

FOOD TIPS FOR BEING A HEALTHY WEIGHT

HEALTHY BREAKFAST FOODS



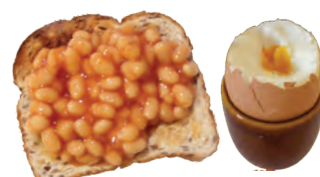
$\frac{3}{4}$ cup of scrambled egg (low fat milk) on 1 slice of multigrain toast



1 cup tinned fruit + $\frac{1}{2}$ low fat /natural yoghurt



Muesli $\frac{3}{4}$ 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



FOOD TIPS FOR BEING A **HEALTHY WEIGHT**

HEALTHY LUNCH FOODS



Ham and salad sandwich
and fruit



Left over stew 1 cup
1 scoop rice



Plain 2 minute Noodles,
tuna and tinned vegetables



Tuna tomato and onion on
2 slices of wholemeal toast



Rice cakes with tuna
cheese tomato



Garden salad



Bean salad



Whole wheat crackers with
avocado and tomato or with
cheese and tomato



Fish soup



Lean meat and
salad wrap

HEALTHY SUPPER FOODS



Beef and Vegetable Stew with rice



Fried Rice



Chicken and Veg Stir fry



Chicken and Vegetable Curry



Fish with boiled or
steamed veggies and rice