

Adding Life to Your Years

The Cookbook



Australian Government

Department of Health and Ageing



Australian Government

Department of Veterans' Affairs

 **Nutrition
Australia**



Nutrition Australia is a non-profit, non-government, national community nutrition education organisation. Its mission is to promote the health and wellbeing of all Australians by encouraging them to make informed food choices about what they eat based on scientific principles and knowledge related to human nutrition and dietetics, food science and technology.

This booklet *“Adding Life to Your Years - The Cookbook”* was prepared and is now updated by Nutrition Australia Queensland Division. The first edition was funded by the Australian Government Department of Health and Ageing. This updated second edition is funded by the Australian Government Department of Veterans’ Affairs. This cookbook forms an integral part of the Department’s *Cooking for One or Two* program.

Copyright © Commonwealth of Australia, 2005

Published by Nutrition Australia (Qld Div) Inc, Australian Government Departments’ of Health and Ageing and Veterans’ Affairs

Design and Printing
Westminster Printing

Contents

Foreword	3
Australian Guide to Healthy Eating	4
Cooking for One or Two	9
Seven Day Menu Plan	10
Shopping List	11
Recipes	14
Quick Meal and Snack Ideas	44
Labels and Food Advertising	47
Food Dollars	49
Pantry Essentials for Food in a Flash	52
Unable to Shop Regularly?	53
Food Hygiene	54
Food and Diabetes	56
The Right Mix - Your Health and Alcohol	58
Keep Active	59
Conversion Tables	61
Recipe Index	62
Useful Contacts	63



'Cooking for One or Two' Program - Forster/Tuncurry, NSW



Foreword

We may well be living much longer, but we need to do all we can to ensure that we maintain good health. The foods we choose to eat and the exercise we do everyday have a huge impact on our health as we age.

Life in the 21st century is hectic, and this has given the food industry a legitimacy to create and promote a huge range of ready prepared and takeaway meals and snacks. While some of these products can be useful, especially for those living alone or with one other, or for those with a busy lifestyle, regular consumption of highly processed foods can sometimes mean we miss out on eating from the five food groups everyday.

Complex nutrition messages about the nutrient content of foods and products often leave consumers confused about what exactly they need to eat to achieve a healthy diet.

Nutrition Australia believes individuals and communities alike need to strongly focus on the importance of buying, preparing and eating a balance of foods from each of the five core food groups every day. Simply doing this will take care of good nutrition. Couple this with 30 minutes of daily physical activity, and you will begin to feel the health benefits.

However, food is not just simply about nutrition. Just as importantly, healthy food is about enjoyment, love and sharing. In our fast 21st century life we are perhaps overlooking the very important role that healthy, home-prepared foods can have in bringing together families, friends and communities.

This edition of “*Adding Life to Your Years – The Cookbook*” provides information on achieving a healthy diet using the Australian Guide to Healthy Eating, as well as updated information on labelling, physical activity and alcohol consumption.

The tried and true recipes, which have been an integral part of the Department of Veterans’ Affairs *Cooking for One or Two* program, remain the same for you to try and to enjoy.

On behalf of Nutrition Australia, I hope you will enjoy the meals you prepare using this cookbook and that your health will benefit from the valuable information the book contains.

Nola Caffin

National Chairperson,
Nutrition Australia

The Australian Guide to Healthy Eating

Enjoy a Wide Variety of Nutritious Foods

No single food can keep us really healthy. Everyone needs to eat a variety of foods every day. The Australian Guide to Healthy Eating helps you see which foods you need to choose more of and which foods you need in smaller amounts.

Why you should try to eat lots of different food types

- Different food groups provide different nutrients
- Nutrients are simply compounds found in food that our bodies need to stay healthy and prevent illness
- Eating different types of foods, not just taking a vitamin or mineral supplement, is the best and safest way to get the widest range of nutrients

How do you get a variety of foods each day

You can still think about foods being placed into five groups. These core foods groups are represented by a slice of the pie on the *Australian Guide to Healthy Eating* illustrated on the opposite page.

The five core food groups are:

1. breads, cereals, rice, pasta, noodles
2. vegetables, salad, legumes
3. fruit
4. milk, yoghurt and cheese
5. lean meat, fish, poultry, eggs, nuts and legumes



Eating foods from the five core food groups everyday will maintain a healthy diet.

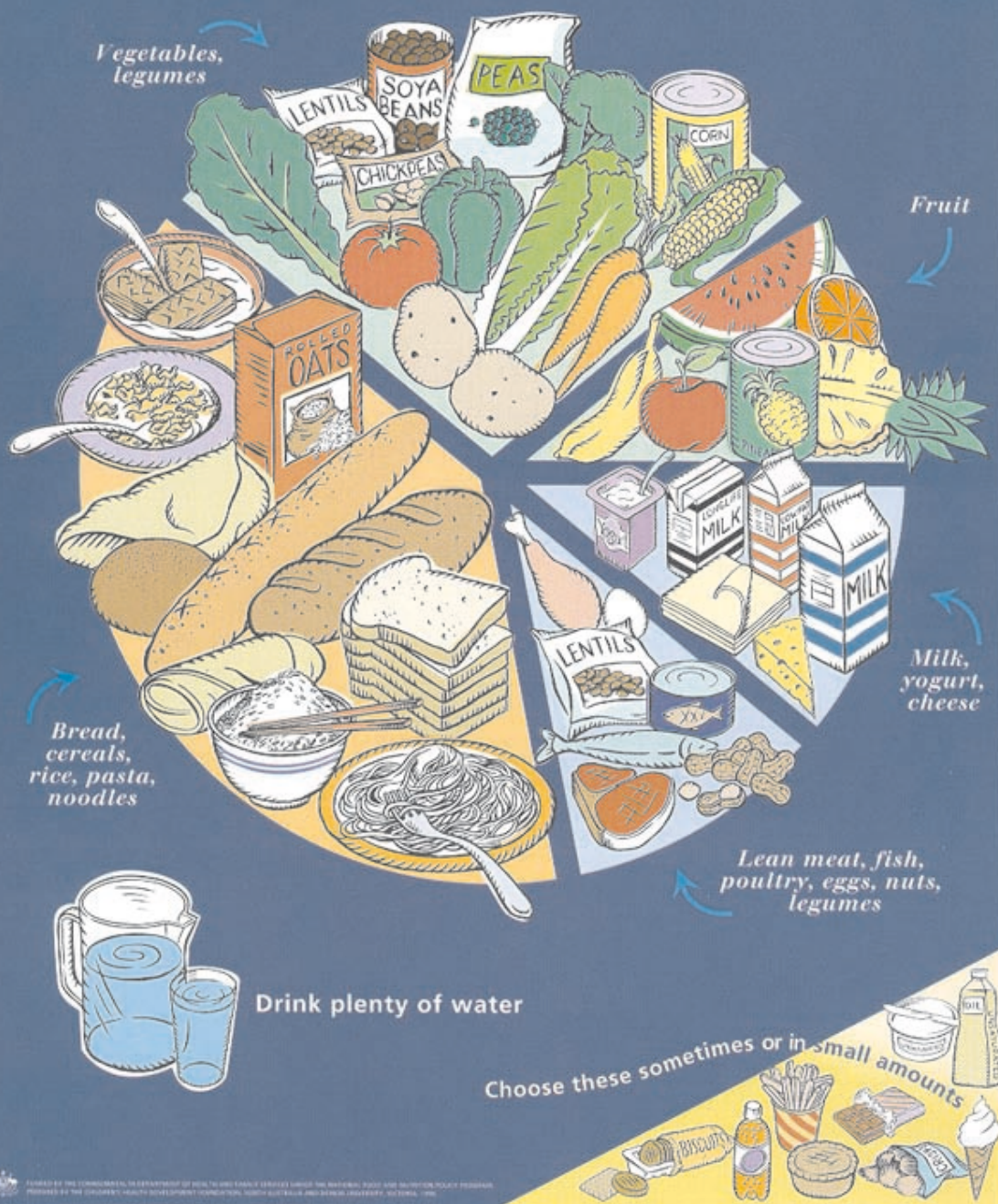
Vegetables, Salad, Legumes and Fruits – You Need Plenty

21st century living has made it easy to choose pre-prepared meals and snacks. Unfortunately these often don't contain vegetables or fruits.

Advantages of vegetables, salad, legumes and fruits

- Vegetables, legumes and fruits are packed with vitamins, minerals and other compounds that support good health.
- This means they enhance your immune system, and protect your good health from illness and disease.
- Include five types of vegetable or salad a day - choose from green, yellow/orange, red, purple, white/brown - fresh and cooked. Choose a variety of colours to improve nutrition.

Enjoy a variety of foods every day



- Legumes include baked beans, red kidney beans, chickpeas, lentils, lima beans and borlotti beans. Include them a few times a week.
- Two pieces of fruit each day are essential. Move with the seasons - eat what's in.

Breads, Cereals, Rice, Pasta, Noodles - give you energy to go and lots more

Eat them every day, with every meal. They fill you up but don't weigh you down, and are a good source of energy to help maintain active lifestyles. Grains and cereals are packed with vitamins, minerals and other compounds that protect your good health, and enhance your immune system to keep illness at bay.

Boost your wholegrain cereal intake

- Fibre contained in wholegrain or wholemeal cereal varieties help keep your bowels regular.
- Cereals include grains such as wheat, corn, rice, barley, sorghum, oats, rye and millet.
- Processed cereal products include breakfast cereals, bread, pasta, noodles and rice.
- Foods made with flour, semolina, polenta, couscous or burgul boost your intake of cereals and grains.

Try to include some cereal based food with every meal or snack

Daily consumption of Vegetables, Fruits, Breads, Cereals and Grains - will help lessen the chance of developing Diabetes and Heart Disease.

Lean Meat, Fish, Poultry, Eggs, Nuts and Legumes

You need one or two of these foods each day. The protein, vitamins and minerals found in these foods keep your body in good repair and help you recover from illness, especially if your body needs to repair itself.



Best Sources of Iron

- Foods containing iron are needed to prevent anaemia, which can cause tiredness, lethargy and lower resistance to infection.
- Red meats such as beef and lamb are the best sources of iron.
- Pork and chicken contain moderate amounts and fish less again.
- Foods containing vitamin C will also increase iron absorption, so it's a good idea finish your meal with a piece of fruit.

Milk, Yoghurt and Cheese

Milk is a highly nutritious food containing protein, vitamin A and some B vitamins which add to your daily intake of nutrients. However, the unique job of milk and other dairy products is to provide calcium to the diet.

No matter what your age you still need dairy foods to provide calcium

- Calcium is vital for bone health throughout life.
- Include milk, yoghurt and/or cheese every day, twice a day.
- Can't tolerate dairy foods? Substitute with fortified soy milk.



Drink Water

Water - drink it often, each day, every day - you need plenty

- Water is the best drink to quench thirst and the most economical.
- Soft drinks, flavoured mineral waters, sports drinks and cordials are NOT good substitutes for water every day.
- Tap water is a safe and economical choice.

Extra Foods - to choose sometimes in small amounts

You will notice on the Australian Guide to Healthy Eating on page 5, that the lower right hand corner contains many processed foods and beverages that are high in fat or sugar or salt, and sometimes all three. The problem with choosing too many of these foods too often is that they will displace the healthy foods which we know are essential for lifelong good health.

Controlling your intake of extra foods

- Firstly make sure you are eating all the foods you need each day from all the five food groups.
- Include each day a small amount of oil or margarine with your meals. This is OK and good for your health no matter what your weight.
- Other extra foods include lollies, crisps, muesli bars, sugary cereals, chocolate, cakes, fruit straps, cereal snack bars, chocolate dips, cream dips, biscuits, soft drinks, sports drinks, pies, sausage rolls, pastries, fried foods, crumbed/battered foods, takeaway pizza and hamburgers, and chips. These foods are not good for our health. Only choose these foods sometimes or in small amounts.

Are you watching your weight? Then WATCH OUT for Extra Foods, they provide too many calories or kilojoules. Best advice is to leave them out.

Do your grandchildren think you are just a sweetie?

Some will argue it is every grandparent's right to spoil their grandchildren. However, grandparents need to be aware that in Australia we currently have a very serious health issue facing the current generation of children. At least 25% of children and adolescents are considered overweight or obese. We all have a role to play in helping our children improve their diet and increase their chances of a healthy and long life, which now is not assured if they are overweight in childhood. Remember all children irrespective of their weight need a healthy diet and plenty of physical activity everyday.

Helping keep children healthy and active

- Do not treat them with Extra foods.
- Encourage them to eat fruits and vegetables.
- Teach them how to prepare healthy foods.
- Help keep them active by taking them on walks, picnics and outings.
- Watch them play sport, encourage them with ball and bat skills from an early age.
- Play card and board games with them, read to them, help keep them away from the television and computer.

Cooking for One or Two

Whether you're living alone, cooking for two, or eating on a budget, you can easily turn basic foods into tasty and attractive meals. It isn't always easy to know what to do with food to make it into a meal. These recipes provide you with ideas on how to eat in an economical and nutritious way using ingredients that are readily available. The seven day menu plan will provide a variety of foods from the core food groups and the shopping list includes all the ingredients you need for the week's meals.

The recipes are for two serves and include suggestions on how you can vary them to suit your individual budget and personal tastes. You will also find that the recipes feature health tips and hints on what to do with leftovers. If one serve is needed, just halve the ingredients in the recipe; or simply make the two serves and re use the second serve using the tips from the hints section.

When you're cooking for two, suitable kitchen equipment will certainly help in meal preparation. To prepare these recipes a few basic pieces are needed:

- small oven-proof dishes for casseroles and baked desserts
- a set of saucepans, including a fry pan for stir-fries and pan frying, a large saucepan for soups and cooking pasta, rice, or noodles, a medium sized saucepan for casseroles or quick soups, and a small saucepan for quick meals or desserts
- a steamer for vegetables
- a set of measuring spoons and cups
- kitchen scales
- a set of wooden spoons
- mixing bowl
- two chopping boards
- cook's knife
- a wok or electric fry pan for stir-fries (optional)
- a jaffle iron can make a delicious alternative to toasting sandwiches (optional).

Remember, eating on a budget does not mean uninteresting meals. Aim to use the skills you have developed through your life to be a clever and creative cook.

Seven Day Menu Plan

If it suits your lifestyle, you may like to eat the main meal ('dinner') at midday, and a lighter meal ('lunch') before sleeping.

	Breakfast	Lunch	Dinner
Sunday	Rolled oats made with milk Canned fruit and yoghurt	Creamed corn and tuna toasted sandwich Fresh fruit in season	Mini Roast with Dry Roasted Vegetables• Steamed vegetables Apple Bread and Butter Pudding•
Monday	Bubble and Squeak	Cheese and salad sandwich Fresh fruit in season	Hungarian Goulash• Steamed vegetables Pasta or rice Baked Caribbean Bananas• Custard
Tuesday	Rolled oats and sultanas made with milk Spicy fruit loaf with spread (e.g. honey)	Salad sandwich with roast meat Fresh fruit in season	Vegetable Casserole with Steamed Fish Fillets• Bread Fruit Platter•
Wednesday	Breakfast cereal with milk and canned/dried fruit Toast with cheese	Left over Vegetable Casserole (e.g. Vegetable Casserole soup*) Bread Fresh fruit in season	Honey and Soy Vegetable Chicken Stir-Fry• Rice or noodles Warm Fruit Salad• Yoghurt
Thursday	Breakfast cereal with milk and fruit English muffin with spread (e.g. honey)	Toasted baked bean sandwich Fresh fruit in season	Quick and Easy Quiche• Salad and Bread Fruit Strudel with Vanilla Yoghurt•
Friday	Breakfast cereal with milk and fruit Toast with spread (e.g. honey)	Ham and salad sandwich Fresh fruit in season	Rissoles• Steamed vegetables Creamed Rice•
Saturday	Toast and scrambled/ poached egg and tomato Milk shake*	Tuna sandwich Bean salad Fresh fruit in season	Pumpkin, Potato and Parsley Soup• Bread Pears with Crusty, Crunchy Crumble• Yoghurt
Quick Snack Suggestions	Boiled Fruit Cake• Milk shake*	Fruit and yoghurt Spicy fruit loaf See Quick Meal and Snack Ideas for more!	

• See recipes

* See Quick Meal and Snack Ideas

Shopping List

This shopping list is based on the seven day menu plan and recipes which are for two serves. If one serve is needed, just halve the ingredients in the shopping list or simply make the two serves and use the second serve as suggested in the recipe. Many items will last for more than one week.

Groceries

750g rolled oats
750g wholegrain breakfast biscuits
1kg rice
500g pasta
(e.g. shells, spirals, or spaghetti)
400g noodles (e.g. dry egg noodles)
410g can pie apples
825g can pear halves, peach slices
or two fruits, in natural juice
440g can pineapple pieces, in
natural juice
440g can crushed pineapple, in
natural juice
440g can corn kernels
440g can three bean mix or red
kidney beans
300g can chickpeas or butter beans
440g can baked beans
440g can peeled tomatoes
440g can creamed corn
500g packet frozen peas
500g packet frozen beans
2 x 180g cans tuna
2 cups vegetable or chicken stock

Dairy Cabinet Items

4 litres milk
500g natural yoghurt
250g margarine
500g cheese
6 eggs
1 packet filo pastry
(4 sheets needed)

Vegetables

1 lettuce	1/2 bunch celery
6 med tomatoes	1 cucumber
6 med potatoes	1 med zucchini
6 med carrots	1 eggplant
500g (1lb) pumpkin	
6 med brown onions	
1 large capsicum	
1 head broccoli (approx 250g)	
1 bunch parsley (or 1 tablespoon dried parsley flakes)	
1 bulb garlic (4 teaspoons crushed garlic)	

Fruit

3 oranges	1 lemon
3 pears	1 kiwi fruit
2 bananas	
Plus 20 pieces of fruit in season	

Meat, Poultry and Seafood

400g (14oz) mini lean roast
(e.g. beef or lamb – without the bone)
200g (7oz) stewing/casserole beef
175g (6oz) lean mince
200g (7oz) chicken (e.g. thighs or breast)
200-300g (7-10oz) fillets of fish in season
(e.g. mullet, tailor, mackerel or perch)

Deli Items

6 slices lean ham

Bakery Items

1 loaf bread
1 packet of 6 bread rolls
1 packet English Muffins
1 spicy fruit loaf

Shopping List

These items form the basis of a well stocked pantry for this menu plan. These are the amounts needed for the week. Purchase the most convenient size of product that you will use.

- 100ml oil
- 2 tablespoons sweet chilli sauce or tomato sauce
- 2 tablespoons salt-reduced soy sauce
- 2 teaspoons ground ginger (or fresh ginger)
- 2 teaspoons curry powder
- 3 teaspoons paprika
- 1 teaspoon pepper
- 3 teaspoons dried herbs (e.g. mixed herbs, Italian herbs)
- 3 teaspoons cinnamon
- 3 teaspoons nutmeg
- 2 teaspoons baking powder
- 1 teaspoon bicarbonate of soda
- 2 teaspoons vanilla essence
- 8 tablespoons custard powder
- 2 tablespoons self-raising flour
- 3 cups plain flour
- 1 tablespoon desiccated coconut
- 2 tablespoons nut pieces (e.g. almond flakes)
- 100g sultanas
- 8 dried apricots
- 150g pitted dates
- $\frac{1}{4}$ cup crystallised ginger
- 375g mixed dried fruit
- 3 tablespoons fruit chutney
- $\frac{1}{2}$ cup honey
- 2 cups sugar
- 2 tablespoons vinegar
- 2 tablespoons wine (optional)
- 2 tablespoons rum (optional)

Mini Roast with Dry Roasted Vegetables

150g (9oz) pumpkin, cubed
(with skin on)

2 medium potatoes, cubed
(with skin on)

juice of 1/2 lemon (about 1 tablespoon)

1 teaspoon oil

1 clove garlic, chopped

1/2 teaspoon curry powder

1 teaspoon dried herbs
pepper

1 tablespoon oil

400g (14oz) lean roast
(e.g. beef/trim lamb)

Serve with

2 medium carrots, sliced, steamed or microwaved

70g beans, steamed or microwaved

100g broccoli florets (1/2 head),
steamed or microwaved

1. In a non-stick baking dish or oven-proof dish add pumpkin and potato. Bake for one hour at 180°C.
2. Combine lemon juice, oil, garlic, curry powder, herbs and pepper in a small bowl.
3. Spread this combination over the roast.
4. Heat oil in a separate small baking dish. Add roast and bake at 180°C for 50 minutes for rare/medium, or longer for well done.
5. Once roast has cooked, remove from oven, cover and allow to 'rest' for 5-10 minutes.
6. Serve with steamed/microwaved vegetables.

Hint

- *Roast is suitable for freezing. Slice and defrost to use as needed*
- *Roast is ideal in a stir-fry or as a sandwich filling*
- *Extra baked vegetables can be used for "Bubble and Squeak"*
(see Quick Meal and Snack Ideas)

Prep Time: 15 minutes	Cooking Time: 1 hr	Serves: 2
-----------------------	--------------------	-----------

Health Tip

Lean cuts of meat provide less fat
Dry roasted vegetables contain lots
of flavour and no fat

To lower the GI of the meal replace
some potato/pumpkin with sweet potato -
good advice for diabetes and weight loss

Variation

Choose any vegetables you like

Use Chinese five spice instead of
curry powder

Use frozen vegetables if fresh aren't
available





Apple Bread and Butter Pudding

3 slices of spicy fruit loaf

2 teaspoons margarine

2 tablespoons sultanas

1/4 x 410g can pie apples

1/2 teaspoon cinnamon

1 cup milk

1 egg

2 teaspoons sugar

1 teaspoon vanilla essence

1/4 teaspoon nutmeg

1. Spread bread with margarine, cut into quarters and place in a small greased ovenproof dish.
2. Sprinkle sultanas, apples and cinnamon between layers of bread.
3. Combine milk, egg, sugar and vanilla in a bowl, beat and pour over bread.
4. Sprinkle with nutmeg and bake at 180°C for 30-40 minutes or until custard has set.
5. Serve hot.

Hint

- *Remaining pie apples can be used in the Fruit Strudel or on top of cereal for breakfast*
- *Remaining spicy fruit loaf can be frozen. This makes a delicious snack when toasted*

Prep Time: 10 minutes	Cooking Time: 30-40 minutes	Serves: 2
-----------------------	-----------------------------	-----------

Health Tip

Apple adds extra vitamins and flavour to this traditional dessert
Use reduced fat milk - good advice for diabetes and weight loss

Variation

Any day old bread can be used
Add dried apricots for extra flavour
Sprinkle with desiccated coconut
Use two fresh apples, peeled and finely sliced

Hungarian Goulash

2 teaspoons oil
1 medium onion, sliced
1 clove garlic, chopped
200g (7oz) beef, cubed
(stewing steak)
1 tablespoon plain flour
2 teaspoons sweet paprika
1 cup hot stock
3 tablespoons fruit chutney
1 tablespoon natural yoghurt

Serve with

1 cup peas, steamed or microwaved
100g (1/2 head) broccoli florets,
steamed or microwaved
1 medium potato, quartered, steamed
or microwaved
150g pasta or rice, cooked

1. Heat oil in a fry pan. Add onion and garlic. Gently fry for 1 minute.
2. Add cubed beef and allow meat to brown.
3. Add flour and paprika, stir for 2 minutes.
4. Add stock and fruit chutney. Simmer for 1 hour.
5. Just before serving, stir through yoghurt.
6. Serve with steamed/ microwaved vegetables and cooked pasta or rice.

Hint

- *Goulash is suitable for freezing*
- *Remaining goulash can be used as a filling in toasted sandwiches, filo pastry parcels or in a quiche*

Prep Time: 5 minutes	Cooking Time: 1 hr 10 minutes	Serves: 2
----------------------	-------------------------------	-----------

Health Tip

Lean beef is a good source of iron in the diet

To lower GI of the meal choose sweet potato and basmati rice - good advice for diabetes and weight loss

Variation

Trim Lamb, Rump or Topside Beef can be used - reduce cooking time to 20-30 minutes

Add the vegetables to the Goulash during the last 15 minutes





Baked Caribbean Bananas

2 medium bananas, sliced diagonally

2 teaspoons sugar (optional)

1/2 teaspoon nutmeg

1/4 teaspoon cinnamon

juice of 1/2 orange

2 teaspoons rum (optional)

1 tablespoon desiccated coconut

Serve with

1 cup custard (made with custard powder and milk)

1. Place bananas in a shallow oven-proof dish and sprinkle with sugar, nutmeg and cinnamon.
2. Pour juice and rum over bananas. Sprinkle with coconut. Bake at 180°C for 10 minutes.
3. Serve hot with custard, using the juice from the bananas to flavour the custard.

Hint

- *Left over bananas can be put on top of breakfast cereal in the morning or used in muffins, cakes or pikelets*

Prep Time: 5 minutes

Cooking Time: 10 minutes

Serves: 2

Health Tip

Bananas are a good source of fibre and potassium

Use reduced fat milk and firm bananas - good advice for diabetes and weight loss

Vegetable Casserole with Steamed Fish Fillets

2 teaspoons oil

1 medium onion, chopped

1 clove garlic, chopped

1 carrot, diced

1 medium potato, diced

1/2 large capsicum, diced

1 medium zucchini, sliced

1 eggplant, diced

1/2 x 440g can tomatoes,
chopped (use liquid)

1/2 cup hot water

1 teaspoon dried herbs

1/4 teaspoon paprika

300g can beans, e.g. borlotti, drained
and rinsed

Steamed Fish Fillets

200-300g (7-10 oz) fish in season
(e.g. tailor, mackerel, perch)

seasonings and pepper

2 tablespoons wine (optional)

Serve with

60g (2oz) cheese, grated

Crusty bread

1. Heat oil in a saucepan on medium heat. Add onion and garlic. Gently fry until soft.
2. Add carrot and potato, cover and allow to cook for 10 minutes.
3. Add the remaining Vegetable Casserole ingredients (except the beans), cover and simmer for 10 minutes, stirring occasionally.
4. Meanwhile steam fish fillets for about 15 minutes. Add extra flavour by adding chopped parsley and seasonings to the fish, and a dash of wine to the water.
5. Add beans to the Vegetable Casserole and allow to heat through.
6. Serve Vegetable Casserole, grated cheese, bread, and fish fillets.

Hint

- *Vegetable Casserole is suitable for freezing*
- *Left over Vegetable Casserole can be used in a soup, or toasted sandwich or with jacket potatoes (see Quick Meal and Snack Ideas)*

Prep Time: 12 minutes

Cooking Time: 20 minutes

Serves: 2

Health Tip

Vitamin C in the tomato helps to increase iron absorption in this dish. Red kidney or cannellini beans and tomatoes make this recipe great for heart health and for people with diabetes.

Variation

Sprinkle fish with herbs, place on baking paper and foil, wrap and bake at 180°C until cooked.

Sprinkle fish with herbs, place on baking paper or foil. Wrap and bake at 180°C





Fruit Platter

**1/2 x 440g can pineapple pieces,
in natural juice**, drained

1 kiwi fruit, sliced

3 pieces of fruit in season, sliced
(e.g. banana, stone fruit, apple or
bunch of grapes)

juice of 1/2 lemon
(about 1 tablespoon)

1. Arrange fruit on a plate or platter.
2. Sprinkle with lemon juice and serve.

Hint

- *Remaining pineapple pieces can be used in the Warm Fruit Salad*

Prep Time: 8 minutes	Cooking Time: nil	Serves: 2
----------------------	-------------------	-----------

Health Tip

Fruit is a good source of fibre and vitamins

Lots of vitamin C, fibre and antioxidants in this recipe - making it very health protective

Variation

Serve with ice-cream or yoghurt

Honey and Soy Vegetable Chicken Stir-Fry

Stir-Fry

200g (7oz) chicken, cut into strips
2 teaspoons oil
1 medium onion, sliced
1 small carrot, sliced
1 celery stalk, sliced
1/2 large capsicum, sliced
1/2 cup frozen/fresh beans, chopped
1/3 x 440g can corn kernels,
reserve 2 tablespoons of liquid

Marinade

1 tablespoon honey
1 tablespoon salt reduced soy sauce
1 tablespoon sweet chilli sauce or tomato sauce
1/2 teaspoon ground ginger

Serve with

150g rice or noodles, cooked

1. Combine marinade in a dish. Add chicken and coat in mix. Allow to marinate while preparing the vegetables.
2. Heat oil in a frypan or wok. Add onion, stir-fry for 2 minutes.
3. Add chicken and marinade, allow to cook through.
4. Add remaining vegetables and corn liquid, cover and allow to simmer for 6-10 minutes.
5. Serve with rice.

Hint

- *Stir-Fry is suitable for freezing*
- *Remaining Stir-Fry is ideal as a filling for Quick and Easy Quiche, or toasted sandwiches (See Quick Meal and Snack Ideas)*
- *Rice can also be frozen or used in soups and main meals*

Prep Time: 14 minutes	Cooking Time: 12 minutes	Serves: 2
-----------------------	--------------------------	-----------

Health Tip

Chicken is a low fat meat
Stir-frying retains vegetables' nutrients, flavours and colours
To lower GI of the meal use Basmati rice - good advice for diabetes and weight loss
Trim the fat from the chicken

Variation

Use different sauces to vary the flavour
Use any vegetables in season
Try frozen stir-fry vegetables for a quicker meal





Warm Fruit Salad

1/2 x 440g can pineapple pieces,
in natural juice, drained

1 tablespoon sultanas

4 dried apricots

1 pear, quartered

juice of 1 orange

1 teaspoon honey

1/2 teaspoon nutmeg

Serve with

1 cup custard (made from custard powder and milk)

1. Place fruit, orange juice, honey and nutmeg in a saucepan. Cover and simmer for 10-15 minutes.
2. Serve hot with custard.

Hint

- *Can also be eaten hot or cold for breakfast*

Prep Time: 5 minutes	Cooking Time: 15 minutes	Serves: 2
----------------------	--------------------------	-----------

Health Tip

Fruit is an excellent source of fibre and vitamins

Yoghurt is a good source of calcium

Variation

Use any dried fruit instead of apricots, e.g. prunes

Use any fruit that is in season

Serve with ice-cream or yoghurt

Quick and Easy Quiche

2 eggs

1 teaspoon margarine, melted

2 tablespoons self-raising flour

$\frac{1}{3}$ cup milk

2 slices lean ham, diced

$\frac{1}{2}$ medium onion, diced

$\frac{2}{3}$ cup grated cheese

1 medium tomato, sliced

$\frac{2}{3}$ cup Vegetable Stir-Fry or

$\frac{1}{3}$ x 440g can corn kernels

Serve with

lettuce leaves, torn

1 tomato, sliced

$\frac{1}{3}$ cucumber, sliced

$\frac{1}{2}$ carrot, grated or sliced

$\frac{1}{3}$ x 440g can corn kernels, drained

2 bread rolls

1. Combine the eggs, margarine, flour and milk in an oven-proof dish, mix well.
2. Add ham, onion, $\frac{1}{3}$ cup cheese, Stir-Fry (or corn), top with tomato and remaining cheese.
3. Bake at 180°C for 30 minutes or until set.
4. Serve with bread and salad vegetables.

Hint

- *Quick and Easy Quiche can also be eaten for breakfast*

Prep Time: 8 minutes

Cooking Time: 30 minutes

Serves: 2

Health Tip

Eggs are a good source of protein
To lower fat content use reduced fat varieties of milk and cheese

Variation

Leftover steamed vegetables, canned asparagus or mushrooms can be used instead of stir-fry or corn





Fruit Strudel with Vanilla Yoghurt

2 sheets filo pastry, cut in half

1 teaspoon oil

1/2 x 410g can pie apples

2 tablespoons sultanas

4 dried apricots, quartered

1 teaspoon cinnamon

1 teaspoon sugar (optional)

2 teaspoons milk

1 tablespoon nut pieces
(e.g. almond flakes)

1/2 teaspoon nutmeg

Vanilla Yoghurt

1 cup natural yoghurt

1 teaspoon honey

1/2 teaspoon vanilla essence

1. Place one sheet of filo on a lightly oiled tray. Place next sheet of filo pastry on top. Lightly brush the sheet with oil and place last 2 sheets on top.
2. Place apples along one width of the pastry, sprinkle with sultanas, apricots, cinnamon and sugar (optional). Fold sides in, brush edges lightly with milk and roll up like a parcel, ensuring the join is placed on the tray.
3. Brush top with oil and sprinkle on nut pieces and nutmeg.
4. Bake at 200°C until pastry is golden (about 15 minutes).
5. Combine all ingredients for Vanilla Yoghurt, mix and serve with Strudel.

Hint

- *Remaining filo can be used to make parcels with a number of savoury dishes, e.g. Honey and Soy Vegetable Chicken Stir-Fry, Hungarian Goulash or Vegetable Casserole. Simply make parcels using the same technique described above and bake*

Prep Time: 10 minutes	Cooking Time: 15 minutes	Serves: 2
-----------------------	--------------------------	-----------

Health Tip

Filo pastry reduces the fat content of this dessert

The yoghurt mixture improves the suitability of this recipe for people with diabetes

Variation

Serve with fruit, e.g. peach slices

Use fresh/canned pears instead of pie apples

Make two small parcels instead of one

Serve with custard or other favourite yoghurt

Rissoles

175g (6oz) lean mince

1/2 medium onion, finely diced

1/4 x 440g can beans (three bean mix or red kidney beans) drained, rinsed and mashed

1/2 medium carrot, grated

1 tablespoon rolled oats

1/4 teaspoon curry powder

2 teaspoons salt-reduced soy sauce

2 teaspoons sweet chilli sauce or tomato sauce

1/2 teaspoon dried herbs

1 tablespoon chopped parsley (fresh or dried)

pepper

1 tablespoon oil (for frying)

2 slices cheese

Serve with

1 medium potato, cubed, steamed or microwaved

100g (3 1/2 oz) pumpkin, cubed, steamed or microwaved

2/3 cup peas, steamed or microwaved

1 tomato, sliced

1. Combine ingredients for rissoles in a bowl, except oil and cheese and mix well. Shape into four patties.
2. Heat oil in a pan, and cook rissoles turning once, allowing them to cook through.
3. Before serving, top with cheese, cover and allow cheese to melt.
4. Serve with tomato and steamed/microwaved potatoes, peas and pumpkin.

Hint

- *Suitable for freezing*
- *Remaining beans can be used in a bean salad (see Quick Meal and Snack Ideas)*
- *Rissoles will keep together better if chilled in the refrigerator first*
- *If rissoles begin to stick when cooking add a dash of water*

Prep Time: 10 minutes	Cooking Time: 15 minutes	Serves: 2
-----------------------	--------------------------	-----------

Health Tip

Beans and carrots give these rissoles extra vitamins and fibre

Mince is a good source of iron

Oats increase the fibre in the recipe

To lower GI of the meal choose sweet potato or corn - good for diabetes and weight loss





Creamed Rice

2 cups milk

1 tablespoon sultanas

1 tablespoon sugar

1/3 cup uncooked rice - shortgrain

Serve with

Sliced fruit

1. In a heavy based saucepan add milk, sultanas, sugar and salt, bring to the boil.
2. Add rice, reduce to a low heat, and stir occasionally for about 45 minutes, or until most of the liquid has been absorbed and the rice is tender.
3. Serve hot or cold with fruit.

Hint

- *Remaining Creamed Rice can be eaten for breakfast*

Prep Time: nil	Cooking Time: 50 minutes	Serves: 2
----------------	--------------------------	-----------

Health Tip

Milk makes this dessert a good source of calcium

To lower the GI of the meal choose stone fruit, pears or apples, strawberries or other berries - good advice for diabetes or weight loss

Variation

For a tasty variation serve sprinkled with nut pieces

For flavour add one teaspoon of vanilla essence or one teaspoon of cinnamon

Pumpkin, Potato and Parsley Soup

1 teaspoon oil
1 medium onion, diced
1 clove garlic, chopped
1/2 teaspoon ground ginger
1/4 teaspoon curry powder
150g (5 1/2 oz) pumpkin, cubed
1 medium potato, cubed
1 cup hot stock
3/4 cup milk
1 tablespoon chopped parsley

Serve with

pepper
2 tablespoons natural yoghurt
bread

1. Heat oil in a medium saucepan, add onion, garlic, ginger and curry powder. Gently fry for 2 minutes.
2. Add pumpkin and potato and cook for 5 minutes, stirring occasionally.
3. Add stock, cover and bring to the boil. Reduce heat and simmer for 10 minutes.
4. Mash/blend pumpkin mixture until smooth.
5. Add milk and heat through.
6. Top with yoghurt, pepper and serve with bread.

Hint

- *Suitable for freezing*
- *Defrost and heat through for a quick meal or snack*

Prep Time: 10 minutes	Cooking Time: 20 minutes	Serves 2
-----------------------	--------------------------	----------

Health Tip

Milk and yoghurt make this soup a good source of calcium

Use reduced fat milk and yoghurt - good advice for diabetes and weight loss

Pumpkin is a good source of the antioxidant beta carotene (Vitamin A)

To lower the GI of this meal, replace half the pumpkin or all of the potato with orange sweet potato - good advice for diabetes or weight loss

Variation

For an energy boost, add cooked/frozen rice or pasta to the soup





Pears with Crusty Crunchy Crumble

2 pears (fresh/canned, in natural juice), halved

1/4 cup honey

juice of 1 large orange

2 breakfast biscuits, lightly crushed
(e.g. Weet-Bix®)

1/4 cup rolled oats

1 tablespoon nut pieces
(e.g. almond flakes)

cinnamon

Serve with

1/2 cup natural yoghurt

1. In a saucepan bring honey and orange juice to the boil, reduce heat and allow to simmer for 2 minutes. Remove from heat.
2. Add breakfast biscuits, oats, nut pieces and cinnamon, stir well to bind.
3. Place pears in an oven-proof dish.
4. Cover pears with topping and bake at 180°C for 15 minutes.
5. Serve with yoghurt.

Prep Time: 10 minutes	Cooking Time: 15 minutes	Serves: 2
-----------------------	--------------------------	-----------

Health Tip

Pears, cereal and oats make this dessert a good source of fibre

The pears, oats and nuts make this especially good for people with diabetes and heart problems

Variation

Use any combination of canned or fresh fruit

Serve with ice-cream or custard

Boiled Fruit Cake

1 teaspoon cinnamon

1 cup dates, roughly chopped
(150g) (5½ oz)

¼ cup crystallised ginger, roughly
chopped (or 1 teaspoon ground
ginger)

375g (13oz) dried mixed fruit

**440g can crushed pineapple, in
natural juice** (reserve liquid)

1 cup sugar

125g (4oz) butter or margarine

2 teaspoons baking powder

1 teaspoon bicarbonate of soda

2 cups plain flour

1 egg, lightly beaten

1 tablespoon rum or brandy
(optional)

1. Line a greased 20cm round cake tin with baking paper.
2. In a saucepan, mix together the cinnamon, dates, ginger, mixed fruit, pineapple, sugar and butter/margarine. Bring to the boil and simmer for 10 minutes. Allow to cool.
3. In a bowl, sift together flour, bicarbonate of soda and baking powder.
4. To the cooled fruit mixture add the egg and rum (or brandy), stir well to combine.
5. Add fruit and egg mix to the flour and mix thoroughly. Pour into cake tin and bake at 160°C for 1-1½ hours, or until skewer comes out clean.

Hint

- *If mixture is too dry, add a little fruit juice (from a freshly squeezed orange)*

Prep Time: 18 minutes

Cooking Time: 1 hr – 1 hr 30 min

Makes: 1 cake

Health Tip

Dried fruit makes this cake a tasty
source of fibre

To help make this cake more suitable
for people with diabetes - replace
half a cup of the flour with oat bran

Variation

Use sultanas and chopped dried
apricots instead of dried mixed fruit



Quick Meal and Snack Ideas

Often the meals you enjoy the most are those that can be prepared easily, quickly and cheaply. Why not try some of these quick meal and snack ideas?

Quick Meal Ideas

Bubble and Squeak

Chop left over potato and fry in a lightly oiled pan, add chopped left over vegetables (e.g. baked vegetables) and heat through. Serve with a poached egg.

Chop left over vegetables (e.g. baked vegetables) and place in a bowl, add mashed potato, a lightly beaten egg and pepper to taste. Combine and mix into patties and cook in a lightly oiled pan for a few minutes each side.

Bottled Sauces

Bottled pasta and stir-fry sauces are a good standby. Add extra chopped vegetables to turn it into a substantial and healthy meal.

Eggs

Use eggs in an omelette, Quick and Easy Quiche, scrambled, poached or boiled. All egg dishes can be served with a salad and bread roll with cheese.

Jacket Potatoes

Microwave or steam potatoes in their jackets. Serve with corn kernels, kidney beans, cheese, yoghurt and herbs, chopped shallots, or with left over Vegetable Casserole.

Pizza

Use pre-made pizza bases or English Muffins to make a quick lunch or dinner. Spread base with tomato paste and top with pineapple, ham, vegetables (e.g. sliced onion, mushrooms, zucchini, capsicum, corn kernels or left over cooked potato), cheese and mixed dried herbs. Another delicious idea is to cover the pizza or muffin base with leftover cooked chicken and vegetables, sprinkle with cheese and drizzle with sweet chilli sauce.

Bake pizzas in a hot oven for 10 minutes or until cheese is golden.

Soup

Heat oil in a saucepan, add a diced onion, garlic clove, and 2 cups of chopped vegetables (e.g. carrot, potato, celery, pumpkin) and stir fry for a few minutes. Add 2 cups of stock and pasta, simmer for 30 minutes. Serve with bread rolls and cheese.

Vegetable Casserole Soup

Use any vegetables left-over from a vegetable dish (e.g. Vegetable Casserole or stir-fry), add 2 cups of water, sachet of soup mix, cooked pasta or rice. Simmer for 15 minutes to heat through. Serve with bread rolls and cheese.

Vegetable Fritters

Mix together a small grated carrot, potato and zucchini with 2 eggs. Add 2 tablespoons of flour and parsley or other herbs, sweet chilli sauce and pepper to taste. Heat oil in a fry pan and add spoonfuls of mixture to the pan. Cook until golden, turning once. Serve with salad and bread rolls.

Vegetable Pasta

Heat oil and add 2-3 cups of chopped vegetables (mushrooms, asparagus, zucchini, carrot), canned tomatoes, garlic, tomato paste and simmer for 30 minutes. Serve with pasta or rice.

Toasted Sandwiches

Use any filling for toasted sandwiches, e.g. cheese, zucchini, mushrooms, corn kernels, creamed corn, red kidney beans, baked beans, tomato, left over roast meat, tuna, vegetable dishes or fruit.

Stir-Fry

Cut meat into strips (or use left over roast or chicken meat) and stir-fry in a lightly oiled pan. Add 2 cups of chopped vegetables (use fresh vegetables or frozen stir-fry vegetable mix) and 2 tablespoons of water, cover and allow to steam for 10 minutes. Stir in sweet chilli sauce or salt-reduced soy sauce. Serve with rice or noodles.

Quick Tasty Rice

Cook rice according to directions on the pack, but five minutes before it has finished cooking, stir in $\frac{1}{2}$ x 440g can corn kernels, $\frac{1}{4}$ cup frozen peas, sliced ham and $\frac{1}{2}$ x 440g can baked beans and parsley. Allow to heat through and serve with grated cheese.

Bean Salad

A tasty salad can be made by combining in a bowl: $\frac{1}{2}$ x 440g can drained and rinsed red kidney beans (or three bean mix), 1 diced tomato, 1 sliced stalk celery, 1 teaspoon vinegar, 1 teaspoon oil, herbs, parsley and pepper. Mix and serve on its own, with a sandwich, or on a bread roll.

Sandwiches

Use a variety of bread rolls or pita bread. Fill with any combination e.g. lettuce, grated carrot, sprouts, cucumber, roast meat, cheese, fish, egg and salad, peanut paste and dried fruit.

Quick Snack Ideas

If you're feeling hungry between meals, why not try some of these tasty snacks. They are all a healthier alternative to tea and biscuits, which can also be quite expensive. Remember to make water a regular drink throughout the day.

- English muffins toasted with cheese
- Fresh fruit and yoghurt
- Milk drinks
- Milkshake made with 1 cup milk, 1 mashed banana, 2 tablespoons yoghurt and $\frac{1}{2}$ teaspoon honey
- Fruit (canned or fresh)
- Bread with spread
- Spicy fruit loaf
- Breakfast cereal with milk and fruit
- Yoghurt
- Fruit and custard

Labels and Food Advertising

Good Advice or Just Confusing?

Choosing Packaged Food

Things to check

- Is it a healthy food choice?
- Will it add to your food variety?
- To which food group does the food belong?
- If the food belongs in the “Extra” food group (see page 7) be careful not to make buy too many of these foods.

Beware of confusing messages on labels and in advertising

- Sometimes a label or ad can falsely imply health benefits
- Look out for words like ‘cholesterol free’, ‘lite’, ‘reduced fat’, ‘low fat’ and ‘fat free’.
- These foods can still contain significant calories or kilojoules from fats and/or sugars.
- Products claiming ‘no artificial, flavourings, colourings, or additives’ may still be high in calories or kilojoules from fats and/or sugars.
- Likewise products with added vitamins and minerals may at the same time contain significant amounts of fat and/or sugar or be low in fibre.

By law, labels on all packaged food must contain at least the following information

- Name of the food
- Name and business address of the manufacturer or importer
- Country of origin of the food
- A list of ingredients from greatest to smallest by weight (including added water) noting the percentage of the key ingredients or components of the food
- Warning about the presence of major allergens in foods, however small the amount, must be declared on the label, such as peanuts, other nuts, seafood, fish, milk, gluten, eggs and soybeans.
- Nutrition Information panel
- A use-by date (if a food must be consumed before a certain date for health and safety reasons) or best before date (if the shelf life is less than two years). Exception - bread can be labeled with a ‘baked on’ date if its shelf life is less than seven days.

Flavoured Yogurt

Nutrition Information Servings per package: 1 Serving size: 200g		
	Quantity per Serving	Quantity per 100g
Energy	770kj 184Cal	385kj 92Cal
Protein	10.6g	5.3g
Fat total - saturated	1.8g 1.2g	0.9g 0.6g
Carbohydrate, total - sugars	29.0g 28.8g	14.5g 14.4g
Sodium	170mg	85mg
Calcium* *percentage of recommended daily intake	328mg (41%)*	164mg
Ingredients: concentrated skim milk, milk, skim milk, sugar, fruit (mango, peach) (7% minimum), live acidophilus and bifidus cultures, halal gelatine, thickener (1442), flavour, natural colour (160b) food acid (332)		

Food Additives

- Only food additives approved for use in foods by Food Standards Australia New Zealand (FSANZ) can be permitted to be used in foods. These additives can only be used if they provide a useful purpose such as preserving the food.
- Additives, whether synthetic or natural, must be listed on the ingredients list, and include their name and individual name or code number.
- This allows those people who may be sensitive to food additives to avoid them.

Food Additive table.

Colours (E100-163):	add or restore colours lost during processing
Preservatives (E200 – 283):	prolong shelf life by controlling growth of bacteria, mould and yeast
Antioxidants (E300 – 322):	prevent foods containing fats and oils from going off (rancid)
Food Acids (E260 – 380):	help to maintain a consistent acid level in foods
Thickeners (E1403-1442):	modify texture and consistency of food including thickening and stabilising emulsions
Humectants:	control moisture levels as they absorb and keep foods moist. Used mainly for baked goods
Flavour enhancers (E621 – 631):	bring out the flavours/odours of foods

\$\$\$ Food Dollars \$\$\$

Value for Money and Value for Health

It's a common thought that healthy food requires lots of money. This need not be the case. Healthy food does, however, require some planning, time to go shopping and time to prepare, but remember for your health and well being, it is definitely worth the effort.

So while you might find yourself spending a little more on fruits and vegetables, you will be spending less on extra foods like takeaways and processed snacks and meals, which are expensive and often represent poor nutrition value for money.

The Five Food Groups for Health and Value for Money

Breads and cereals

- Choose plain breakfast cereals – Weetbix® or rolled oats.
- Remember breakfast cereals can make a healthy, economical snack at any time.
- Bread, rolled oats, rice, pasta and noodles are all cheap and a healthy way to extend meals.
- Add rice to casseroles; oats to rissoles; noodles to stir fries; and serve bread with main meals.
- Add noodles, pasta or rice to turn soup into a substantial meal.
- Choose different breads to add variety – lavash, pita, muffins, rolls, fruit loaf, crusty, wholemeal or wholegrain.



Fruit

- Buy the fruits in season because they are the best value.
- Buy in bulk, stew and freeze.
- Bananas can be mashed and frozen for use in cakes and smoothies.
- In summer, store the fruit in the fridge to prevent it over-ripening.
- Fresh fruit is a superior choice to commercial juice, which is lower in fibre.
- Fresh fruit is the best choice, but canned and dried fruits are easy to store.



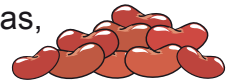
Vegetables

- Buy the vegetables and salads in season.
- Store most vegetables in the crisper in the refrigerator.
- Wash salad greens and herbs, drain and store them in an airtight container in the refrigerator.
- Store potatoes, onion, and garlic in a dark cool cupboard. Root vegetables (like carrots, turnips, beetroot and parsnip) should be stored in the refrigerator - not the cupboard.
- Chopped vegetables and pre-mixed salad can save you time.
- Nutritionally, fresh vegetables are the best option. Frozen vegetables are good value, both nutritionally and dollar wise.
- Dehydrated or freeze-dried peas and potatoes are not good nutritional value for money, compared with fresh or frozen peas and potatoes.
- Use water left over from cooking vegetables for making sauces, gravies and casseroles.
- Add left-over vegetables to casseroles, soups, quiches, stir fries, and salad.



Legumes

- Include baked beans, lentils, split peas, bean mixes, chickpeas, red kidney beans. These can be used to replace meat.
- Extend dishes by adding lentils to soup, meat loaf, rissoles, casseroles and salads.
- Dried legumes can be cooked in large batches then frozen until needed.
- Canned legumes, such as baked beans and kidney beans, are excellent value and nutritionally similar to dried legumes.



Meat and Poultry

- 80-100g lean meat per day will meet daily nutritional requirements.
- Cheaper cuts and bulk buys are not always good value, especially if they include fat, skin, or bone.
- Meats freeze well, so take special offers on lean meats, and keep them in your freezer.



Fish

- When buying fresh fish the flesh should be firm. If the head is intact the eyes should be bright and clear and gills bright pink or red.
- Fish fillets should not have a sticky appearance.
- Varieties such as mullet, tailor, mackerel and perch are usually good quality and economical choices.
- Store fish in the refrigerator for up to 24 hours only.
- Canned fish, such as tuna, salmon and sardines packed in water or brine are good alternatives to fresh fish.



Eggs

- Buy eggs with at least two weeks' shelf-life before the use by date.
- Check carton does not contain cracked eggs.
- To freeze eggs, lightly beat eggs and place in plastic container in the freezer.
- Egg yolks and whites can be frozen separately.



Dairy Food

- UHT milk is a healthy choice, and useful for daily use or emergencies.
- Fresh milk can be frozen.
- Powdered milk is an economical and healthy alternative to fresh.
- One large tub of yoghurt is cheaper than several small tubs.
- Block cheese is better value than sliced or grated cheese.
- Grated cheese keeps longer if kept frozen. No need to defrost.



Fats and Oils

- Liquid oils or sprays are a better choice than solid fats for cooking. Use in small amounts.
- Butter, margarines and mayonnaises should also be used in small amounts.



Pantry Essentials for Food in a Flash

Healthy eating doesn't just happen. Weekly shopping is a good idea to ensure you have a supply of fresh fruits, vegetables, breads, meats and dairy foods.

It is also a good idea to stock your pantry with items that will allow you to prepare a meal or snack, even when you haven't been able to do the weekly shopping. This will mean there is less reason for you to rely on bread and jam or takeaway, which is expensive and often not healthy, when your fridge might be empty.

In the Cupboard

Packets and Jars

- rolled oats
- breakfast cereal
- rice
- pasta and noodles
- crispbreads or crackers
- pasta sauces
- dried fruit
- dried legumes
(beans, peas and lentils)
- herbs and spices
- custard powder
- milk powder
- UHT milk
- peanut butter
- soup mix
- saucers such as tomato sauce,
sweet chilli sauce and
salt-reduced soy sauce
- oil

Cans

- vegetables and fruit
- creamed rice
- canned legumes
e.g. kidney beans, 3 bean mix
- baked beans
- spaghetti
- canned fish e.g. tuna,
sardines, salmon
- soups
- tomato paste
- fruit juice

In the Freezer

- vegetables
- cooked legumes
- bread
- pizza bases
- leftovers e.g. soups and
casseroles
- meat
- grated cheese
- extra cooked meals

Unable to Shop Regularly?

Sometimes it isn't easy to get to the shops, whether it's because you are feeling ill, or transport is not available. To help you in those situations, try these ideas.

- Stock up your pantry and freezer well, but make sure you check the use-by dates.
- Buy frozen and canned foods to use as an alternative to fresh food.
- Check local stores for home delivery service.
- Community Health Centres and Councils may be able to put you in touch with Home Help or Home and Community Care (HACC) services.
- Meals on Wheels or another home delivered meal service may be a useful alternative to shopping and cooking for yourself.
- Grow a small selection of vegetables and herbs in pots or in the garden. Together with a few basic ingredients from the pantry you will be able to create a healthy meal.
- Easy to grow vegetables include tomatoes, carrots, silverbeet or spinach, lettuce, zucchini, snow peas, shallots, parsley and basil.



Used with the kind permission of Queensland Meals on Wheels Services Association Inc.

Food Hygiene

The Basics

We can be assured Australia has one of the safest food systems in the world. However, each year many thousands of food poisoning cases are reported. Food poisoning occurs when food becomes contaminated with bacteria or germs and then those bacteria are allowed to grow on the food. If this contaminated or spoiled food is eaten, there is a strong chance it will make the person eating it very ill. Food poisoning often results in vomiting and diarrhoea which may be mild, but can be serious and even life threatening.

Take care with personal hygiene when preparing food

- Wash your hands thoroughly with soap and water, and dry with a clean towel – NOT THE TEA TOWEL.
- Keep fingernails short, and clean.
- Wash your hands again if you go to the toilet, sneeze, touch your nose, touch your hair or face, scratch your skin.
- Cover any cuts or sores with a waterproof bandage.
- Avoid preparing food for others if you have a cold or infection.

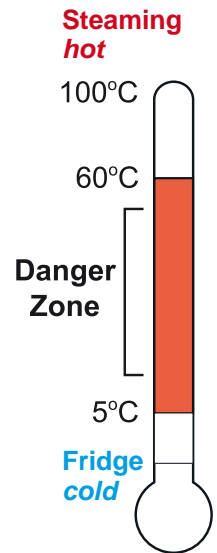
How do foods get cross-contaminated with bacteria (or germs)?

- Bacteria on dirty hands, in your nose or on your skin can be transferred to food during preparation if good personal hygiene is not observed.
- Raw foods such as meat, fish, and chicken carry bacteria, normally destroyed during cooking. Unwashed utensils such as knives and chopping boards can act as 'vehicles' to transfer these bacteria from raw foods to fresh foods such as sandwiches.
- In the fridge, raw foods such as meat or fish may drip liquid containing bacteria onto fresh foods, or foods that do not require further cooking. If eaten, these fresh foods or ready to eat foods could cause illness from the bacteria they now contain.
- Dishcloths need to be washed regularly (hot water and sun dried) as they can carry bacteria, which grow well in the warm, moist, room temperature environment of the dish cloth.

Can bacteria (or germs) grow in foods?

Bacteria (or germs) like to grow in some foods, particularly if they are warm, wet, protein-containing foods, left at room temperature for too long.

- Foods likely to grow bacteria (**high risk foods**) are – chicken, fish, other seafood, meat, eggs, paté, dairy food, gravies and sauces, and cooked rice.
- Keep these foods hot – steaming hot – 60°C or more.
- Keep these foods cold – in the fridge – 5°C or below.
- Avoid keeping these foods at room temperature for too long.
- When reheating cooked foods make sure the food reaches a steaming, 60°C.
- Left-overs should be eaten within 24 hours and either frozen or discarded.



Other hints to keep your food safe

Apart from maintaining highest standards of personal hygiene and keeping high risk foods out of the danger zone temperature – between 5°C and 60°C – the following hints will help you keep your food fresh and safe.

- Wash utensils, like knives and boards well, using hot water in between working with raw and cooked foods, to prevent cross contamination.
- Meat is very high in protein, a bacteria favourite. Keep it in the fridge for up to two days, otherwise freeze it.
- Store cooked and raw meats separately in the fridge.
- Keep a tray under raw meats and defrosting foods to prevent blood dripping onto fresh foods.
- Thaw meats at the bottom of the fridge with a tray underneath or in the microwave. If defrosted in microwave, cook through immediately.
- Thawed foods should not be refrozen.
- Label all frozen containers with the name of the food and date of preparation.
- Freeze food in small batches. This allows for quicker defrosting.
- Reheat food only once.

The golden rule – if in doubt, throw it out.

Food and Diabetes

In Diabetes Mellitus, the body is unable to use glucose (blood sugar) properly. When we eat, some foods release glucose into the blood stream. The glucose provides our bodies with energy. To use this glucose effectively the body requires the help of a hormone called insulin made by an organ called the pancreas. If there is a problem with supply or use of insulin, glucose builds up to higher than normal levels in the blood stream. Having high blood glucose levels over a long period of time can result in damage to the heart, kidneys, eyes, nerves and blood vessels.

There are three main types of diabetes. Type 1 diabetes usually (but not always) occurs in people under 30 years. A person with Type 1 diabetes is required to take insulin to survive. Type 2 diabetes is the most common form of diabetes. It is associated with unhealthy lifestyles and increasingly children are being diagnosed with Type 2 diabetes. Gestational diabetes occurs only during pregnancy.

People with diabetes are advised to follow the same healthy eating guidelines recommended to all Australians. There is no need to prepare separate meals for the person with diabetes and the rest of the family. The Australian Guide to Healthy Eating (page 4) is the key to healthy eating to both prevent and better manage diabetes. To help manage diabetes, meals need to be regular and spread evenly throughout the day. Again, this is good for everyone. Planning when and what to eat helps avoid long periods without food, followed by over-eating less nourishing snack foods when the hunger pangs cannot be ignored.

People with diabetes, just like everyone else, are encouraged to limit their intake of 'saturated fats'. A high saturated fat intake has been shown to interfere with diabetes control. It also contributes to excess weight gain and high levels of blood fats such as cholesterol and triglycerides. This increases the risk of heart disease, a major complication of diabetes.

Contrary to traditional belief, small amounts of sugar do NOT lead to rapid rises in blood glucose (sugar) as once believed. This means the whole emphasis of the diet is NOT on avoiding sugar at all costs. For example healthy milk or fruit based desserts that contain some added sugar ARE suitable for people

with diabetes. Excessive sugar intake is still not desirable as it can contribute to over-eating and poor nutrition. Many sources of added sugar like cakes, biscuits, chocolate and other confectionery are often high in fat.

Special food or 'diabetic' food products are not necessary for people with diabetes. The role of added sugar in the diet of people with diabetes has been brought into line with recommendations for all Australians. This advice is to 'limit' added sugar, not to avoid it completely. Therefore, the role of products containing artificial sweeteners and other sugar substitutes is not as necessary as once believed. If someone has a very sweet tooth and is not able to limit added sugar intake, artificial sweeteners may be helpful.

'Glycemic index' (GI) numbers have been used recently to rank different carbohydrate foods by how quickly the starch or sugar in the food is broken down and released into the blood stream as glucose. If the starch or sugar in a food is broken down and released as glucose slowly, the food will have a low GI number. However, the GI number alone does not tell you if the food is nourishing.

Including some healthy low GI food choices increases the chance of long-term health for everyone. The simplest way to do this is to follow the Australian Guide to Healthy Eating and include a wide variety of minimally processed foods like wholegrain breads, oats, fibre based cereals, a wide variety of vegetables including cooked dried beans and lentils, fruit and low fat dairy foods like milk and yoghurt. Read the recipe Health Tips for more ideas.

For more information on managing or preventing diabetes contact Diabetes Australia – Queensland by phoning 1300 136 588.



The Right Mix – Your Health and Alcohol

Like many of us, you may enjoy a pre-dinner drink or a glass of wine with your meal. For most Australians who drink at low-risk level, alcohol is just part of the mix in a healthy lifestyle that includes good diet and regular exercise.






Ten Tips

Follow these Ten Tips for low-risk drinking as part of your healthy lifestyle:

1. Don't drink on an empty stomach – eat before and during drinking
2. Set a limit to your drinking time
3. Start with a juice or soft drink to quench your thirst
4. Choose light beer or other low-alcohol drinks
5. Drink slowly and don't top up drinks
6. Refill you own glass
7. Have water or other drinks in between alcoholic drinks
8. Drink at your own pace
9. Do something else while you drink – have a meal; play a game of pool or cards
10. Have one to two alcohol-free days a week

Standard Drinks

The following pictures show what represents one standard drink.

Light Beer 425 ml 2.9% alcohol	Full Strength Beer 285 ml 4.9% alcohol	Wine 100ml 12% alcohol	Fortified Wine 60ml 20% alcohol	Spirits 30 ml 40% alcohol
				

Recommendation

- Men should drink no more than 4 standard drinks per day
- Women should drink no more that 2 standard drinks per day

**Drinking at rates above the recommendation
will put your health at serious risk.**

Keep Active

Along with good nutrition, keeping fit and remaining active are the keys to getting the most out of life whatever your age. The following gives some advice about the amount and type of activities you might consider. Before commencing any new activity program you should seek advice from your doctor.

30 minutes a day – every day

- Just 30 minutes a day keeps your heart, lungs, muscles and bones in good working order.
- 30 minutes too much for you? Start with 5-10 minutes and gradually build up
- All activity is good - just keep moving.
- If you can manage more than 30 minutes a day - go for it!

What is moderate intensity activity?

- Moderate intensity activity means you don't have to puff and pant - you can talk but not sing
- You don't have to work up a sweat - but if you do it's ok
- Examples of moderate intensity activity are:

<i>Brisk walking</i>	<i>Walking the dog</i>
<i>Continuous swimming</i>	<i>Yard and garden work</i>
<i>Golf (no cart)</i>	<i>Tennis</i>
<i>Aerobics</i>	<i>Water aerobics</i>
<i>Cycling</i>	<i>Dancing</i>
<i>Washing the car</i>	<i>Mopping and vacuuming</i>

Be strong – do strengthening exercises

Maintaining strong bones and muscles will make it easier for you to do your daily tasks as you get older.

- Some exercises are better for strengthening muscles and bones
- Include strengthening exercises two or three times a week
- Build them into your everyday activities, where possible
- Examples of strengthening exercises are:

<i>Weight, strength or resistance training exercises</i>	<i>Climbing stairs</i>
<i>Lifting and carrying</i>	<i>Digging</i>
	<i>Calisthenics</i>

Be flexible – make sure you bend and stretch

Being flexible means you can bend and move your body through a wide range of movements.

- If you are flexible you will always be able to put on your own shoes and socks.
- Gentle reaching, bending and stretching helps with flexibility.
- You should do these activities everyday – even while watching TV!
- Examples of activities good for flexibility are:

Tai Chi

Yoga

Bowls

Dancing

Mopping and vacuuming

Gardening

Stretching exercises

Keep active and reap the benefits

Even small amounts of activity can be positive for both your physical and mental health. Regular physical activity can reduce the risk of heart disease, type 2 diabetes, osteoporosis, colon cancer, obesity and being injured in a fall.

If you can build up to 30 minutes of moderate intensity physical activity recommended each day, you can look forward to many health gains.

Get Active - It's good for the body

- Builds stamina
- Improves sleeping patterns
- Helps relaxation
- Improves muscle tone
- Increases flexibility
- Helps with weight control

Get Active - It's good for the mind

- Reduces stress and anxiety
- Improves concentration
- Enhances feelings of happiness
- Reduces feeling of sadness

The booklet *Choose Health: Be Active* will give you more information about ways to stay active everyday. For your free copy contact your nearest DVA office on 133 254 or VAN office on 1800 551 918 or contact the Department of Health and Ageing on 1800 500 853.

Conversion Tables

Standard Weight Measures	Metric Millilitres (ml)	Imperial Fluid Ounce (oz)	Cup and Spoon Measures
	600ml	20oz (1 pint)	2½ cups
	300ml	10oz (½ pint)	1¼ cups
	250ml	8oz	1 cup
	125ml	4oz	½ cup
	150ml	5oz (¼ pint)	-
	60ml	2oz	¼ cup
	20ml	-	1 tablespoon (tbs)
	5ml	-	1 teaspoon (tsp)

Standard Liquid Measures	Metric grams (g) kilograms (kg)	Imperial ounce (oz) pounds (lb)
	15g	½ oz
	30g	1oz
	60g	2oz
	90g	3oz
	125g	4oz (¼ lb)
	250g	8oz (½ lb)
	375g	12oz (¾ lb)
	500g	16oz (1 lb)
	1000g (1kg)	32oz (1½ lb)

Oven Temperatures	Metric Celsius (°C)	Imperial Fahrenheit (°F)	Description
	110	225	Cool
	120	250	Very slow
	150	300	Slow
	160	325	Moderately slow
	180	350	Moderate
	190	375	Moderately hot
	200	400	Hot
	230	450	Very hot

Recipe Index

Apple Bread and Butter Pudding	17
Baked Caribbean Bananas	21
Boiled Fruit Cake	42
Creamed Rice	37
Honey and Soy Vegetable Chicken Stir-Fry	26
Hungarian Goulash	18
Fruit Platter	25
Fruit Strudel with Vanilla Yoghurt	33
Mini Roast with Dry Roasted Vegetables	14
Pears with Crusty, Crunchy Crumble	41
Pumpkin, Potato and Parsley Soup	38
Quick and Easy Quiche	30
Rissoles	34
Vegetable Casserole with Steamed Fish Fillets	22
Warm Fruit Salad	29

For More Information

Alcohol Management

The Right Mix

Phone: 133 254

Website: www.therightmix.gov.au

Diabetes

Diabetes Australia

Phone: 1300 136 588

Website: www.diabetesaustralia.com.au

Dietitians

Dietitians Association of Australia

Phone: (02) 6282 9555

Website: www.daa.asn.au

Heart Health

The National Heart Foundation

Phone: 1300 362 787

Website: www.heartfoundation.com.au

Health Information

Department of Health and Ageing

Phone: 1800 020 103

Website: www.health.gov.au

Nutrition

Nutrition Australia

Phone: see website for state contact details

Email: qld@nutritionaustralia.org


Website: www.nutritionaustralia.org

Veterans' Support

Department of Veterans' Affairs

Phone: 133 254

Website: www.dva.gov.au



Nutrition Australia invites you to not only add years to your life but “add life to your years”!

This concise book contains a range of easy to prepare recipes, meal and snack ideas when catering for one or two people. The book also contains valuable information about choosing a balanced diet, food hygiene and economical shopping for a well stocked, healthy pantry. Additional information is provided about maintaining general good health with advice on physical activity, alcohol consumption and diabetes.

Share the information in Adding Life to Your Years - The Cookbook with friends and family so they too can benefit from the quick and healthy food ideas. So eat to enjoy and enjoy to eat!