



HEALTHY EATING WITHIN A BUSY LIFESTYLE

Complete
PerformanceSolutions

Do you rush to grab something to eat on the way to work?

Do you find yourself skipping meals because you don't have enough time for a break?

Do you find it hard to eat healthily with your busy lifestyle? You are not alone.

THE FACTS

Australians spend about one-third of their household budget on convenience foods such as takeaway and supermarket ready-to-eat meals. Although these convenience foods are handy, they tend to be more expensive and are notoriously higher in fat and salt ⁽¹⁾. When in need of something quick and easy to eat, it is also more likely that we make poorer nutritional choices than usual. However, with pre-planning, clever shopping and time saving strategies, you too can succeed in having nutritious and tasty meals without draining time from your busy day. Make healthy eating a priority and you will find yourself more alert, energetic and productive.

BREAKFAST

- **Always eat breakfast** – Breakfast really is 'the most important meal of the day!' It boosts your metabolism, provides you with the energy to get through your day, improves concentration and helps prevent you snacking on 'junk food' later in the day. There is no excuse for skipping breakfast! It's one of the fastest and easiest meals we can have, and one of the best changes you can make.
- **High fibre is the way to go** – A high fibre breakfast will give you longer lasting energy; boost your long term health; and help keep you regular. Boost the fibre content of your breakfast by including foods such as wholegrain bread, high fibre cereal, fresh fruit, dried fruit, nuts, seeds, psyllium husks, oats and/or bran.
- **Eat on the run** – Having something for breakfast is better than having nothing at all. If you struggle to squeeze in a proper breakfast, pack a portable breakfast to have on your way to work or once you arrive at work. Healthy options include breakfast bars, yoghurt, fruit, breakfast drinks (e.g. Sustagen or Up 'n Go), fruit bread or a low-fat bran muffin.
- **Quick and easy breakfasts** - Quick cooking oats; cereal & low fat milk; a smoothie; fruit; low-fat yoghurt; English muffins; fruit toast; creamed corn or baked beans on toast.

LUNCH

- **Pack lunch the night before** – To solve the problem of soggy sandwiches, you can pack the sandwich fillers separately and assemble when ready to eat.
- **Make use of leftovers** – Leftovers are a very quick and easy lunch option. Try cooking an extra portion at dinner time and packing it into takeaway container for the next day.
- **Choose a variety of foods from the 5 food groups** – Choose wholegrain carbohydrates + a protein source + vegetables/salad + a low-fat dairy product + fruit.



www.completeperformancesolutions.com

Tel 07 3166 8183 Fax 07 3112 4239

Mob 0402 076 311

PO Box 7308 East Brisbane Q 4169



DINNER

- **Have a cook-up on the weekend** – On your least busy day try cooking a couple of different meals, portioning into takeaway containers and storing in the fridge or freezer for dinner on busier nights when you don't have time to cook.
- **Frozen meals** – Limit these to twice per week, because of their high salt content. Choose low fat options & serve these meals with extra vegetables or salad.

Complete
Performance Solutions

SNACKS

- **Be prepared** - Buy healthy snack-sized foods and store them in your home & workplace for when you get hungry. Good ideas include baked beans, tuna, tinned corn, low fat cheese sticks, rice crackers, corn thins, fresh or tinned fruit, pretzels, sultanas, yoghurt, cereal bars, instant soups, raw nuts & carrot/celery sticks with low fat dip.

FLUIDS

- **Water is best** – Your body needs at least 6 to 8 glasses of water every day, to maintain your alertness, concentration and decision making abilities. You need even more than this if you are active or if you work in air-conditioning.
- **Always keep water with you** - Keep a bottle of water on your desk at work; in the car; and in your carry bags. This will help remind you to continue sipping throughout the day.
- **Avoid too much caffeine** – Aim for no more than 400mg of caffeine (i.e. 2-4 cups of coffee) per day.

TIME SAVING TIPS

- Stock your kitchen with long-life ingredients - e.g. long life milk, evaporated milk, frozen & canned vegetables, rice, noodles, breakfast cereals, tinned tomatoes, herbs, spices, vinegar, legumes and raw unsalted nuts.
- Cook in bulk and freeze meal-size portions to have for lunch or dinner the next week.
- Invest in a cookbook filled with quick and easy recipes.
- Make use of your microwave, blender and wok to whip up tasty meals.
- Whip up a quick salad to serve with your meals. Salads are an easy way to boost your fibre and vitamin intake and they take very little time to prepare.
- Before shopping, pre-plan your meals for the week and shop accordingly, so you don't run out of essential ingredients such as fresh fruit/vegetables by the end of the week and turn to inappropriate takeaway meals





QUICK & EASY MEALS

You can create quick & easy meals everyday with a well stocked pantry and a bit of imagination.

Complete
Performance Solutions

- **Stir-fry** – use any variety of fresh vegetables (or frozen vegetables if you are in a rush) and add lean meat, chicken or raw nuts. Create a great Asian flavour with soy sauce, oyster sauce, honey, lime juice, chilli, ginger and/or garlic. Serve with Hokkein noodles.
- **Fried rice** - cook basmati rice and add frozen peas, corn kernels, red capsicum, broccoli, mushrooms, diced lite ham & prawns. Flavour with garlic, chilli & soy sauce.
- **Mini pizzas** – use wholemeal pocket bread as a base. Use toppings such as with marinated chicken, lite ham, spinach, capsicum, mushrooms, pine nuts or cashews, avocado, asparagus, Roma tomatoes, pitted olives, pineapple & reduced fat cheese. **Omelette** – mix eggs, skim milk and some reduced fat cheese. Add ham, tomato, mushroom, capsicum & spinach for a great hearty meal.
- **Hummus dip** - puree canned chickpeas with garlic, lemon juice, & olive oil.
- **Quick hearty soup** - combine a can of crushed tomatoes, a can of chicken soup, a can of cannellini beans & some heated frozen vegetables.
- **Seafood dip** - mix a can of salmon or crab meat with low fat mayonnaise, your favourite spices & fresh herbs.
- **Homemade sorbet** - freeze tinned fruit & puree in a food processor just before serving.
- **Pasta sauce** – tinned tomatoes, mixed herbs, tinned tuna or beans plus vegetables.
- **Canned beans** – these are a highly nutritious ingredient you can add (straight from the can) to meals such as spaghetti bolognese, lasagna, cannelloni, chilli con carne, burritos, curries, soups & salads. Beans are very low in fat, and a great source of protein and fibre.
- **Canned tuna / salmon** – a fantastic low fat, high protein addition to your salads.
- **Crackers** – top grainy crackers with items such as cottage cheese, avocado, lite ham, smoked salmon, tuna, tomato, hummus, cucumber, baby spinach, olives, mustard, asparagus & pepper.
- **Baked beans or poached eggs on toast** – use grainy toast & serve with grilled tomatoes or mushrooms
- **Toasted sandwiches** (use a non-stick pan or a thin spray of olive oil)
 - tomato, low fat cheese, mushrooms & eggplant
 - skinless BBQ chicken breast, herbs, tomato and low fat cheese
 - fruit loaf with canned apples & a pinch of cinnamon
- **Soup** – have homemade or canned soup, served with a fresh wholegrain roll.
- **Salad** – make these more appealing by adding nuts, seeds, four bean mix, herbs, roasted vegetables, olives, fat free semi-dried tomatoes, grape tomatoes &/or marinated mushrooms to fancy greens. Add lemon/lime juice, garlic & balsamic vinegar as desired.
- **Dip** - dip raw carrot/celery sticks, snow peas, cauliflower pieces & strips of oven baked pita bread in low fat hummus dip or natural yoghurt topped with sweet chilli sauce.





FROZEN FOODS



Pre-prepared frozen meals are a very handy option when you don't have time to cook a normal meal. Many of them are low in kilojoules (energy content) and therefore can help you in managing your weight. These few tips will help you be able to include these within a healthy balanced diet:

- Limit frozen meals to no more than twice per week, because of their high sodium content.
- There is no need to add salt to these meals, because they already have salt (sodium) added to the meal for preservation and flavour purposes.
- Choose frozen meals that are low in fat (i.e. less than 10g of total fat per 100g).
- Serve your frozen meals with a salad or steamed vegetables to increase the meal's fibre and vitamin content, and to make the meal more filling for you.
- Always ensure you have frozen vegetables in your kitchen as a back-up for when you run out of fresh produce.
- Frozen spinach, peas, corn and mixed vegetables are perfect additions to meals such as spaghetti bolognese, lasagna, curries, stir-fries and soups.

CANNED FOODS

Are canned foods okay?

Stocking your pantry with canned foods is a healthy back-up for when you run out of fresh produce or need to prepare a quick and easy meal. Most canned foods do not contain preservatives as they are instead cooked quickly at high temperatures and sealed straight away in sterile containers to retain the food's natural nutritional value. Canned foods however do tend to have a high sodium (salt) content for taste and preservation reasons, so it is best to choose low-salt products (especially if you have high blood pressure or kidney disease).

Hints for storing and using canned foods

- Check the 'use by date' before use. The shelf life is usually about 2 years as long as they are stored in a cool, dry place.
- Retain the nutritional value (i.e. the vitamin and mineral content). The best way to heat canned foods is to microwave or steam briefly.
- Be gentle because excessive stirring can cause canned fruit or vegetables to fall apart.
- Add canned vegetables last to recipes, to avoid overcooking and help retain their taste, texture and appearance.
- Once you open a can, store any un-used contents in a sealed container in the fridge (but not for longer than 3-4 days).

Note: For more information and recipe suggestions for using canned food you can contact the Canned Food Information Service Inc. or take a look at their website www.cfis.com.au

(1) Department of Human Services, Victoria. Better Health Channel. *Cooking tips for busy people.* Retrieved 29, September 2003 from <http://www.betterhealth.vic.gov.au>

Disclaimer

This fact sheet is provided for your information only and does not replace qualified medical advice. The information provided may not apply to every person or all situations. A medical practitioner should be consulted for all treatment and medication.

© Complete Performance Solutions

All rights reserved



www.completeperformancesolutions.com

Tel 07 3166 8183 Fax 07 3112 4239

Mob 0402 076 311

PO Box 7308 East Brisbane Q 4169