

The Guide to

HEALTHY

EATING



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01 *BREAKFAST*



Pear, Banana & Apple Breakfast Bowl

Gluten free, vegetarian, dairy free

Prep time 15 minutes plus optional cooling

Serves 2

INGREDIENTS

- 2 ripe pears
- 2 Granny Smith apples
- 1 large banana peeled and chopped
- 75 ml apple juice
- Juice of ½ lemon
- 2 tbsp sultanas
- 2 tbsp raw cashew nuts
- 1 tbsp sunflower seeds
- 1 tbsp raw sugar
- ½ tsp ground cinnamon
- 1 tbsp goldenberries
- 1 tbsp cranberries



Pear, Banana & Apple Breakfast Bowl

METHOD

1. Core and chop one pear and one apple. Place them in a serving bowl with half the banana and pour over the apple juice and half the lemon juice. Stir well to combine.
2. Core, peel and roughly chops the remaining pear and apple. Add them to a blender with the rest of the banana.
3. Add the remaining apple juice and lemon juice to the blender with the sultanas and nuts. Blend until you have a finely chopped mixture.
4. Stir the blended mixture into the chopped fruit, along with the sunflower seeds, sugar, and cinnamon. Scatter over the goldenberries and cranberries. Chill in the refrigerator if you have time or serve immediately.



Very Berry Overnight Oats

Vegetarian

Prep time 15 minutes plus chilling

Serves 1

INGREDIENTS

- 40 g raw rolled oats
- ½ tbsp milled flaxseed
- ½ tbsp acai berry powder
- 2 tsp goji berries
- 1 tbsp flaked almonds
- ½ tbsp raw honey
- 125 ml raw almond milk or any other milk
- 2 tbsp blueberries or as many as you desire
- 3 strawberries or as many as you desire

*Acai berry powder is full of fibre, vitamin E, iron, and calcium, and is very high in antioxidants.



Very Berry Overnight Oats

METHOD

1. Put the oats, flaxseed, acai berry powder, goji berries, most of the flaked almonds, the honey and almond milk in a lidded jar with 225-250ml capacity. Stir well.
2. Stir a few of the blueberries into the oat mixture. Close the jar and chill in the refrigerator overnight.
3. In the morning, chop the strawberries. Top the oats with the remaining blueberries, strawberries, and the remaining almonds.



Mushroom, Tomato and Goat's Cheese Omelettes

Gluten free, nut free

Prep time + cook time 25 minutes

Serves 4

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 400g mixed mushrooms, sliced (such as button, swiss brown, flat, enoki, shimeji)
- 1 clove garlic, crushed
- ½ teaspoon chopped fresh thyme leaves
- 200g grape tomatoes, halved
- 8 free-range eggs
- 1/3 cup (80ml) water
- 100g drained marinated goats cheese



Mushroom, Tomato and Goat's Cheese Omelettes

METHOD

1. Heat half the oil in a 20cm (8-inch) frying pan over medium-high heat. Cook mushrooms, stirring occasionally, for 8 minutes or until browned.
2. Add garlic, thyme, and tomatoes; cook stirring for 2 minutes or until tomatoes are just softened. Season to taste. Remove from pan and cover to keep warm. Wipe pan clean.
3. Lightly beat eggs and water in a large bowl until combined.
4. Heat ½ teaspoon of the remaining oil in same pan over high heat. Add a quarter of the egg mixture, tilting the pan so it covers the base. Draw the outside edge of the egg mixture into the centre of the pan with a lifter or spatula, letting the uncooked egg run over the base. Repeat until egg is almost set. Top half the omelette with a quarter each of the mushroom mixture and cheese. Fold omelette over and slide out of pan onto a plate, folding in half again as it slides onto the plate.
5. Repeat step 4 with remaining oil, egg mixture, mushroom mixture, and cheese. If you like, serve omelettes topped with extra thyme sprigs and freshly ground black pepper.

Morning Powerbowl Smoothie

Gluten free, vegetarian

Prep time 10 minutes plus chilling

Serves 1

INGREDIENTS

- 50 g strawberries
- 50 g blackberries
- 50 g raspberries
- 1 banana peeled
- 150 ml hemp milk or any other milk
- 1 tbsp coconut oil
- 1 tbsp ground almonds
- 1 kiwi, peeled and sliced
- 2 tsp chia seeds
- 1 small mango peeled, stoned and chopped
- 1 tbsp chopped walnuts
- 2 tsp toasted sesame seeds

*Replace the topping with fruits and nuts of your choice, aiming to use those in season.



Morning Powerbowl Smoothies

METHOD

1. Place the strawberries, blackberries, raspberries, half the banana, the hemp milk, coconut oil and ground almonds in a blender and blend until smooth.
2. Poor into a bowl and place the remaining ingredients on top to serve.



Shakshuka

Gluten free, nut free, vegetarian, dairy free

Prep time 10 minutes Cook time 30 minutes

Serves 6

INGREDIENTS

- 2 tbsp of extra virgin olive oil
- 1 medium onion, diced
- 1 red capsicum, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika
- 1 tsp cumin
- ¼ tsp chilli powder
- 800 g can diced tomatoes
- 6 large eggs
- 1 small bunch of fresh parsley



Shakshuka

METHOD

1. Heat oil in a large pan over medium heat. Add the chopped capsicum and onion and cook for 5 minutes or until the onion browns.
2. Add the garlic and spices and cook for an additional minute.
3. Pour the can of tomatoes into the pan and stir to combine and bring to a simmer.
4. Use a large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped parsley.



02 MAINS



Spaghetti Bolognaise

Dairy free, nut free and gluten free if use gluten free pasta

Prep time 10 minutes Cook time 1 hour

Serves 6

INGREDIENTS

- 2 tsp extra virgin olive oil
- 1 brown onion, diced
- 2 tsp minced garlic
- 2 carrots, chopped
- 250 g button mushrooms, sliced
- 500 g beef mince
- 400 g can diced tomatoes
- 140 g tomato paste
- 680 g tomato passata
- 3 bay leaves
- 1 tbsp Italian herbs
- 250 g spaghetti pasta



Spaghetti Bolognaise

METHOD

1. Heat oil in a large pan over medium heat. Add the chopped onion and cook for 5 minutes or until the onion browns.
2. Add the mushrooms and carrots and cook until vegetables are softened.
3. Add mince to the pan and cook until it browns.
4. Reduce the heat to low. Add the herbs, passata, canned tomatoes, bay leaves, tomato paste. Stir to combine.
5. Cover with a lid and cook for a minimum of 1 hour.
6. Cook pasta to your liking. Combine the pasta and sauce. Serve and enjoy!



Salmon Burrito Bowl

Gluten free, dairy free and nut free

Prep time 20 minutes Cook time 30-33 minutes

Serves 4

INGREDIENTS

SALMON

- 1 tbsp coconut oil
- 2 garlic cloves, crushed
- 1 red onion, peeled and diced
- 1 celery stick, diced
- 1 red capsicum, deseeded and diced
- 400 g canned red kidney beans, rinsed and drained
- 200 g long-grain rice
- 600 ml vegetable stock
- 2 tbsp jerk paste
- 2 tbsp honey
- 4 salmon fillets, each weighing 150 g

MANGO SALSA

- 1 large mango, peeled, stoned, and diced (can also be canned)
- ½ red onion, finely diced
- 2 tbsp chopped fresh coriander
- Juice of 1 lime



Salmon Burrito Bowl

METHOD

1. To make the mango salsa, mix the mango, onion, coriander and lime juice together and leave to stand at room temperature.
2. Meanwhile, heat the coconut oil in a large saucepan, add the garlic, onion, celery, and red pepper and sauté for 4-5 minutes. Add the kidney beans to the pan.
3. Add the rice and stock, bring to the boil, cover and simmer for about 15 minutes, until the rice is tender, and the liquid has been absorbed.
4. Meanwhile, mix together the jerk paste and honey. Preheat the grill to hot and line a baking tray with foil. Place the salmon fillets on the prepared tray and spread the jerk mixture over each one.
5. Cook the salmon under the grill for 8-10 minutes, turning once.
6. Serve the rice in warmed bowls, topped with a fillet of salmon and some mango salsa.

Protein Rice Bowl

Vegetarian and gluten free (check mustard ingredients for gluten free)

Prep time 25 minutes Cook time 40 minutes

Serves 2

INGREDIENTS

- 150 g brown rice
- 2 large eggs
- 70 g spinach
- 4 spring onions, finely chopped
- 1 red chilli, deseeded and finely sliced
- ½ ripe avocado, sliced
- 2 tbsp roasted peanuts

VINAIGRETTE

- 2 tbsp olive oil
- 1 tsp cider vinegar
- Juice of ½ lemon



Protein Rice Bowl

METHOD

1. Place the rice in a large saucepan and cover with twice the volume of water. Bring to the boil and simmer for 25 minutes, or until the rice is tender and the liquid has nearly all disappeared. Continue to simmer for a further few minutes if same liquid remains.
2. Meanwhile, cook your eggs. Bring to a small saucepan of water to boil. Carefully add the eggs to the pan and boil for 7 minutes – the white will be cooked, and the yolks should still be very slightly soft. Drain and pour cold water over the eggs to stop them cooking. When cool enough to handle, tap them on the work surface to crack the shells and peel them. Cut the eggs into quarters.
3. Stir the spinach, half the spring onions and a little red chilli into the cooked rice.
4. To make the vinaigrette, whisk the olive oil, Dijon mustard, cider vinegar and lemon juice together. Pour the dressing over the warm rice and mix to combine.
5. Divide the rice between two bowls and top each with the remaining spring onions, avocado, remaining red chilli, peanuts, and egg quarters.

Buckwheat Risotto with Tomato, Fennel & Haloumi

Gluten free, nut free and vegetarian

Prep time + cook time 40 minutes (+ standing)

Serves 4

INGREDIENTS

- 2 cups (400 g) buckwheat
- 2 tbsp olive oil
- 1 large red onion, chopped
- 1 small fennel bulb, sliced thinly
- 2 cloves garlic, chopped
- 1 cup (250 ml) white wine
- ½ cup (125 ml) gluten-free vegetable stock
- 800g canned diced tomatoes
- 2 tbsp drained capers
- 300 g haloumi, torn
- 2/3 cup (110 g) kalamata olives
- 2 cups (90 g) shredded kale
- 2 tbsp fresh baby basil leaves

*Can use arborio rice instead of buckwheat – gradually add 2 cups of the stock in step 4 or until rice is tender.



Buckwheat Risotto *with Tomato, Fennel* *& Haloumi*

METHOD

1. Place buckwheat in a medium bowl; cover with cold water. Stand overnight. Rinse buckwheat under cold running water until the water runs clear. Drain.
2. Heat oil in a large frying pan over medium heat. Add onion and fennel; cook, stirring occasionally, for 10 minutes or until soft and golden.
3. Add garlic; cook, stirring for 1 minute or until fragrant. Add buckwheat; cook, stirring for 5 minutes.
4. Add wine to pan; bring to the boil; cook, stirring over high heat for 5 minutes or until wine has evaporated. Stir in combined stock and tomatoes; cook, covered, over low heat 10 minutes or until buckwheat is just tender and liquid has been absorbed.
5. Stir in capers, haloumi and olives; cook, covered for 5 minutes or until haloumi is soft. Add kale; cook, stirring, for 3 minutes or until bright green.
6. Serve risotto topped with basil leaves.

Coconut, Coriander Chicken and Vegetable Curry

Gluten free

Prep time + cook time 50 minutes

Serves 6

INGREDIENTS

- 3 fresh long green chillies
- 1 large onion chopped
- 5 cm (2-inch) piece fresh ginger (25g), chopped
- 4 cloves garlic, chopped
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tsp salt
- 1 kg chicken thigh fillets
- 270 ml canned coconut milk
- 2 cups (500 ml) chicken stock
- 600 g orange sweet potato, unpeeled, cut into 2.5 cm pieces
- 300 g cauliflower, chopped
- 90 g baby spinach
- 1 tbsp sesame seeds
- 1/3 cup (50 g) roasted salted cashews
- 1 cup (280 g) Greek-style yoghurt
- 1/2 cup coarsely chopped coriander leaves
- 1/4 cup coarsely chopped fresh mint leaves
- 1 fresh long green chopped, extra for serving (optional)

- ¼ cup lightly packed fresh coriander sprigs, extra (optional)
- 1 lime, cut into wedges



Coconut, Coriander Chicken and Vegetable Curry

METHOD

1. Remove seeds from two of the chillies; chop seeded chillies and one whole chilli.
2. To make curry paste, blend chopped chilli, onion, ginger, garlic, spices and salt until smooth.
3. Trim fat from chicken; cut into 4cm (1 ½-inch) pieces. Heat 2 tbsp of coconut milk in a large saucepan over medium heat, add curry paste; cook, stirring for 3 minutes or until fragrant. Add chicken; cook, stirring for 2 minutes or until combined. Add stock and remaining coconut milk; bring to the boil. Reduce heat; simmer, covered, for 10 minutes.
4. Add sweet potato to curry; simmer, covered for 5 minutes. Add cauliflower; simmer, covered for a further 5 minutes or until potato and cauliflower are just tender. Stir in spinach until wilted.
5. Meanwhile, dry-fry seeds and nuts until browned lightly. Remove from pan; cool. Blend nut mixture until ground finely. Stir nut mixture into curry; stir in ¾ cup of the yoghurt and the chopped herbs. Season to taste.

6. Serve curry drizzled with remaining yoghurt, topped with extra chilli and extra coriander. Serve with lime wedges.



03 *SNACKS*



Home-made Hummus

Gluten free, vegetarian, nut free, dairy free

Prep time 10 minutes

Serves 4

INGREDIENTS

- 500 g chickpea
- 60 ml tahini
- 2 large garlic cloves, chopped
- Juice of 2 lemons
- 1 tbsp extra-virgin olive oil
- Salt, to taste
- ½ teaspoon smoked paprika
- 2 tbsp chopped flat-leaf parsley



Home-made Hummus

METHOD

1. Place chickpeas, tahini, garlic, lemon juice and olive oil in a food processor and blend until you have a smooth and creamy puree. Add a little water if needed to loosen and season with salt.
2. To serve the hummus, drizzle with the extra olive oil, some smoked paprika and the chopped parsley.

*Hummus tastes better if made a day in advance and then served. Use on sandwiches as a spread or use as a dip for celery, carrots, cucumbers, capsicum and zucchini.



Greek-Style Fritters

Vegetarian, nut free, dairy free

Prep time 30 minutes Cook time 10-20 minutes

Serves 8

INGREDIENTS

- 1 large zucchini
- 1 tbsp chopped dill
- Grated zest and juice of 1 lemon
- 1 large free-range egg
- 50 g self-raising flour
- 40 g feta cheese or mozzarella cheese
- 1 tbsp olive oil



Greek-Style Fritters

METHOD

1. Grate the zucchini into a sieve. Press with the back of a spoon to remove the moisture. Put the grated zucchini in a medium bowl. Add the dill, lemon zest and egg and mix well, then add the flour and stir to combine. Add the feta or mozzarella cheese and mix again.
2. Heat a non-stick frying pan over a medium heat and add the olive oil. Spoon about 1 ½ tablespoons of mixture into the pan to make individual fritters. Fry for 3 minutes per side, or until golden brown, then squeeze over the lemon juice. You may need to fry them in batches.



04 *DESSERTS*



Apple, Cherry and Rosemary Crumble

Vegetarian

Prep time + cook time 1 hour

Serves 6

INGREDIENTS

- 8 medium red apples
- ¼ cup (60 ml) water
- 3 cups (375 g) cherries, pitted
- 1 tsp ground cinnamon
- 2 tsp vanilla extract
- 1/3 cup (80 ml) pure maple syrup
- 1 ½ cups (240 g) almonds
- 1 cup (160 g) wholemeal self-raising flour
- 3 tsp fresh rosemary leaves, chopped finely
- ½ cup (120 g) coconut oil, melted
- 2 tbsp pure maple syrup, extra
- 1 ½ cups (420 g) unsweetened vanilla-bean yoghurt



Apple, Cherry and Rosemary Crumble

METHOD

1. Preheat oven to 180°C
2. Peel and core apples; cut into 2cm (3/4-inch) pieces. Place apple and the water in a large saucepan; bring to the boil. Reduce heat to low; cook, covered, for 10 minutes or until apples are just tender.
3. Place apple and cooking liquid in a large bowl; stir in cherries, cinnamon, extract and maple syrup until combined. Spoon into a 2 litre (8-cup) shallow ovenproof dish.
4. Process nuts, flour and rosemary until nuts are chopped coarsely. With motor operating, add coconut oil and extra maple syrup until well combined. Spoon crumble mixture over fruit (piling crumble high on top of fruit as it will sink down during cooking).
5. Bake for 40 minutes or until crumble topping is golden and fruit is soft. Serve with yoghurt.

Raspberry and Banana Bread

Gluten free,

Prep time + cook time 1 ¾ hours (+ cooling)

Serves 8

INGREDIENTS

- 3 large overripe bananas mashed
- ½ cup (125 ml) vegetable oil
- ½ cup (125 ml) soy milk or any other milk
- 2 ½ cups (335 g) gluten-free self-raising flour
- 1 ¼ cups (275 g) firmly packed brown sugar
- ½ tsp bicarbonate of soda (baking soda)
- 1 cup (80 g) desiccated coconut
- 1 cup (150 g) frozen raspberries



Raspberry and Banana Bread

METHOD

1. Preheat oven to 180°C. Grease a 10cm x 20cm (4-inch x 8-inch) loaf pan; line base and long sides with baking paper, extending the paper 5cm (2 inches) over the sides.
2. Combine mashed banana, oil and milk in a small bowl.
3. Combine sifted flour, sugar and bicarbonate of soda with coconut in a large bowl. Make a well in the centre. Pour banana mixture into well; stir to combine. Fold in raspberries until just combined. Spoon mixture into pan; smooth the surface.
4. Bake bread for 1 ¼ hours or until a skewer inserted into the centre comes out clean. Stand bread in pan for 5 minutes before turning, top side up, onto a wire rack to cool.



Coconut and Berry Chia Pudding

Gluten free, nut free, vegetarian, dairy free

Prep time 15 minutes (+ refrigeration)

Serves 6

INGREDIENTS

- 2 ½ cups (625 ml) coconut milk
- 1/3 cup (55 g) white chia seeds
- 1 tsp vanilla extract
- 2 tbsp honey or pure maple syrup
- 1 medium banana, chopped coarsely
- 1 tbsp finely grated orange rind
- 3 cups (300 g) mixed berries
- Micro mint or small mint leaves, to serve



Coconut and Berry Chia Pudding

METHOD

1. Place coconut milk, seeds, extract and honey in a large bowl. Cover; refrigerate for 1 hour or overnight until thick
2. Blend or process coconut milk mixture with banana, rind and 2 cups of the berries. Spoon into six $\frac{3}{4}$ cup (180 ml) serving glasses; refrigerate for 30 minutes or until pudding thickened.
3. Serve puddings topped with remaining berries and mint.



Raspberry and Chocolate Brownie

Gluten free, vegetarian

Prep time + cook time 50 minutes (+ cooling)

Makes 24 pieces

INGREDIENTS

- 150 g butter
- 150 g dark chocolate
- 1 cup (250 ml) milk
- 1 ¼ cups (275 g) caster sugar
- 3 eggs, beaten lightly
- ½ cup (65 g) gluten-free plain (all-purpose) flour
- ½ cup (75 g) buckwheat flour
- ¼ cup (35 g) cacao powder
- 125 g fresh or frozen raspberries



Raspberry and Chocolate Brownie

METHOD

1. Preheat oven to 180°C. Grease a 20cm x 30cm (8-inch x 12-inch) rectangular slice pan; line base and long sides with baking paper, extending the paper 5cm (2 inches) over the sides.
2. Combine butter, chocolate and milk in a medium saucepan over low heat; cook, stirring for 5 minutes or until butter and chocolate are melted and mixture is smooth. Remove from heat; stir in sugar. Cool 10 minutes.
3. Beat eggs into chocolate mixture with a wooden spoon. Stir in combined, sifted flours and cacao. Gently fold through half the raspberries. Pour mixture into pan. Sprinkle with remaining raspberries.
4. Bake for 40 minutes or until a skewer inserted into the centre comes out clean. Cool in pan. Cut into 24 pieces. If you like, serve topped with fresh raspberries and dusted with a little extra cacao.

Rosemary, Pear and Blueberry Cake

Gluten free, vegetarian

Prep time + cook time 1 hour 20 minutes (+ cooling)

Serves 10

INGREDIENTS

- 2 cups (270 g) gluten-free plain (all-purpose) flour
- 1 tsp gluten-free baking powder
- ½ cup (60 g) almond meal
- 250 g butter, softened
- 1 cup (160 g) coconut sugar
- 1 tsp chopped fresh rosemary leaves
- 1 tsp vanilla extract
- 2 tbsp pure maple syrup
- 4 eggs
- 1 cup (280 g) Greek-style yoghurt
- 2 small ripe pears (360 g), peeled, cored, sliced thinly
- 100 g blueberries
- 1/3 cup (80 ml) pure maple syrup, extra



Rosemary, Pear and Blueberry Cake

METHOD

1. Preheat oven to 180°C. Grease and line a 24cm (9 1/2-inch) springform pan.
2. Sift flour and baking powder into a medium bowl; stir in almond meal.
3. Beat butter and coconut sugar in a small bowl with an electric mixer until light and fluffy. Add rosemary, vanilla and maple syrup; beat until combined. Add eggs, one at a time, beating well after each addition. Fold in flour mixture and yoghurt. Spread mixture into pan; press sliced pear and blueberries on top.
4. Bake cake for 1 hour or until skewer inserted into centre comes out clean. Cool in pan. Serve cake drizzled with extra maple syrup.



05 TIPS AND TRICKS



Tips and Tricks to Eating Healthier

BALANCE YOUR MEALS

Find meals that include a balance of protein, carbohydrates and healthy fats.

WATCH YOUR PORTION SIZES

Use a smaller plate, bowl or container to help keep your portions under control.

AVOID EATING TOO LATE AT NIGHT

Eating too late can disrupt your sleep and lead to poor eating habits.

BE MINDFUL OF YOUR SURROUNDINGS

Avoid distractions like your phone, TV or computer and focus on enjoying your meal. Eating with other people is associated with eating well and regularly too.

PLAN YOUR MEAL IN ADVANCE

Take some time to plan out your meals for the week ahead. This can help you make healthier choices and ensures you have all the ingredients you need.

CHOOSE RECIPES THAT CAN BE EASILY BATCH COOKED

Look for recipes that can be easily made for more than one person and even doubled or tripled. This can provide leftovers for the next day to take to work or school for example. It will also save you time prepping another meal.

EAT REGULARLY & DON'T SKIP MEALS

A planned pattern of eating is more likely to include the recommended number of serves from the five food groups. A spontaneous, unstructured eating pattern is more likely to include too many discretionary foods which means too much saturated fat, added sugars and added salt.

EAT LOTS OF FRUIT AND VEGETABLES

Eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen or canned. Getting your 5 a day is easier than it sounds. Try adding a chopped banana over your breakfast cereal or swapping your usual mid-morning snack for a piece of fruit or veg. Variety is key as different fruit and veg contain different nutrients for our bodies to stay healthy.

06 *RESOURCES*



Protein Sources

LEAN MEATS

Chicken, turkey, and fish are all great sources of lean protein that can be easily incorporated into meals.

PLANT BASED

Vegetarians and vegans can get their protein from sources like beans (kidney, black, pinto), lentils, chickpeas, tofu and tempeh.

DAIRY

Greek yoghurt, cottage cheese, and low-fat cheese are all good sources of protein that can be enjoyed on their own or used in recipes.

EGGS

Eggs are a versatile protein sources that can be poached, scrambled, boiled or added to recipes like omelettes or frittatas.

Carbohydrate Sources

FRUIT

Fruits like bananas, apples, berries, and oranges are high in carbohydrates as well as providing essential vitamins and minerals.

WHOLE GRAINS

Whole grains like brown rice, quinoa, oats and whole wheat bread are all great sources of complex carbohydrates that provide long-lasting energy and fibre.

STARCHY VEGETABLES

Starchy vegetables like sweet potatoes, corn, peas, and winter squash are good sources of carbohydrates and fibre.

LEGUMES

Legumes like lentils, chickpeas, and black beans are high in carbohydrates, protein, and fibre, making them a great addition to meals.

Fat Sources

AVOCADO

Avocado is a great source of monounsaturated fats, which can help reduce inflammation and improve heart health.

NUTS AND SEEDS

Nuts and seeds like almonds, chia seeds, and flaxseeds are high in healthy fats and also provide protein, fibre, and vitamins.

FATTY FISH

Fatty fish like salmon, tuna, and mackerel are high in omega-3 fatty acids, which are essential for brain and heart health.

OLIVE OIL

Olive oil is a healthy source of monounsaturated fats and can be used for cooking or as a salad dressing.

NUT BUTTERS

Nut butters like peanut butter and almond butter are high in healthy fats and protein and can be used as a spread or in recipes.

Handy Portion Guide

Portion control is an important part of maintaining a healthy diet, but measuring food with scales or cups is not always practical. That's where our hands come in handy!

Use this guide to estimate portion sizes for different food groups based on the size of your hand:

PROTEIN

Meat, fish poultry: palm of your hand.



CARBOHYDRATES

Rice, pasta, bread, potatoes: cupped hand.



Handy Portion Guide

FRUIT AND VEGETABLES

Cooked or raw: clenched fist.



NUTS AND SEEDS

Handful (small palmful).



FATS

Nut butter, avocado, oil: tip of your thumb.

