

# SAMPLE FROM LOW-FAT PARTICIPANT BOOKLET





### Vegetables and legumes

Vegetables, including legumes/beans are nutrient dense, low in kilojoules, and are a good source of minerals and vitamins (such as magnesium, vitamin C and folate), dietary fibre and a range of natural plant chemicals such as carotenoids. Legumes include chickpeas, kidney beans, and peas. Aim for 5 serves a day.



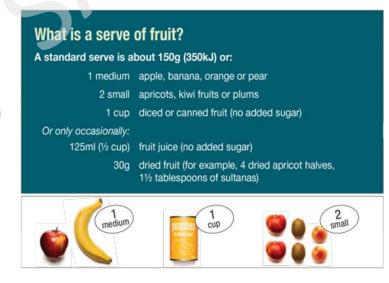
\*With canned varieties, choose those with no added salt

#### Fruit

A wide variety of fruit is grown and available in Australia. Choosing fruits in season provides **better value and better quality**. And just like with veggies, choosing different coloured fruits increases the variety of nutrients, which can enhance your health! Aim for **two serves** of fruit a day.

#### Try eating fruits from these different fruit categories:

- citrus fruit such as oranges, mandarins, and grapefruit
- pome fruits such as apples and pears
- stone fruit such as apricots, cherries, peaches, nectarines, and plums



- tropical fruit such as bananas, papaya, mangoes, pineapple, and melons
- berries

other fruits such as grapes and passionfruit

Enjoy more fruit by trying:

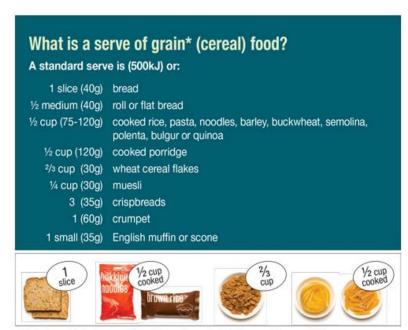
- chopped fruit to cereal, porridge, salad, or toast
- fruit as a convenient snack while out and about
- fruit-based desserts (baked apples, fruit crumbles, stewed/ poached fruit)
- adding fruit to pancakes, scones, pikelets, and low-fat muffins.



#### Wholegrains

All types of grains are good sources of complex carbohydrates and some key vitamins and minerals. Grain foods are mostly made from wheat, oats, rice, rye, barley, millet, quinoa and corn.

Wholegrains are naturally high in fibre, helping you feel full and satisfied — which makes it easier to maintain a healthy body weight. Nutritionally, wholegrain and wholemeal foods are very similar.



\*Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

**Aim for 4-6 serves of grain foods a day**. Additional serves can be eaten depending on your activity level.

#### Enjoy more wholegrains by having:

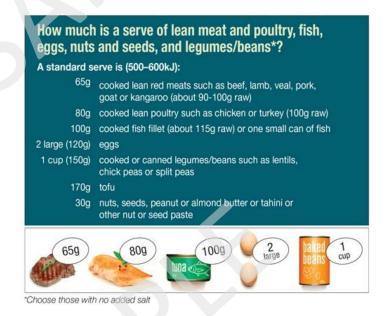
- breakfasts that include whole-grain cereals, like oatmeal.
- wholemeal toast or wholemeal bagels for white-flour versions.
- low-fat muffins made with whole-grain flours.
- sandwiches using whole-grain breads or rolls.
- quinoa, brown rice, wild rice, barley or bulgur instead of white rice.
- wild rice or barley in soups, stews, casseroles and salads.
- rolled oats or crushed whole-wheat bran cereal in recipes instead of dry breadcrumbs.

#### Lean meat and poultry, fish, eggs, tofu, nuts and seeds

These are a critical part of having enough protein each day. They also provide other nutrients such as: iodine, iron, zinc, vitamins, especially B12, and essential fatty acids.

## There's a lot to choose from:

- Lean meats Beef, lamb, veal, pork, kangaroo
- Poultry Chicken, turkey, duck, emu, goose, bush birds
- Fish and seafood Fish, prawns, crab,
  lobster, mussels,
  oysters, scallops,
  clams



- Eggs
- Nuts and seeds Almonds, pine nuts, walnut, macadamia, hazelnut, cashew, peanut, nut spreads, and pumpkin seeds
- Legumes/beans All beans, lentils, chickpeas, split peas, tofu.

#### Milk, yoghurt, cheese, and/or alternatives

Dairy products (and dairy alternatives) are rich in calcium, protein, and lots of nutrients. Dairy foods contribute to strong bones. Aim for at least 2-3 serves daily.

Examples of milk, yoghurt, cheese and/or alternatives include:

- Milks All reduced fat or full cream milks, plain and flavoured, long life milks, fortified soy beverages
- Yoghurt All yoghurts including reduced fat or full cream, plain and flavoured, soy yoghurt (calcium fortified)
- Cheese All hard cheeses, reduced or full fat for example cheddar, Gouda, Swiss

