

Did you know...?

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

Ingredients

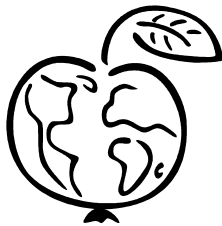
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

Method

1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

Fresh fruit and vegetables – the green food

Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.



Selecting delicious fresh produce

Here are some tips on choosing the best fresh fruit and vegetables for taste and storage:

- select fruit and vegetables that feel firm, smell nice and look fresh
 - small or medium size fruit make good choices for children
 - choose vegetables that snap rather than bend
 - avoid any fruit or vegetables that are limp, split or feel spongy.
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Why eat fruit and veg everyday?

Fruits and vegetables are high in vitamins, minerals and dietary fibre, as well as being rich in antioxidants. Research shows that people who eat adequate amounts of fruits and vegetables everyday can help prevent:

- ✓ coronary heart disease
- ✓ some forms of cancer
- ✓ overweight and obesity
- ✓ constipation
- ✓ high blood pressure and blood cholesterol levels
- ✓ help improve control of diabetes.



Aim to eat fruit and vegetables everyday - the greater the variety, the better health benefits.

What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

Recommended daily intake for children		
Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

Vegetable tips for snacks

- include vegetables slices with cheese and crackers
- top English muffins with chopped tomato, capsicum and ham, sprinkle with grated reduced-fat cheese and heat in the oven or grill
- serve vegetable sticks with salsa
- vegetable-based soup makes a great snack on cold afternoons
- cooked two minute noodles mixed with grated zucchini and chopped tomatoes and top with grated reduced-fat cheese.

Baked potatoes

For a quick and easy meal, wash a medium sized potato then steam or microwave whole until just tender. Cut the top of the potato and scoop a little of the potato out and add canned tuna, creamed corn and sprinkle with reduced-fat grated cheese. Place under a hot grill or in the oven, until the cheese has melted and serve. Alternately add lean bolognese sauce and grated cheese or baked beans and grated cheese.

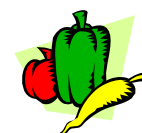


Environmentally friendly snack foods

Fresh fruit and vegetable pieces are a quick and easy snack food. Choose an apple, mandarin, orange, pear, banana, plum, pieces of melon, grapes or other fresh seasonal fruit for a quick and easy snack. No packaging, full of nutrients and antioxidants, plus they taste delicious.

Some interesting vegetable facts

Frozen vegetables are usually snapped frozen on ripening and can have the same nutritional value as fresh vegetables. Try to include different vegetables everyday. Different coloured vegetables provide different vitamins and other nutrients. Eating enough vegetables can protect you against many lifestyle diseases including heart disease, stroke, some cancers and diabetes.



Tempting taste buds

Some children dislike vegetables, however they are still an important food group. Some ideas to tempt reluctant vegetable eaters include:

- Disguising them by blending, mashing and adding them to soups, stews or sauces.
- Offer them raw. Lots of kids prefer crunchy vegetables rather than cooked ones. Carrots, cauliflower, beans or broccoli are great eaten raw.
- Involve children in preparing or growing vegetables. This increases their familiarity and willingness to try new vegetables.
- Serve cut up carrots, celery, tomato and cucumber with salsa, dips, cottage cheese or salad dressing.
- Add kidney beans, red lentils, baked beans or four-bean mix to casseroles, mince or stews.
- Mix mashed potatoes with mashed pumpkin or sweet potato.

Enjoy cooking and preparing meals with your children.

Make vegetarian pizza using Lebanese bread, tomato paste, reduced-fat cheese and let the kids pick the vegetables to go on top. Set up bowls of sliced vegetables and let them decorate their own pizza.

Children need to eat vegetables every day...

Ideas for encouraging kids to eat vegetables include:

- baked beans on toast for breakfast or baked bean toasted sandwiches
 - grated vegetables such as carrot and zucchini into stews, casseroles and mince
 - salad in sandwiches or a small salad to go with a sandwich
 - sliced vegetables, for example cherry tomatoes, cucumber wedges or carrot sticks.
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Boosting the fibre in your child's diet:

- Toss small white or kidney beans into tuna or chicken salad.
- Add extra vegetables to soup. Often, kids forget they're eating "vegetables" when it's part of a soup or stew.
- Toss some of the following ingredients into salads kidney or garbanzo beans; chunks of artichoke hearts, cherry or grape tomatoes, grated fresh carrot, summer squash and broccoli floweret's.
- Substitute whole wheat flour in baked goods like muffins, scones or pikelets. Start with partial substitution and gradually add a larger percentage each time.
- Try using wholemeal pasta; generally children cannot taste the difference.



Did you know...

- ✓ Red plant foods, like tomatoes and watermelon contain lycopene, which is thought to reduce the risk of some cancers and heart disease.
 - ✓ Green vegetables including spinach, cabbage and broccoli contain lutein and zeaxanthin, which can protect against certain eye diseases.
 - ✓ Blue and purple foods like eggplant and blueberries contain anthocyanis, which protect against cancers.
 - ✓ White foods like cauliflower contain sulforaphane which protect against cancer.
 - ✓ Raw vegetables can be rich in the antioxidant vitamin C. Cooking vegetables can release specific antioxidants like lycopene.
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Fruit and vegetables as healthy snacks

Fruit and vegetables are very healthy snacks for children, because:

- the fibre found in these foods can aid digestion
- they are rich in vitamins, such as vitamin C which can build up your child's immune system during the cold weather
- they add variety to a healthy and balanced diet.



Dried fruit

Dried fruit can provide fibre but it is also high in sugar, so no more than one serving of dried fruit should be eaten a day.

Some suggested filling for sandwiches:

- cheese with celery or sliced cucumber
- grated cheese and carrot
- cheese and lettuce
- canned salmon with lemon juice, lettuce or spring onions
- sweet corn with lettuce
- avocado, low-fat cottage cheese or hummus as a healthy spread on sandwiches.



Try including some crunchy fruit or vegetables in your child's lunchbox. Eating these after lunch can help stop tooth decay.

