

HEALTHY EATING TIPS FOR PARENTS

Follow these healthy eating tips to help you have a balanced, tasty and practical diet.

QUICK MEALS & SNACKS

- Cook some pasta with a vegetable sauce and a salad on the side.
- Scramble, hard-boil or fry eggs and serve with baked beans and wholegrain toast.
- Top pita bread with vegetables and low-fat cheese for an easy pizza.
- Grab fruit, vegetable sticks, cheese, dips and yoghurt for healthy, easy snacks when you're busy.
- Plan meals that you can eat hot or cold, like frittatas. These meals are very versatile, and you can also pack them into containers for outings.
- If you do run out of ingredients and energy, look for takeaway food that's still healthy, like a stir-fry with rice and vegetables, sushi or fresh soups.

PANTRY FOODS FOR QUICK MEALS

It's much easier to cook healthy meals if you have the right foods in your pantry.

- Keep a stock of long-life vegetables like potatoes, carrots and onions for stir-fries, curries and casseroles.
- Serve grain foods like wholegrain pasta, brown rice, barley, bulgur, quinoa and wholegrain couscous with your stir-fries, curries and casseroles.
- Add dried foods like pine nuts, sun-dried tomatoes and shiitake mushrooms to pasta sauces, salads, stir-fries and more.
- Eat almonds, cashews and other nuts (but not salted or fried nuts) as snacks or as part of main meals.
- Use tinned tomatoes, corn and other vegetables, as well as tomato paste, for one-pot dishes like pasta sauces, soups and casseroles.
- Eat canned fish like tuna, salmon and sardines for protein. Tinned beans, lentils and chickpeas are also good sources of protein as well as dietary fibre.
- Add condiments like mustard, soy, chilli, pesto or relish to quick snacks for extra flavour.
- Use ready-made stocks to add instant flavour to fast meals.

HEALTHY FROZEN FOODS

Keep healthy basics in the freezer to cut down the time you spend on cooking and shopping.

- Stock your freezer with frozen vegetables – they have a lot of nutritional goodness.
- Freeze meat like skinless chicken and fish.
- Grate and freeze cheese for homemade pizzas, pasta bakes and other dishes.
- Cook extra rice and freeze for a quick side dish.

TIPS ON FOOD PREPARATION

Save time and fuss with good food prep.

- Prepare and cook meals in bulk and freeze them – for example, casseroles and soups.
- Keep leftovers to use as snacks or in toasted sandwiches.
- Save on washing up by cooking one-pot meals like soups, curries and casseroles.
- Buy vegetables and meat already diced.