FOOD TIPS FOR BEING A HEALTHY WEIGHT

HEALTHY BREAKFAST FOODS

- ¾ cup of scrambled egg (low fat milk) on 1 slice of multigrain toast
- 1 cup tinned fruit + ½ low fat/natural yoghurt
- Muesli ¾ cup - low fat milk
- Baked beans or boiled egg with wholegrain/wholemeal toast – small bit of margarine
- 3 weetbix or porridge with low fat milk
- Avocado on toast
- Raisin toast with margarine
- 2 small pancakes with fruit and 1 teaspoon honey

HEALTHY SNACK FOODS

- Tuna on crackers
- Cheese on crackers
- Smoked oysters on crackers
- Crackers with vegemite
- Rice cakes with tomato
- Avocado on toast
- Tinned fruit and yoghurt
- English fruit muffin – margarine
- Reduced fat Yoghurt
- Fruit Salad
- Damper with thin spread of jam

SUGAR FOODS TO LIMIT

Limit foods/drinks high in sugar such as lollies, chocolates, cakes, biscuits, soft drink, cordial and fruit juice.

Drink plenty of water
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HEALTHY LUNCH FOODS

1. Ham and salad sandwich and fruit
2. Left over stew 1 cup 1 scoop rice
3. Plain 2 minute Noodles, tuna and tinned vegetables
4. Tuna tomato and onion on 2 slices of wholemeal toast
5. Rice cakes with tuna cheese tomato
6. Garden salad
7. Bean salad
8. Whole wheat crackers with avocado and tomato or with cheese and tomato
9. Fish soup
10. Lean meat and salad wrap

HEALTHY SUPPER FOODS

1. Beef and Vegetable Stew with rice
2. Fried Rice
3. Chicken and Veg Stir fry
4. Chicken and Vegetable Curry
5. Fish with boiled or steamed veggies and rice