



## Making your favorite meals – healthier!

A lot of the clients that dine at food relief venues and community organisations in Australia, find it hard to maintain a healthy diet and weight. You can help improve their wellbeing by employing some simple tricks in the kitchen to make great food fast, and not fast food.

### FISH AND CHIPS

- **BAKED CHIPS:** Try chopping up potatoes, coating in a little oil and dried herbs and placing in oven (approx. 60 mins and 180C, turning at least once) instead of deep frying
- **BAKED OR GRILLED FISH:** No need to deep fry fish, simply bake in foil in the oven (180C for approx. 25 minutes per piece) or fry in a pan until flesh is white. Serve with lemon and fresh coriander.
- **ALWAYS SERVE WITH SALAD:** Try to make the plate 1/3 salad, 1/3 chips and 1/3 fish

### SPAGHETTI BOLOGNAISE

- **SNEAK IN VEGGIES:** Grate some zucchini, carrot, celery or onion in to the mince meat mix once it's cooked. You can also add red kidney beans or lentils. The meat should only be 1/2 the sauce.
- **LOW ON CHEESE:** Sprinkle only a little cheese at the end.
- **LEAN MEAT:** Lean mince meat is best. If this is too expensive cook normal mince, then place on a paper towel to strain excess fat, before you combine with sauce.

### BANGERS AND MASH

- **LEAN SAUSAGES:** Sausages are very high in saturated fat (bad for your heart). Try to cook with lean sausages or soak excess fat off before serving
- **MASH:** Try to use skim milk and margarine when making mash. Reduce the amount of salt you put in it and always serve with equal amount of green veggies on the side.
- **BROWN BREAD:** Serve meals with brown, multigrain and rye breads whenever possible.

### DESSERTS

- **FRESH:** Add fresh fruit to every dessert where possible or strain sugar syrup from tinned fruit
- **DAIRY:** Homemade custard or low-sugar/fat yoghurt are better alternatives than ice cream everyday