

Make *the switch*

YOU CAN IMPROVE YOUR HEALTH BY EATING MORE, SAYS VANESSA SCHULDT

Wouldn't it be a dream to be able to eat more without blowing your kilojoule count out of the water? Well, you can. With a little bit of kilojoule know-how and a Sherlock Holmes approach to food, you'll be

able to fill up without filling out. Come on a pictorial food journey to see how it's possible to eat more and slip in some extra nutritional goodness, while keeping those kilojoules on a short leash.

Breakfast

You could have this...

1 slice French toast, pan-fried in 1 tablespoon butter, topped with 2 tablespoons maple syrup (1630kJ, 21g fat, 1g fibre)

OR ALL THIS...

- 2 wheat flake breakfast biscuits with 150ml skim milk
- 100g reduced-fat vanilla yoghurt mixed through with ½ cup sliced strawberries
- 1 slice wholemeal toast with 1 teaspoon peanut butter (1620kJ, 6g fat, 7g fibre)

RISE AND SHINE

The French may be slim and sleek, but this so-called French toast with 13g of saturated fat and very little fibre is quite the opposite. By comparison, the cereal breakfast packs a nutritious punch with mostly heart-friendly 'unsaturated' fats, a quarter of your daily fibre needs and 40 per cent of your daily calcium requirements.





You could have this...

- 2 scrambled eggs
- 2 bacon rashers (28cm long)
- 1 slice white toast with 1 teaspoon margarine
- (1970kJ, 32g fat, 1g fibre)

OR ALL THIS...

- 1 poached egg
- ½ cup baked beans
- ½ cup grilled mushrooms
- ½ cup grilled cherry tomatoes
- 2 wholemeal English muffin halves topped with 1 tablespoon extra light (<5% fat) cream cheese
- 1 cup fresh fruit salad (apple, kiwifruit, orange and blueberries)
- (1930kJ, 9.5g fat, 17g fibre)



Lunch

You could have this...

- 100g serve crumbed, fried fish
- A small serve (100g) hot potato chips
- (1995kJ, 25g fat, 4.5g fibre)

OR ALL THIS...

- 110g serve grilled fish ■ ½ wholemeal bread roll spread with 1½ teaspoons avocado ■ 1½ cups salad (lettuce, capsicum, snow peas, cucumber and cherry tomatoes)
- 2 teaspoons reduced-fat French dressing ■ 1 cup fruit salad (apple, banana, strawberry, canned peaches and pears)
- (1930kJ, 13g fat, 9.9g fibre)

RISE AND SHINE

A hot, hearty breakfast needn't be unhealthy. Hold the bacon and up the ante on legumes, such as **baked beans**, and **vegetables and wholegrain breads** to keep saturated fats at bay and boost fibre plus antioxidant intakes. **Add some vitamin C-rich foods**, like the tomato, kiwifruit, orange and blueberries in this meal to boost the uptake of iron from the baked beans and wholemeal muffin.

MIDDAY FUEL STOP Healthy hearts thrive on **omega-3 fats, fibre, wholegrains and antioxidants** – all elements featured in this grilled fish lunch. Giving chips the flick for a salad, wholemeal roll and fruit salad will more than **triple your fibre intake** and you'll be more than halfway to your daily target of 48g of wholegrains. ►



You could have this...

1 meat pie with
1 tablespoon tomato sauce
(1660kJ, 20g fat, 4g fibre)

OR ALL THIS...

1 wholemeal Mountain bread
filled with 1½ tablespoons
avocado, 60g lean roast beef, 1
lettuce leaf, ¼ cup grated carrot
and ¼ cup sliced cucumber
1 large fresh fig, chopped and
mixed through 100ml low-fat
(99 per cent fat free) custard
(1645kJ, 13.5g fat, 6g fibre)

MIDDAY FUEL STOP

Laden with saturated fat and sodium,
it's best to save the humble meat pie
for a patriotic Australia Day. *Going for
the wrap meal* will give you a decent
dose of protein and fibre, which both
help to keep hunger pangs at bay.



You could have this...

1½ cups Caesar salad
with dressing
(2000kJ, 38g fat, 2g fibre)

OR ALL THIS...

9 pieces of assorted sushi
(2.5cm to 3cm diameter)
180ml miso soup with radish
¾ cup diced honeydew melon
200ml cup green tea
(2000kJ, 6g fat, 5g fibre)

MIDDAY FUEL STOP

'Salad' isn't always synonymous with
'low kilojoule' or 'low fat', which
certainly rings true for a Caesar salad.
Given choice in a food court,
Japanese is usually a safe bet.
Opting for seafood sushi will boost
omega-3 intakes, and research shows
green tea may help reduce belly fat.

Dinner

You could have this...

Butter chicken curry (125g chicken
thigh fillet with ½ cup Indian-style
butter chicken simmer sauce)
¾ cup boiled short-grain white rice
(2000kJ, 20.5g fat, 3g fibre)

OR ALL THIS...

■ Grilled tandoori chicken
(180g skinless chicken
breast with 1 tablespoon
tandoori paste and 1
tablespoon natural low-fat
yoghurt) ■ ½ cup basmati
rice ■ ¾ cup boiled green
peas ■ ¾ cup steamed,
chopped carrots
(1985kJ, 6.5g fat, 14g fibre)

THE LAST SUPPER Switching from
short-grain rice to *basmati rice* will
lower the glycaemic index (GI) of
the meal to help you stay feeling
satisfied for longer. *Adding extra
fibre to your meals* is another
hunger-beating strategy. The fibre
tally in the tandoori meal has been
boosted four-fold simply by *adding
peas and carrots.*



**You could
have this...**

1 cup boiled white pasta
with ½ cup cream-based
commercial sauce
2 medium-size pieces
garlic bread
(2090kJ, 20g fat, 7.5g fibre)

OR ALL THIS...

1½ cups boiled wholemeal
pasta with ¾ cup tomato-
based sauce with seafood
Large salad: 30 baby spinach
leaves, ¼ cup sliced
mushrooms, ¼ cup sliced
red capsicum, ½ cup cherry
tomatoes, 4 asparagus spears

1 tablespoon reduced-fat
Italian dressing
1 tomato bruschetta (toasted
ciabatta topped with ½
medium tomato, 1 teaspoon
olive oil, ½ garlic clove,
1 tablespoon basil leaves)
(2085kJ, 10.5g fat,
17g fibre)

You could have this...

2 thick sausages (12cm x 2.7cm)
2 tablespoons gravy (made from gravy powder)
½ cup mashed potato (made with milk and butter)
(2165kJ, 35g fat, 4.5g fibre)

OR ALL THIS...

Kangaroo and vegetable stir-fry (150g kangaroo

fillet, 1 teaspoon rice bran oil, ½ garlic clove, 1 teaspoon ginger, 15ml each oyster sauce and hoisin sauce, ¼ cup each sliced red capsicum, broccoli, mushrooms, carrot, snow peas and corn kernels)
½ cup boiled buckwheat noodles
½ cup diced watermelon
(2145kJ, 10.5g fat, 15g fibre)

THE LAST SUPPER Regular snags are full of fat, whereas kangaroo meat is lean – containing less than two per cent fat – and is a source of conjugated linoleic acid (CLA), which research shows may help reduce body fat. Adding buckwheat noodles and vegies to your meal will bump up the antioxidant and fibre count. **This tasty stir-fry provides 60 per cent of a woman's daily fibre needs.**



THE LAST SUPPER

Opting for wholemeal pasta instead of the white variety is an easy way to increase your intake of wholegrains. When it comes to sauces, give creamy pasta sauce the flick for a tomato-based one that will give you a lycopene hit. Lycopene is a powerful antioxidant that helps neutralise harmful free radicals to protect the skin and heart, and fight against certain cancers.

Snacks

You could have this...

50g salted, crinkle-cut potato crisps
(1085kJ, 17g fat, 2.5g fibre)

OR ALL THIS...

■ 2½ cups air-popped popcorn ■ Carrot sticks from 1 medium (17cm long) carrot ■ 3 celery sticks (13cm each)
■ ¼ cup hummus dip
(1080kJ, 12g fat, 12g fibre)

SNACK ATTACK Popcorn is high in antioxidants and the hummus and crudité provide further antioxidants and fibre. Compared to the crisps, the healthier snack option provides almost a five-fold increase in fibre.

You could have this...

1 chocolate croissant.
(965kJ, 13g fat, 1g fibre)

OR ALL THIS...

2 wholemeal crumpets with 1 tablespoon creamed cottage cheese and 2 teaspoons low-joule/diet jam
1 mandarin
(965kJ, 2g fat, 4.5g fibre)

SNACK ATTACK The crumpets will give you a sweet hit with a lot less fat and sugar. Rich in vitamin C, the mandarin will boost the amount of iron absorbed from the wholemeal crumpets.

You could have this...

2 cream-filled, chocolate-coated biscuits
(790kJ, 11g fat, negligible fibre)

OR ALL THIS...

2 thin rice cakes topped with ½ tablespoon choc-hazelnut spread
150g tub diet, low-fat fruit yoghurt
(745kJ, 4g fat, 1g fibre)

SNACK ATTACK The chocolate taste of the rice-cake snack will help satisfy chocolate cravings, while the protein-rich yoghurt will help keep hunger away. What's more, the yoghurt will give you more than 20 per cent of your daily calcium needs, whereas the biscuits will give you next to nix. ❌

