |
| Pepper | | |
| Button mushrooms, sliced | 200g | 400g |
| Dried mixed herbs | ½ tsp | 1 tsp |
| Reduced-fat milk | ¼ cup | ½ cup |
| Reduced-fat cheddar cheese, grated | ½ cup | 1 cup |

Method

1. Preheat oven to 190°C (170°C fan-forced).
2. Spray a large non-stick saucepan with oil and place on medium to high heat. Add onion and carrot and cook for 3 minutes, stirring occasionally; add garlic and stir 1 minute.
3. Place potatoes covered with water in a large saucepan over high heat, bring to the boil and simmer for 10 minutes until soft.
4. Make up stock by combining stock cube and boiling water.
5. Add mince to onion mixture and brown for 5 minutes, stirring to break up lumps.
6. Sprinkle over flour, season with pepper and stir well; mix in mushrooms, dried herbs and stock.
7. Reduce heat to medium; simmer covered for 15 minutes, or longer if time permits, stirring occasionally until thickened slightly.
8. Drain cooked potatoes and mash with milk until smooth.
9. Pour meat mixture into a large ovenproof dish and spread mash evenly over mince to the edge of dish. Sprinkle with cheese and bake for 30-40 minutes.

PEAR AND

DATE PARCELS WITH

ORANGE RICOTTA CREAM

APPLE CRUMBLE

Preparation time: 10 minutes**Cooking time:** 20 minutes**Ingredients**

| | Serves 2 | Serves 4 |
|--|----------|----------|
| Apple, chopped | 1 | 2 |
| Margarine | 25g | 50g |
| Firmly packed brown sugar (or regular sugar) | 5 tbs | ¼ cup |
| Ground cinnamon | ½ tsp | 1 tsp |
| Plain flour | 3 tbs | ¼ cup |
| Rolled oats | ½ cup | 1 cup |

Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Place the apple pieces in a small baking dish.
3. Cook apples on HIGH in microwave for 5 minutes or until soft.
4. In small bowl, combine the remaining ingredients.
5. Mix with fingertips until it has an even crumb texture.
6. Top the apple with the crumb mixture and bake in the oven for 20 minutes or until the crumble is golden brown.

Ingredients

| | Serves 2 | Serves 4 |
|--|----------|----------|
| Large pears, peeled, cored and thinly sliced | 2 | 4 |
| Dates, chopped | 1 ½ tbs | ⅓ cup |
| Ground cinnamon | ¼ tsp | ½ tsp |
| Grated orange rind | 1 tbs | 2 tbs |
| Orange juice | 50mL | 100mL |
| Filo pastry, at room temperature | 3 sheets | 6 sheets |
| Olive or canola oil spray | | |
| Reduced-fat ricotta cheese | 125g | 250g |
| Honey | ½ tsp | 1 tsp |

Method

1. Preheat oven to 200°C (180°C fan-forced).
2. Place pears, dates, cinnamon, 1 teaspoon rind and 60mL juice **(if cooking for 4)** or ½ teaspoon rind and 30mL juice **(if cooking for 2)** into a large saucepan over a moderate heat.

Cook, stirring occasionally, for 10 minutes until pears have softened.

3. Place a sheet of filo flat on a clean surface. Spray with oil then repeat with two more sheets. Cut the stack in half to form 2 squares and set aside. **If cooking for 4**, repeat with remaining sheets of filo.
4. Put ¼ of the pear mixture into the centre of each filo square. Bring up corners and gently pinch filo above fruit mix to shape into a pouch. Lightly spray with oil. Bake on a tray lined with baking paper for 12-15 minutes until crisp and golden.
5. Using a stick mixer or electric beaters, blend ricotta with honey and remaining juice and rind in a medium bowl until smooth.
6. Serve parcels immediately with ricotta cream mix on the side.



PORRIDGE

Preparation time: 5 minutes

Cooking time: 5 minutes

Ingredients

| | Serves 1 | Serves 2 |
|---|----------|----------|
| Rolled oats | 1/3 cup | 2/3 cup |
| Reduced-fat milk | 1/2 cup | 1 cup |
| Water | 2 tbs | 1/3 cup |
| Apple, core removed, coarsely grated with skin on | 1/2 | 1 |
| Sultanas | 1 tbs | 2 tbs |
| Ground cinnamon | pinch | pinch |

Tip

Mix it up by replacing apple with frozen berries or banana.

Method

1. Place all ingredients into a large microwave-safe bowl and mix well.
2. Cook in the microwave on HIGH (100% power) for 3 minutes.
3. Stir, then cook on HIGH for a further 2 minutes.
4. Set aside for a few minutes and sprinkle with extra cinnamon, to taste.



LOADED SWEET POTATO

Preparation time: 10 minutes

Cooking time: 12 minutes

Ingredients

| | Serves 1 | Serves 2 |
|--|------------------|------------------|
| Sweet potato | 1 | 2 |
| Reduced-fat mozzarella cheese, grated | 1/4 cup | 1/2 cup |
| Cooked or BBQ chicken breast, sliced or shredded | 75g | 150g |
| Cherry tomatoes, halved | 1/4 small punnet | 1/2 small punnet |
| Basil leaves | 1/4 cup | 1/2 cup |
| Pepper | | |

Tip

This is a quick and easy lunch to make at work. Bring along the ingredients and pop your sweet potato in the microwave to cook just before going on your lunch break.

Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper.



CHICKEN NUGGETS

Preparation time: 15 minutes

Cooking time: 10 minutes

Ingredients

| | Serves 1 | Serves 2 |
|--|----------|----------|
| Reduced-fat natural or Greek yoghurt | ½ cup | 1 cup |
| Breadcrumbs | ¼ cup | ½ cup |
| Smoked paprika, optional | ¼ tsp | ½ tsp |
| Skinless chicken breast, cut into chunks | 100g | 200g |
| Canola oil | 2 tsp | 1 tbs |
| Tomato, cut into wedges | ½ | 1 |
| Cucumber, chopped | ¼ | ½ |
| Lettuce leaves | 3 | 6 |

Method

1. Put the yoghurt and breadcrumbs into separate bowls. Mix the paprika into the breadcrumbs if using.
2. Dip the chicken pieces into the yoghurt and then press down into the breadcrumbs to coat all sides.
3. Heat the oil in a large frying pan. Cook the chicken pieces over a medium heat until outside is brown and crunchy, then flip chicken pieces and cook the other side. They will need about 5 minutes on each side.
4. Make sure to check that the chicken is cooked through before serving.
5. Serve with a simple side salad of tomato, cucumber and lettuce.



ICED LATTE

Preparation time: 5 minutes

Ingredients

| | Serves 1 | Serves 2 |
|------------------|-----------|-----------|
| Instant coffee | 1 tsp | 2 tsp |
| Reduced-fat milk | ¾ cup | 1 ½ cups |
| Vanilla essence | ½ tsp | 1 tsp |
| Ice cubes | ½ handful | 1 handful |

Method

1. Mix all ingredients (except ice) together in a jug and taste. If sweet enough for your tastebuds go to step 2. Otherwise, add ½ tsp of sugar at a time (up to a max of 1 tsp per serving) until sweet enough.
2. Pour into a glass, add ice and serve immediately.

Variations

- ▲ Use a shot of espresso or plunger coffee in place of instant coffee.
- ▲ Make a blizzard version by freezing ½ cup of reduced-fat milk in an ice cube tray (it will take about 2 hours for milk ice cubes to freeze). Blitz the milk ice cubes together with other ingredients for a frothy drink that beats any fast food thick shake by a country mile.

BREAKFAST SMOOTHIE

Preparation time: 3 minutes

Ingredients

| | Serves 1 | Serves 2 |
|-------------------------|----------|----------|
| Reduced-fat milk | 1 cup | 2 cups |
| Low-fat natural yoghurt | ¼ cup | ½ cup |
| Ripe banana | ½ | 1 |
| Rolled oats | 1 tbs | 2 tbs |

Method

1. Place all ingredients in a blender, mixing until smooth and well combined.
2. Serve immediately in a tall glass.

Variations

Replace banana with strawberries or ½ cup of drained canned fruit.

TIME FOR THE 'TAKEAWAYS' (...MESSAGES, NOT FOOD!)



BUMP THE JUNK

Steer clear of fast food and sugary drinks.



GET COOKING

Go for home-cooked meals and make half your plate veg.



MAKE THE CHOICE

Choose drinks with a lower alcohol content, cut back, or skip alcohol altogether.



GET MOVING

Whatever works for you, that's what's best.

Whether you want to get around a bit easier, feel better, be able to play with the kids or be around to see your grandkids grow up – now's the time to take action. Eat healthier to feel better – and prove to yourself and everyone else what you're capable of.

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