



Recipe for good health

Healthy Cooking Guidelines

Developed by the QCWA Country Kitchens Program July 2019

Connecting women who have the power to heal their communities

qcwacountrykitchens.com.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

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



Use small amounts



Only sometimes and in small amounts



Letter from the QCWA State President



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Dear Reader

I am proud to acknowledge the huge accomplishment the QCWA Country Kitchens program has done by reviewing and publishing this latest version of the Healthy Cooking Guidelines. This resource continues to be the foundation and framework for all QCWA branches to use when cooking at home, within their branches and at their community events.

The environment of nutrition information can be confusing, these guidelines use evidence from current research in the field of nutrition promotion and food literacy with a range of practical examples. QCWA is at the forefront of understanding the needs in their communities and supporting women, children and their families in rural, regional and remote Queensland to improve their healthy lifestyle behaviours.

We know that Queenslanders are not eating the recommended 5 serves of vegetables per day! This has a ripple effect, flowing onto their children and family members. Today, nearly 40% of a child's daily energy intake is coming from foods cooked outside the home. These foods can be high in unhealthy fats, added sugars and salt which are not conducive to good health.

I encourage you to read and refer to this guide as often as you need to develop food literacy in your branches and communities, enabling everyone to achieve healthier lifestyles. Lifestyles that will enrich our families and our communities for years to come.

Regards

Christine King
State President, Queensland Country Women's Association
July 2019

Connecting women who have the power to heal their communities

Table of Contents

| | |
|--|-----------|
| Australian Guide to Healthy Eating | 2 |
| Letter from the QCWA State President | 3 |
| Introduction from the Country Kitchens State Program Manager | 5 |
| QCWA Country Kitchens 5 Key Messages | 6 |
| Food Literacy | 7 |
| Get more Fruit and Veg into your meals | 8 |
| Nutritional Criteria | 9 |
| Share your Healthy Recipe | 15 |
| Cook at Home | 16 |
| Cooking for Self and Others | 17 |
| Check your Portion Size | 25 |
| Waste not Want not | 26 |
| Making Informed Food Choices | 27 |
| Food Labelling | 28 |
| Be Aware of Sugar in Your Drinks | 32 |
| Sit Less, Move More | 34 |
| Nutrition References | 36 |
| Food and Nutrition Tables | 41 |
| Food Safety | 43 |
| References | 47 |

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Queensland Health Preventive Health Branch nutrition staff endorse these Healthy Cooking Guidelines for use by the Queensland Country Womens' Association. V. 2019

Introduction from the Country Kitchens State Program Manager

The QCWA Country Kitchens Program is a collaboration between Queensland Government and the Queensland Country Women's Association. The program endeavours to improve food literacy and build community capacity in nutrition promotion and cooking skills development in QCWA Branch members and their communities across rural, remote and regional Queensland.

These QCWA Country Kitchens Healthy Cooking Guidelines are an integral component of the program providing relevant, current and practical nutrition information for everyone, particularly the QCWA members to use in local branch meetings, events, fund-raisers such as catering functions involving the general public.

A significant outcome of the QCWA Country Kitchens Program is the implementation of our 5 key messages within our QCWA Branches and their local communities. The Healthy Cooking Guidelines aim to be a practical reference for QCWA members to provide safe and healthy food at all health promotion initiatives, functions or events in their communities.

Our 5 key messages are:

1. Get more fruit and vegetables into your meals
2. Cook at home
3. Check your portion size
4. Be aware of sugar in your drinks
5. Sit less, move more.

Eating a variety of nutritious foods is an important factor in preventing chronic disease and living a healthy life. It is evident that more people are eating meals away from home, therefore both marketing and the food industry has an important role to play in influencing food choices. According to the Australian Bureau of Statistics (ABS) the average weekly expenditure on food and beverages consumed out of home continues to increase for each census collection.¹ We encourage safe and healthy cooking of food at home.

The QCWA is very mindful of the general public's concern for safe and healthy food available at all catered events and supports the implementation of the QCWA Country Kitchens Healthy Cooking Guidelines across all branch, division and state events hosted by QCWA members.

This resource aims to support the QCWA Branches to better understand the 5 key messages, how to modify recipes or health-a-size them and assist learning of budgeting and menu planning to enable everyone to both cook and provide healthy food for their friends and families.

We know that most of the burden of disease due to poor nutrition in Australia is associated with excess intake of energy-dense and relatively nutrient-poor foods. These foods are high in energy, saturated fat, added or refined sugars or salt. Conversely our intake of health promoting, nutrient dense foods, including vegetables, fruit and wholegrain cereals, is inadequate.

The QCWA Country Kitchens Program 5 key messages and nutrition promotion strategies align with the Australian Dietary Guidelines (2013).² These were first published in 1982 have been updated nearly every 10 years, with the next due in 2023. Crafted to promote a healthy lifestyle and reduce the risk of chronic diseases, the Australian Dietary Guidelines are written by a panel of independent experts overseen by the National Health and Medicine Research Council. They are based on the most robust nutrition science we have, with over 55,000 scientific papers reviewed in their development.

The Australian Dietary Guidelines aim to promote the benefits of healthy eating, not only to reduce the risk of diet-related disease but also to improve community health and wellbeing. They are intended for people of all ages and backgrounds in the general healthy population, including people with common diet-related risk factors such as being overweight.

We encourage you to keep these Country Kitchens Healthy Cooking Guidelines in your kitchen and refer to them when you are cooking for yourself and others. The information is credible, developed by the dietitians and nutritionists who are part of the Country Kitchens team, and intended to improve the health of our communities and future generations. A goal everyone aspires to achieve.

Fiona McKenzie, State Program Manager QCWA Country Kitchens Program

QCWA Country Kitchens 5 Key Messages



Get more fruit and veg into your meals

Incorporating more vegetables and fruit into each meal is a great way to improve you and your family's health. Research shows that the more veggies we eat, the better. But Queenslanders aren't eating enough. **Only 8.6% of adults and 3.7% of children³** are eating the recommended **5 serves of vegetables each day**. That's 5 cups of salad or 2.5 cups of cooked veg or 2.5 cups of beans and lentils—each and every day.

We are better at eating fruit but still many of us don't eat 2 serves of fruit each day. One serve of fruit is one regular apple, or an orange, or a banana or 2 small nectarines or peaches or 1 cup cooked fruit. Our **Healthy Cooking Guidelines** provide all serve sizes recommended in the Australian Dietary Guidelines Summary (2013)² refer p.40, available for download at <https://www.eatforhealth.gov.au/guidelines>.



Cook at Home

Based on ABS household expenditure survey (Household Expenditure Survey) data, the trend away from home cooking toward meals out and fast foods has continued in recent years. The share of meals out and fast foods in total food expenditure increased from 25 per cent in 1988-89 to 34 per cent in 2015-16.¹

Food readily available and most heavily advertised are often discretionary choices. Discretionary foods are typically high in saturated fat, added sugars, added salt and alcohol. You can make a few simple changes to add nutritional value to your recipes—such as **adding more fruit, vegetables and legumes to each meal**. Cooking at home allows you to prepare healthier options.



Check your Portion

Food and drink portions have increased dramatically over the past 25 years—the age of super-sizing. The health cost for upsizing food serves is huge. **Just 33% of our Adults are within the healthy weight range. Queensland children are ranked second highest with 24.6% in the overweight and obese range in 2017-18.**⁴ Larger portions often have more kilojoules. Here are some tips to checking your portion:

- ½ of your plate should be vegetables (think variety and colour)
- ¼ of your plate should be good-quality carbohydrate rich food—such as potatoes or wholegrain cereals such as wholemeal pasta, brown rice, oats, quinoa.
- ¼ of your plate should have food sources of protein, like lean meat, poultry, eggs or legumes



Be aware of Sugar in Your Drinks

Sugar in drinks continue to be a major health concern for children and youth. Sugar sweetened beverages can lead to tooth decay and excessive weight gain. Added sugars include white sugar, brown sugar, icing sugar, honey and syrups to name a few. **Limit your intake of beverages such as soft drinks, vitamin waters and fruit drinks.** Water is always the best option!



Sit Less, Move More

Queensland currently ranked third place for Adult age standardised healthy weight ranking at 33% behind Australian Capital Territory and Northern Territory in Australia.⁴ So, being physically active every day is important for the health of all, no matter your age of ability. It gives you more energy, increases self-confidence and can help increase bone strength. **Aim for at least 30 minutes of exercise every day.**

Food Literacy

Food Literacy seems to be the buzz word of the moment, on the tip of both politicians and dietitian/nutritionists tongues alike. You may have heard the Country Kitchens team use this term in Foodie Talks and Hands on Nutrition Workshops. But what does Food Literacy really mean? There have been many definitions given by academics, but the Country Kitchens Program resonates with the research coming out of Queensland, and believes food literacy can be reasonably defined as the following:

“Food literacy is the scaffolding that empowers individuals, households, communities or nations to protect diet quality through change and strengthen dietary resilience over time. It is a collection of inter-related knowledge, skills and behaviours required to plan, manage, select, prepare and eat food to meet needs and determine intake.”⁵ (Vidgen & Begley, 2018)

Food Literacy is composed of a set of skills and attributes, that help people to sustain the daily preparation of healthy, tasty, affordable meals for themselves and their families. These skills can be learned through participation in programs and workshops such as those provided by Country Kitchens. This knowledge and skills creates resilience in eating patterns and behaviours throughout changes of circumstance such as a change of job, changes in socio-economic status or moving to a new town. Four skill areas that we focus on to develop food literacy are:

- 1. Planning and Management:** This is the ability to be able to plan meals in advance as well as to be able to budget appropriately for food intake for a period of time. Mastery of food planning and management skills will allow adoption of our 5 key messages, even as life becomes busy or if finances change.
- 2. Selection:** This refers to the skills in physically selecting foods. This includes understanding what a ripe fruit or vegetable may look like, knowing how much food you need and what type of food you need or being able to read and understand nutrition labelling on packaged foods. Being able to assess the quality of foods is important to reduce food waste as well as making healthier choices between similar products. Country Kitchens Program team knows reading food labels can be confusing, refer p.29-33, with helpful tips for reading food labels.
- 3. Preparation:** Educating our communities on how to prepare and modify recipes and foods is a large part of the Country Kitchens vision and program. Our Hands on Nutrition Workshop focuses exactly on this element of food literacy! Being able to prepare commonly available foods, adapt recipes and prepare and store food safely is an important food literacy skill to carry throughout life.
- 4. Eating:** While eating may be an inherent skill, we can still train ourselves to eat thoughtfully or mindfully. This means understanding the food we are consuming has an impact on our personal wellbeing and developing self-awareness to balance food intake, both in frequency and portion size. In addition, recognizing that eating is a large part of our social lives and enjoying food in a social way.

By developing these key food literacy skills, we can achieve a high quality diet from a range of foods as recommended by the Australian Dietary Guidelines, in any circumstance. The Country Kitchens Program goal is for all our participants to master these skills, in combination with the 5 key messages, to promote healthy eating and lifestyle within Queensland communities.

Get More Fruit and Veg into your meals



WHY ARE FRUIT AND VEGETABLES IMPORTANT?

In Queensland, research indicates that:

- Less than 10% of Queenslanders consume the recommended 5 serves of vegetables every day³ – that is just 2.5 cups of cooked vegetables or 5 cups of salad vegetables!
- Vegetables are nutrient dense and relatively low in energy (kilojoules) and a good source of minerals, vitamins, dietary fibre and phytochemicals
- Vegetables provide a diversity of colours, textures, and flavours adding to the enjoyment of eating
- Generally, they are affordable and can be purchased fresh, frozen, canned and dried.

EATING MORE FRUIT AND VEGETABLES:

- Increases nutrients in your diet such as
 - Folate, Magnesium, Potassium, Vitamin C and Zinc
 - Phytonutrients (carotenoids, lycopene, flavonoids, anthocyanins), found in plants provide significant health benefits such as reducing the risk of cardiovascular disease and some diet-related cancers,
- Helps prevent chronic diseases such as diabetes, cardiovascular disease and some cancers
- Increases intake of dietary fibre which helps prevent many chronic diseases, improve gut health and mental health
- Reduces risk of weight gain.

HOW CAN YOU GET MORE FRUIT AND VEG INTO YOUR MEALS?

- Adding colourful vegetables and fruit into each meal, a rainbow of colour on your plate
- Offering fruit and vegetable-based side-dishes or snacks
- Start your day with some vegetables, such as spinach with a poached egg
- Keep frozen vegetables on hand so you can easily add to any meal
- Use canned legumes, lentils and beans in a variety of ways, such as spread on sandwiches (hummus) as an alternative to animal protein (lentil burgers, casseroles and soups) or in baking (bean brownies, chickpea orange cake)
- Try adding fruit or vegetables to every dish you cook or prepare at home
- An easy meal is BBQ chicken with a side of coleslaw or garden salad and bread rolls
- Substitute added sugar in recipes with high fibre fruits or sweet vegetables such as pumpkin or sweet potato
- Incorporate 1 or 2 vegetarian meals per week.

Nutritional Criteria

The marketing and food industry can influence the food choices of consumers. Front of pack labelling, such as the Health Star Rating, is a way of catching customers attention and making them aware of the healthier food choices, when buying packaged foods. The QCWA Country Kitchens Stamp of Approval is used to help consumers identify a 'healthier' food choice at QCWA events.

QCWA members use the nutritional criteria when developing healthy recipes for their families, events, monthly meetings, recipe books and when catering for events in the general community.

The Country Kitchens dietitian/nutritionists have developed two nutritional criteria.

The first relates to **Everyday Food**; suitable recipes will contain foods recommended within the Australian Dietary Guidelines to eat daily, refer p.41. These foods are everyday healthy foods that are accessible in your local market place.

The second criteria is used for **Discretionary Food**; this includes food and drinks not necessary to provide the nutrients the body needs, but that may add variety. Many of these are high in saturated fats, sugars, salt and/or alcohol, and are therefore described as energy dense. They can be included sometimes (not every day) in small amounts by those who are physically active but are not a necessary part of the diet.

Your recipe must meet the following criteria to achieve the Country Kitchen's Stamp of Approval:

ESSENTIAL CRITERIA FOR AN EVERYDAY FOOD (ALL 4 MUST BE MET)

1. contains at least 1 serve of fruit and/or vegetable per portion
2. no added sugar
3. fat contributing foods make up less than 20% of the total composition
4. no added salt

Bonus Points (greater number = healthier recipe)

- contains more monounsaturated and polyunsaturated fat sources than saturated and trans fat sources
- contains a lean/ low fat protein source (meat and meat alternatives or milk and milk alternatives)
- contains a wholegrain dietary fibre source (grain foods)

ESSENTIAL CRITERIA FOR A DISCRETIONARY FOOD

1. contains at least 1/2 a serve of fruit and/or vegetable per portion

Bonus Points (greater number = healthier recipe), aim for at least 4

- at least 50% of the total sugar comes from intact sugar that is naturally found in food (for example fruit or milk), not sugar, honey or syrups that are added to the recipe
- fat contributing foods make up less than 25% of the total composition
- contains more monounsaturated and polyunsaturated fat sources than saturated and trans fat sources
- no added salt
- contains a wholegrain dietary fibre source (grain foods)
- contains a lean / low fat protein source (meat and meat alternatives or milk and milk alternatives)
- 600kJ or less per serve

Health-a-size your Recipe

To help identify if your recipe meets the QCWA Country Kitchens Stamp of Approval, we have a range of methods to use. The simplest is to use the following checklist.

- ☑ Does your recipe contain ½ cup vegetables per portion? Can you increase the amount of vegetables?
- ☑ Does your recipe contain fruit? Can you increase the amount of fruit?
- ☑ Does your recipe contain added sugar, honey or syrups? Can you reduce the amount of these types of added sugar?
- ☑ Does your recipe contain saturated or trans fats? Can you trim all animal meats, substitute some meat with legumes, lentils or beans? Can you choose a reduced fat source of milk, yoghurt, cheese and/or alternatives?
- ☑ Does your recipe have ingredients high in sodium or salt? Can you reduce the amount of added salt?
- ☑ Does your recipe have a source of wholemeal grains or cereals? Can you increase the amount of dietary fibre from wholegrain cereals?

Country Kitchens Stamp of Approval

The nutritionists at Country Kitchens use a nutrient calculator for every recipe to check that it meets the nutrient criteria. All recipes are checked prior to publishing in recipe books or on the web.

To help health-a-size your recipe we have included a range of useful tips, please refer to the Recipe Modification, refer p.14-15.

The QCWA Country Kitchens Stamp of Approval has the capacity to inform and empower consumers to make healthier choice.

The QCWA Country Kitchens Facilitators can help QCWA members to correctly use the criteria until confident in using it. A printable version of the stamp is provided our website. We encourage all QCWA members to health-a-size their recipes, bring them to branch meetings and using the Country Kitchens “Stamp of Approval” promote their healthy recipe item.

Healthy recipes that are enjoyed by QCWA members can be forwarded to the QCWA Country Kitchens team to be included on the QCWA Country Kitchens website, please send your recipe to countrykitchens@qcwa.org.au



Recipe Modification

Making a few simple changes can make recipes healthier, such as changes to cooking methods and ingredients used. The information below will assist in making recipes both healthier and easier to prepare.

Saturated fat, sugar and salt are ingredients in recipes that can be reduced to make recipes healthier. Depending on the recipe, substitute or reduce ingredients to decrease fat, sugar and salt and add ingredients to increase the nutritional value. Always test the recipe when making a modification. Adjust the ingredients and method until you have a consistent result.

TABLE 1 – RECIPE MODIFICATION OPTIONS

| | |
|---|---|
| <p>Increasing fruit and vegetables</p> <ul style="list-style-type: none"> ↑ plant food ↑ vitamins, minerals ↑ phytochemicals, antioxidants ↑ dietary fibre | <ul style="list-style-type: none"> ▪ grate vegetables such as sweet potato, carrot and zucchini into meat dishes like casseroles or spaghetti bolognaise ▪ choose tomato based sauces when preparing pasta dishes ▪ add fruit or vegetable when baking cakes or muffins ▪ use canned legumes or beans in dishes as a substitute for meat ▪ add side salad to dishes ▪ experiment with different fruit and vegetables in salads e.g. asparagus, mango ▪ use equipment such as a spiralizer or a peeler to prepare vegetables in different ways |
| <p>Reducing or changing sugar</p> <ul style="list-style-type: none"> ↓ non-nutritive sweeteners ↓ added sugars ↓ total amount of sugar ↑ naturally occurring sugar ↑ use of fruit and vegetables | <ul style="list-style-type: none"> ▪ in baked goods such as breads and biscuits reduce or replace up to 50% of the sugar with fresh, frozen, canned or dried fruit and/or vegetables or skim milk powder. ▪ extra spices such as cinnamon or nutmeg and flavourings eg. vanilla essence, can be added to compensate for reduced sweetness ▪ buy unsweetened frozen fruit or fruit canned in water or its own juice. Stew fruit without added sugar – dried fruit can also add extra sweetness if needed ▪ honey a natural sugar is classed as an added sugar. Honey is sweeter and denser than cane sugar and can add flavour and sweetness in your recipes. ▪ natural sweeteners such as natvia and stevia can also be used as a sugar substitute |
| <p>Reducing or changing fat</p> <ul style="list-style-type: none"> ↓ saturated fats ↓ trans fats ↓ total amount of all types of fat ↑ mono-unsaturated fats ↑ poly-unsaturated fats ↑ omega 3's ↓ reduces total energy value contributed by fat | <ul style="list-style-type: none"> ▪ in baked goods replace half to all of the fat with unsweetened apple puree or low-fat plain yoghurt ▪ use baking and grilling on a rack as preferred methods of cooking rather than frying ▪ replace whole milk with reduced-fat or skim milk ▪ use naturally lower-fat cheeses, such as feta, ricotta or mozzarella, or use reduced- fat varieties ▪ use reduced-fat evaporated milk instead of cream |

| | |
|--|--|
| <p>Reducing or changing fat, continued</p> | <ul style="list-style-type: none"> use naturally low-fat yoghurt as a substitute for sour cream or use extra light sour cream use reduced-fat coconut-flavoured evaporated milk instead of coconut cream use spray oils instead of pouring oils (or place pouring oils in a spray bottle) use thin spread of poly – or mono-unsaturated spreads on sandwiches instead of butter trim meats of visible fat before cooking and avoid cuts of meat with marbling such as wagyu beef opting for topside, blade, rump, gravy beef, pork fillet, trimmed lamb and skinless chicken |
| <p>Reducing sodium</p> <p>↓ salt</p> | <ul style="list-style-type: none"> do not add salt to fillings in sandwiches, rolls and wraps reduce or omit the amount of salt in a recipe choose herbs such as coriander or parsley and spices such as paprika and cumin, which compliment the food and add flavour instead of salt choose garlic and onion powder rather than garlic and onion salt do not add salt to the water when cooking pasta, noodles or rice if using canned vegetables use low salt varieties use reduced salt sauce and stock varieties |
| <p>Increasing dietary fibre</p> <p>↑ wholegrains ↑ fruit ↑ vegetable ↑ nuts and seeds ↑ legumes and lentils</p> | <ul style="list-style-type: none"> keep the skin on fruits and vegetables whenever possible and check they are washed thoroughly add extra vegetables to sandwiches, burgers, soups, salads, hot meals and in pizza toppings add fruits - fresh, frozen, canned or dried to muffins, cakes, pikelets and pancakes substitute wholemeal flour for half of the regular flour when making breads, muffins, pancakes, pikelets or other grain products. Use wholemeal bread for jaffles use wholemeal or wholegrain English muffins or pitabreads for pizza bases. Wholemeal pita breads, filled with salad, can be used as a variation to sandwiches brown rice makes a tasty 'microwaved fried rice' |
| <p>Check your Portion Size</p> | <ul style="list-style-type: none"> casserole – add extra vegetables to your casserole to get more portions out of the one meal casserole with meat, vegetable and pasta, 1 serve approx. 350 g cake such as round sponge or tea cake cut into 12 slices cake such as fruit cake cut into little finger length and width. one standard drink of alcohol is often less than our custom drinking glasses. 1 standard glass of wine = 110 ml. |

TABLE 2 – EXAMPLE OF EVERYDAY FOOD MODIFICATION

Beef Casserole, Serves 6

Fruit & Veggies: 2 serves per portion

| Original Ingredient List | Modified 'Health-a-sized' version |
|--|---|
| 1kg beef steak, cut into cubes (1000g) | reduced to 500g, trimmed of all visible fat |
| 2 tablespoons oil (40g) | use a mono or poly unsaturated oil |
| 1 large onion, diced (180g) | |
| 1 tablespoon flour (20g) | use wholemeal flour |
| 2 teaspoons Gravox (10g) | reduced salt variety |
| 1 tablespoon curry powder (20g) | |
| 2 cups stock or water (500ml) | reduced salt variety or homemade |
| 2 teaspoons lemon juice (10ml) | |
| 2 carrots, sliced (280g) | do not peel |
| salt and pepper (2g) | salt not added |
| 2 tablespoon sultanas (40g) | |
| 2 tablespoon chutney (40g) | |
| 2 small cooking apples, chopped (200g) | do not peel |
| | add 200g of tomatoes (canned or fresh) |
| | add 2 celery stalks (150g) |
| | add 400g can of chickpeas |

METHOD

REMOVE fat from meat and cut into cubes

HEAT oil in large casserole dish, add onion and saute until transparent, then brown the meat

BLEND flour, Gravox, curry powder with stock or water and add to meat and onions

STIR until bubbles start to appear

ADD lemon juice, carrot, sultanas, chutney, apple, tomatoes, celery and black pepper

PLACE in 150-160°C oven for 1 hour with the lid on (add chickpeas in the final 20 mins of cooking time)

Benefits of the Recipe Modification

- Increased fruit and vegetable serve – an extra 1.5 serves per portion
- Reduced salt content
- Reduced saturated fat
- Increased fibre

TABLE 3 – EXAMPLE OF DISCRETIONARY FOOD MODIFICATION

Fruit Cake, Serves 32
Fruit & Veggies: 1 serve per portion

| Original Ingredient List | Modified 'Health-a-sized' version |
|---------------------------------------|--|
| 500g sultanas | |
| 500g currants | |
| 125g mixed peel | |
| 125g figs, chopped | |
| 125g cherries, halved | |
| 125g nuts | |
| Juice of 1 lemon and 1 orange (100ml) | |
| 3 tablespoons marmalade (60g) | not added |
| 3/4 cup brandy (180ml) | |
| | add 2 x weetbix (30g) |
| | add 400g tinned apple and 100g tinned pears |
| 500g butter | reduced to 250g butter or mono or poly-unsaturated margarine |
| 500g sugar | reduced to 250g sugar |
| 9 eggs (540g) | reduced to 6 eggs (360g) |
| 500g plain flour | reduced to 400g |
| 125g self-raising flour | |
| 1/2 teaspoon salt (2.5g) | 1 teaspoon mixed spice |

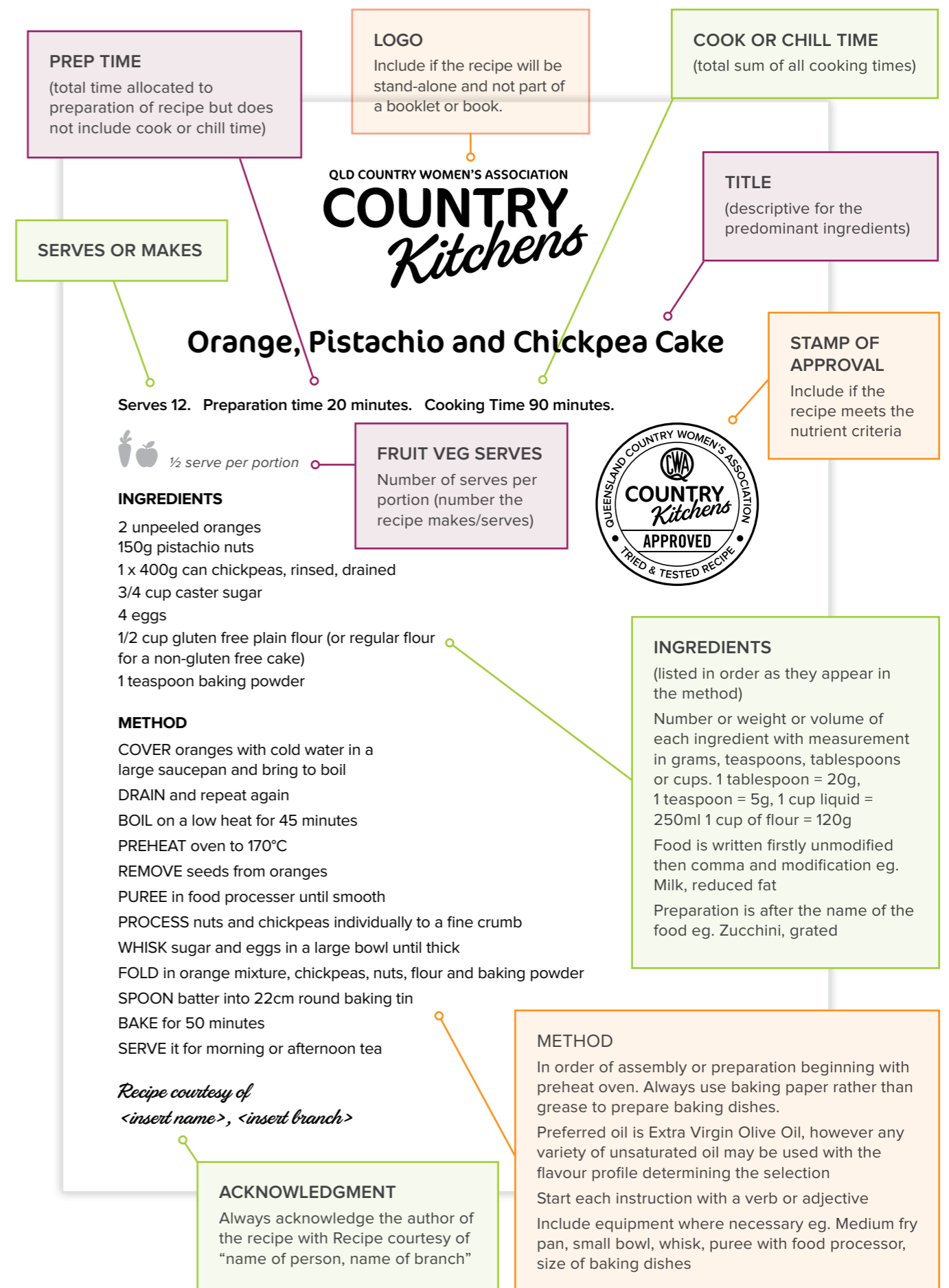
METHOD

PLACE fruit and nuts into a large bowl
POUR the brandy, lemon and orange juices over fruit and nuts and leave the mixture to sit overnight
CREAM the butter and sugar, then add the eggs one at a time, beating well after each addition
SIFT the remaining dry and crumble weetbix mixing well; add half to the butter mixture then add fruit mixture, then the remainder of the dry ingredients and mix well
POUR into a lined 23 x 23cm square tin and bake in a 120°C (100°C if fan forced) oven for 4 hours or until a skewer comes out clean.

Benefits of the Recipe Modification

- Increased fruit and vegetable serve – an extra half serve per portion
- Reduced salt content
- Reduced saturated fat
- Increased fibre

Share your recipe with us





WHY COOK AT HOME?

Cooking at home often saves you money (helping with the weekly budget), gets the family involved in daily meal preparation and means that you oversee the ingredients that go into each meal. This puts you in better control of your health and your family's health. Today more households are eating out and purchasing pre-packaged meals which are often high in energy (kilojoules), sodium (salt), added sugar and saturated or trans fats. This style of eating is not recommended for developing healthy eating behaviours or teaching children food literacy skills. Evidence shows importance of mothers as primary sources of learning about cooking skills.⁶

SAVING MONEY

Careful shopping and sourcing everyday foods in bulk can save money. For example buying a 1 kg tub of reduced fat yoghurt is less expensive than 4x 200g portion controlled tubs. Other money saving tips include looking out for specials and planning prior to shopping to optimise savings on nutritious foods such as wholemeal bread, fruits, vegetables and lean meats. Planning your meals the week ahead with family members can be fun. Writing a list of what you need, using leftovers and avoiding shopping when you're hungry will reduce those emotional purchases.

BATCH COOKING

Today, as more families have busy lives outside the home, just thinking about preparing a meal after a big day can be stressful. Planning your shopping and cooking in larger batches while the food is fresh, reduces waste and saves you time and money. Freeze portions for easy reheat during the week. Meals such as pasta with meat and vegetables, casseroles, vegetable muffins, frittatas, curries and soups keep well frozen for up to 3 months.

HEALTHY INGREDIENTS

Home cooked food is healthier when cooking from 'scratch' and using fresh foods purchased locally. Aim to include the everyday foods from the Australian Guide to Healthy Eating refer p.2. Choose to keep the skin on fruits and vegetables, to maximise nutrition and flavour. Carefully, avoid adding salt and sugar to your everyday foods.

TIME TO SOCIALISE WITH FAMILY AND FRIENDS

The smell and warmth of a home cooked meal is enticing for family and friends to gather around the dining table. Eating together is socially rewarding and sharing your news from your day with loved ones can be a pleasurable experience. Important role modelling of behaviours begins at home, with young children observing parental health behaviours. Choose to sit at the table using cutlery and drinking water or milk for lifetime good habits to begin. Distracted eating or a lack of mindfulness, may lead to an increase in food and beverage intake. Plan to focus on meal times with family or friends by switching off the television or putting ipads/smartphones away.

DEVELOPMENT OF FOOD SKILLS

A person who is food literate has the information, abilities, and practices to acquire nutritious foods and prepare meals and snacks that are safe, nutritious, and culturally acceptable. Food skills can help to build a person's understanding of the food supply or where foods come from. Cooking at home is the best source of intergenerational learning of food skills. It might begin with growing herbs and vegetables in the garden. Involving children in food preparation helps develop their skills in using the senses needed to assess texture, appearance, taste and smell of foods, to determine ripeness or freshness. Food skills also include understanding what kitchen equipment and techniques are needed to cook food safe to eat.⁶

Cooking for Self and Others

Menu Planning

Menu planning is vital when catering for a function, but also helps save time and money at home with your families meals. Below are some things that need to be considered before planning a menu.

QUESTIONS TO ASK WHEN PLANNING A MENU FOR AN EVENT

- Food safety requirements e.g. Where you are going to store food, keeping it hot or cold, and serving area and equipment needed. Time between preparation and serving.
- Where will the function be held?
- How many people will be attending?
- Will there be other food served?
- What is the age range of the clients?
- Are there any dietary requirements? refer p.18
- What type of meal service is appropriate? e.g. Buffet, plated meals, finger food, takeaway style
- Discuss healthy menu options
- What type of food does the client want?
- What type of facilities are available onsite? e.g. Kitchen, serving area, power, hot water, refrigeration
- What drinks are required? e.g. Tea, coffee, water, milk

TIPS

- Cost and estimate food amounts
- Always make a shopping list to avoid overspending
- Consider the ingredients in-season
- Plan a menu to correspond to the weather
- The menu planning will also depend on the time of the event, kitchen equipment and helpers available
- Consider nutritional balance when planning a menu e.g. Don't serve all meat dishes
- serve a variety of different foods, textures and colours.

Dietary Requirements Explained

TABLE 1 – COMMON DIETARY REQUIREMENTS

| Diet | Explanation |
|--------------|---|
| Vegetarian | Vegetarians do not eat meat, poultry or fish. Be sure to provide them with an alternative like beans, yoghurt, cheese, tofu or mixed nuts. |
| Vegan | Vegans do not eat any animal products (no eggs, meat, milk, yoghurt, cheese, cream, gelatine or animal stocks). Consider providing vegans with tofu, beans or nuts as a protein alternative. |
| Gluten Free | People with coeliac disease need to avoid gluten. Gluten is found in certain grains and foods made from these grains. Foods containing gluten include wheat, barley, rye, triticale and products that may contain traces of any of these foods, such as oats. Note: Gluten free cereals are often low in fibre, vitamins and minerals. Consequently, a gluten free diet is not necessarily a healthy option. Choose gluten free high fibre legume (chick peas, bean or pea flour) where possible. |
| Food Allergy | People with a food allergy can have mild to severe reactions to different foods. The most common triggers are tree nuts, ground nuts (peanuts), eggs, seafood, cow's milk, soy and wheat. Importantly, prepare foods separately and ensure hands, all equipment and surfaces are thoroughly cleaned prior to food preparation. Store foods with potential allergens separately and clearly label. |
| Lactose free | Lactose is a natural sugar which may be found in dairy products such as milk, yoghurt, cheese, cream and ice-cream. People with an intolerance for lactose may need to avoid these foods. Soy or nut milks with calcium fortification are preferred alternatives. |
| Kosher | A religious preference of Jewish; people that are keeping kosher will be able to eat common menu items like chicken or beef, but shellfish and pork aren't viable options. Additionally, kosher meat needs to be butchered in a particular manner so you may need to consult your meat supplier. |
| Halal | A religious preference of Muslim; many observant Muslims will abstain from consuming any pork, meat that has not been blessed in a particular manner and alcoholic beverages. It is important to consult your meat supplier. |
| FODMAPS | People with Irritable Bowel Syndrome find relief with a diet low in FODMAPS. FODMAPS is an acronym for a collection of short-chain carbohydrates that occur naturally in many foods and can be added during processing of foods. F=fermentable O=oligosaccharides (fructans and galacto-oligosaccharides) D=disaccharide (lactose) M=monosaccharide (excess fructose) and P=polyols (sorbitol, mannitol, maltitol, xylitol, isomalt and polydextrose). Refer FODMAP Pty Ltd https://fodmapfriendly.com/ for lists of FODMAP tested foods. |

Healthy Menu Options

These recipes are available in QCWA Country Kitchens "Healthy Cook Book" (B&WHCB) or "In My Country Kitchen" cookbook recipes (IMCK), and on our website qcwacountrykitchens.com.au. You may like to consider these suitable when you next prepare food for others, for community events and meetings and would like to offer a healthy alternative.

| Morning Tea | Page | Book |
|---|------|--------|
| Glynis's Jiffy Vegetable Pikelets with Tomato and Spring Onion Salsa | 86 | B&WHCB |
| Leftover Roast Veggie Dip with vegetable sticks | 88 | B&WHCB |
| Vegetarian Muffins | 57 | IMCK |
| Snack Time Slice | 105 | B&WHCB |
| Chewy Date Fig and Ginger Slice | 99 | B&WHCB |
| Lunch | | |
| Quiche | 25 | IMCK |
| Beef Roll with a Difference | 16 | B&WHCB |
| Easy Pizza | 27 | B&WHCB |
| Zucchini and Fetta Slice | 54 | B&WHCB |
| Salads | | |
| Greek Salad | 190 | IMCK |
| Nutty Couscous | 65 | B&WHCB |
| Bean There and Back Salad | 57 | B&WHCB |
| Afternoon Tea | | |
| Sweet Potato Hummus | 90 | B&WHCB |
| Apple and Zucchini Tea Cake | 94 | B&WHCB |
| Chocolate Beetroot Brownies | 99 | B&WHCB |
| Terry's Fruit and Seed Slice | 110 | B&WHCB |
| White Dream Christmas Treat | 111 | B&WHCB |
| Mains | | |
| Cottage Pie with Colcannon Topping | 25 | B&WHCB |
| The Best Moussaka (Ever) | 174 | IMCK |
| Chickpea and Cauliflower Curry | 238 | IMCK |
| Served with selection of salads or vegetable - many recipes on our website and in cookbooks | | |
| Dessert | | |
| Sunshine Fruit Salad | 209 | IMCK |
| Cheese Log | 279 | IMCK |
| Bread and Berry Pudding | 79 | B&WHCB |

Healthy Foods need not be expensive

We often hear that preparing healthy food can be expensive. There is more time required to prepare fresh ingredients, so you will need to factor in additional helpers. However, we have suggested some options that are healthy and inexpensive. We appreciate your feedback, if you have some successful healthy catering options let us know by emailing us at countrykitchens@qcwa.org.au

Sandwiches provide a suitable healthy morning tea or lunch time offering. Choosing wholegrain or wholemeal breads will easily and quickly increase the nutrition inexpensively. Spreading each slice of bread with butter or margarine is traditional practice however to improve the nutrition content consider using alternative spreads such as hummus, mayonnaise, pesto, tomato chutney* or mustard. Avoid adding salt, flavouring with herbs and spices or freshly cracked pepper is preferred.

| Ingredient | 1 sandwich = 4 points | 10 sandwiches = 40 points | 20 sandwiches = 80 points | 50 sandwiches = 200 points |
|-------------------------|-----------------------|---------------------------|---------------------------|----------------------------|
| Bread, wholemeal | 1 slice = 40g | ½ loaf | 1 loaf | 2 loaves |
| Bread, white | 1 slice =40g | ½ loaf | 1 loaf | 2 loaves |
| Multigrain bread | | | | 1 loaf |
| Salad | | | | |
| Bread | 80g | 1 loaf | 2 loaves | 5 loaves |
| Hummus | 20g | 200g | 400g | 1 kg |
| Lettuce | 20g | 200g | 400g (1 lettuce) | 1 kg (2 lettuce) |
| Tomato | 40g | 400g | 800g | 2kg |
| Carrot | 20g | 200g | 400g | 1kg |
| Cheese* | 30g | 300g | 600g | 1.5kg |
| Meat & Salad | | | | |
| Meat- Ham | 60g | 600g | 1.2kg | 2.4kg |
| Salad Option | 80g | 800g | 1.6kg | 4kg |
| Egg and Lettuce | | | | |
| Bread | 80g | 1 loaf | 2 loaves | 5 loaves |
| Egg | 1 boiled egg | 12 eggs | 24 eggs | 48 eggs |
| Lettuce | 20g | 200g | 400g | 1 kg |
| Mayonnaise | 10g | 100g | 200g | 500g |

*Reduced fat version of cheese, Tomato Chutney recipe without added sugar

Healthier Sweet Options

Choosing a healthy option for mid-meal snack or dessert, is easier than just serving fruit salad. Fruit salad is a good healthy option, however depending on the season it can be expensive. We have an excellent variety of healthier recipes in our cookbooks or on our website, you can choose for your next meeting, event or function.

Blueberry and Apple Muffins ½ serve fruit per portion

| Ingredient | 12 muffins | 24 muffins | 48 muffins | 96 muffins |
|-------------------------|-----------------|------------|------------|------------|
| Plain Flour* | 1 ¼ cups (150g) | 300g | 600g | 1.2kg |
| Almond Meal | ⅔ cup (150g) | 300g | 600g | 1.2kg |
| Baking Powder | 2 teaspoons(6g) | 12g | 24g | 48g |
| Eggs | 4 | 8 | 16 | 32 |
| Vegetable Oil | ¼ cup (60ml) | ½ cup | 1 cup | 2 cups |
| Honey | 2 tablespoons | ⅓ cup | ⅔ cup | 500g |
| Cinnamon | 1 teaspoon (2g) | 4g | 8g | 16g |
| Apple, grated | 2 medium (300g) | 5 medium | 9 medium | 18 medium |
| Sultanas or Cranberries | 80g | 160g | 320g | 640g |
| Blueberries | 300g | 600g | 1.2kg | 2.4kg |

*Gluten free substitutes can be used

Sticky Date and Pear Muffins 1 serve fruit per portion

| Ingredient | 12 muffins | 24 muffins | 48 muffins | 96 muffins |
|--------------------|------------------|------------|------------|------------|
| Wholemeal SR Flour | ¾ cup (100g) | 200g | 400g | 800g |
| Plain Flour | ½ cup (60g) | 120g | 240g | 480g |
| Baking Powder | 1 teaspoon (3g) | 6g | 12g | 24g |
| Eggs | 2 | 4 | 8 | 16 |
| Vegetable Oil | ¼ cup (60ml) | 1/2 cup | 1 cup | 2 cups |
| Dates | 1 ½ cups (240g) | 480g | 960g | 1.92kg |
| Vanilla | 1 teaspoon (5ml) | 10ml | 20ml | 40ml |
| Pears, chopped | 2 medium (300g) | 600g | 1.2kg | 2.4kg |
| Boiling Water | 1 ¼ cups (300ml) | 600ml | 1.2L | 2.4L |

As at June 2019, the costing of a Blueberry and Apple Muffin was 77c each, and the costing of the Sticky Date and Pear Muffins was 38c. A comparison muffin shop bought was \$4.50 each. The recipes for these muffins are on the Country Kitchens website. Each of these recipes can also be made in a slab tin with a portion size of approximately 5x5x3cm making nearly 3 serves more per standard recipe, yielding more serves and reducing the cost per muffin slightly.

Bean Brownie ½ serve fruit per portion

| Ingredient | 12 slices | 24 slices | 48 slices | 96 slices |
|-----------------|---------------------|-----------------|---------------|-----------|
| Black Beans | 1 can | 2 cans | 4 cans | 8 cans |
| Brown Sugar | ⅓ cup (80g) | 160g | 320g | 640g |
| Rolled Oats | ½ cup (40g) | 80g | 160g | 320g |
| Baking Powder | ½ teaspoon | 1 teaspoon (3g) | 6g | 12g |
| Cocoa Powder | 2 tablespoons (15g) | 30g | 60g | 120g |
| Vanilla | 1 teaspoon (5ml) | 10 ml | 20ml | 40ml |
| Orange Zest | 1 orange | 2 oranges | 4 oranges | 8 oranges |
| Orange Juice | 1 tablespoon | 2 tablespoons | ½ cup | 1 cup |
| Eggs | 1 | 2 | 4 | 8 |
| Vegetable Oil | ¼ cup (60ml) | ½ cup (120ml) | 1 cup (250ml) | 500ml |
| Chocolate Chips | 2 tablespoons (20g) | 40g | 80g | 160g |
| Banana | 2 medium | 4 medium | 8 medium | 16 banana |

Chewy Date, Fig and Ginger Slice ½ serve fruit per portion

| Ingredient | 18 slices | 36 slices | 72 slices | 144 slices |
|---------------------|------------------|-----------|-----------|------------|
| Wholemeal SR Flour | 1 cup (130g) | 260g | 520g | 1.04kg |
| Cornflour | ⅓ cup (40g) | 80g | 160g | 320g |
| Rolled Oats | ⅔ cup (60g) | 120g | 240g | 480g |
| Brown sugar | ½ cup (100g) | 200g | 400g | 800g |
| Coconut, dessicated | 1 ⅓ cup (160g) | 320g | 640g | 1.28kg |
| Figs, dried | ½ cup (80g) | 160g | 320g | 640g |
| Walnuts | ¼ cup (35g) | 70g | 140g | 280g |
| Milk, reduced fat | 2 cups (500ml) | 1L | 2L | 4L |
| Ginger Powder | 2 teaspoons (6g) | 12g | 24g | 48g |

Essential Kitchen Equipment

The following list of items is the Country Kitchens' program standard list of equipment to successfully run the cooking classes using the workshop recipes. We recommend you use it as a checklist for your next event.

Aesthetic & Advertising

Backdrop/coffin
A-frame
Flags
Posters
Banner
Tablecloth - plastic or cloth
Plastic book/flyer holders
Table
Chairs
Gazebo (optional)

Water

Water canister
Paper Cups

Cleaning Equipment

Chux roll
Stainless steel wool
Dishwashing liquid
Bucket
Spray bottle with disinfectant
10 Tea towels
Bag for dirty tea towels
Paper towel

Health and Safety

Food Safety Posters
First aid kit
Hand sanitizer
Rubber mats (to cover power leads)
Trolley
Rubbish bags

Communal Tub

Whisk
Ladle
Red Chopping Board
Pastry Brush
Blender
Can opener

Kitchen Tubs

Chopping Boards
Cooks Knives and Paring Knives
Frypan and lid
Saucepan and lid
Stainless Steel Bowls (set of 4)
Peeler
Measuring Cups
Measuring Spoons
Grater
Spatula
Tongs
Slotted Spoon
Solid Spoon
Egg Lift

Stationary

Pens
Blue tack
Sticky tape (gaffa tape)
Scissors
QCWA membership packs
Receipt book
Cash tin

Serving Items

Serving platters
Serving bowls
Salad Servers
Serving Tongs
Stamp of Approval Markers
Cutlery

Baking Equipment

Muffin Pans
Baking Trays
Loaf Tin
Slice Pan
Oven Mitts
Cooling Rack

Food Presentation and Styling

The way food is presented influences the customer purchasing behaviour. Below are some tips of food presentation and styling. Remember, people eat with their eyes, use your creativity and skill to enhance the look of the food you are presenting.

COLOURS

Choose colourful plates to provide a contrast or a neutral background to highlight the food. Vegetables, fruit and herbs (garnish) also add colour. Always aim to have a variety of colours on your plate or in your dish. Garnish such as herbs, spices, citrus slices/wedges can add a burst of colour.

SHAPES

The size of the plate will change the presentation, a small plate filled with food may appear crowded, while a large empty plate may encourage unnecessary over-eating. Using odd numbers can help create a visually appealing plate eg. 3 small florets of broccoli. Using a variety of shapes on the plate can create visual appeal. A mix of vegetables cut in rounds, lengths, angles, shredded or diced adds interest to the meal.

TEXTURES

Depending on how they are prepared, foods can provide different textural experiences. Texture is important both visually and during eating. For example many people prefer creamy/smooth mashed potato to lumpy. When styling foods it is important to think about putting different textures on the plate. Some examples of texture include crunchy cereal, smooth ice cream, tender steak and crisp lettuce.

KEEP IT SIMPLE

Select one ingredient to focus on and use space to simplify the presentation. Clutter distracts from the main elements of your dish and it might confuse the diners on what to focus on.

PLAY WITH HEIGHT

Just like with centrepieces, it's good to have a little bit of height, but don't overdo it or your guests won't know how to proceed! If you have a mound of mashed potatoes (mid-height), you may want to lean your pork chop against it so that it is standing up (high), with a row of snow peas (low) in front. Or, top some rice (low) with sliced grilled chicken (cut into a few diagonal slices, and fan them out) (mid-height) and cross asparagus over top of it (high).

SANDWICHES

Presentation of sandwiches cut into 'points' adds colour and helps the customer choose their portion. Using alternate white and wholemeal bread provides more fibre and colourful interest.

Note: One sandwich made with 2 slices of bread can be cut into 4 points. Laying the sandwich on the crusty edges with 'points' poking up on the plate.



Check Your Portion Size



The Australian Dietary Guidelines suggest recommended serve sizes refer p.39 for both everyday and discretionary food. Many people know it is important to balance the amount of discretionary food eaten. Unfortunately, more of our food is consumed outside the home and much of this food is discretionary food. We are not eating a balanced diet, but one that is proportionately too high in foods containing saturated and trans fats, added sugars, salt and alcohol.

Importantly, many Queenslanders need to eat more vegetables everyday. A serve of cooked vegetable is ½ cup or 75g and a serve of fruit is 150g. To get 5 veg everyday try starting with an extra serve of veg at breakfast, another at lunch or as a snack in between and then three with your evening meal.

The cultural tradition of eating in Australia has encouraged an over consumption of animal meats. Animal meats are an excellent source of protein, iron and vitamins, however, the recommended daily servings for adult women aged 19-50 years is 2½ serves (unless pregnant when it is 3½ serves per day). This is equivalent to 162.5g cooked lean red meat. Where a serve of meat is equivalent to 65g. Excess consumption can increase risk of bowel cancer and cardiovascular disease.

Women aged over 50 years need to check their portion size of milk, yoghurt, cheese and milk alternatives. Choosing reduced fat versions, these women are recommended to eat 4 serves per day.

MINDFULNESS

Checking in with how hungry you feel is a great first step before preparing and eating a meal. Ask yourself –

- On a scale of 1-10 how hungry am I, with 10 being very full and 3 being very hungry
- Is my plate or bowl too big?
- Does the amount of food on the plate match my hunger level?
- Decide how much is too much!
- Is the food on my plate good for my health?
- Am I being distracted while I eat?

A nutritious meal will include a variety of vegetable foods, sources of protein and wholegrain cereals. Half of the plate should provide vegetables, which are a good source of dietary fibre, vitamins and minerals. The fibre has a protective effect on the gut and helps prevent certain cancers and reduces risks associated with cardiovascular disease. The Australian Guide to Healthy Eating gives a good representation of how a meal should look on your plate.

Helpful hints in checking your portion size

- One serve of salad greens is equivalent to 2 handfuls or 1 cup.
- One serve of breakfast cereal, cooked pasta or rice is 1 handful or ½ cup
- One serve of milk is 250ml, 200g yoghurt and just 30g cheese.

Check the recommended serving sizes when reading the Nutrition Information Panel on packaged and processed foods. When comparing foods always read the per 100g column to compare similar foods. This wallet sized nutrient panel decoder can help you make healthier decisions.⁷

| | Best Choice | OK sometimes | Poor Choice |
|-----------------|------------------------|--------------|--------------------|
| Total Fat | Less than 3g | 3-10g | More than 10g |
| Saturated Fat | Less than 1.5g | 1.5-3g | More than 3g |
| Sugar | Less than 5g | 5-15g | More than 15g |
| Sodium (Salt) | Less than 120mg | 120-400mg | More than 400mg |
| Fibre | More than 3g | | |
| Sugar in Drinks | Less than 2.5g / 100ml | | More than 5g/100ml |

Waste not Want not

In recent years the Queensland Government has introduced new waste reduction initiatives to lower the amount of our waste that ends up in landfill. These initiatives include the ban of single use plastic bags at our grocery stores and the introduction of Containers for Change, an incentive to recycle your cans. This initiative has also created opportunity for community fundraising and local business opportunities. When it comes to recycling our food waste however, there is no monetary incentive offered only peace of mind that you are doing something good for your community and the environment.

Trying to reduce the amount of food waste that ends up in landfill is good for our health and the health of our environment¹. Did you know that food waste costs the Australian economy \$20 billion each year?⁸ It can cost the average household up to \$3800 per year, and if that is not enough to shock you, we waste enough edible food to fill 17,000 747 jumbo jets. So what can you do to help?

Practical ideas you can do with left-over food that benefit you and your community.

COMPOST

Composting is a great activity that will turn your food scraps into a nutrient rich soil. This can then be used to fertilise your garden and plants. If you do not have a composting bin at home, then ask your local council if they have a community garden or compost that can be used instead. Not all food scraps can be composted though, only fruits, vegetables and lawn clippings should be composted. You will need to refer to a different method of reducing waste for any dairy products, manure, meat scraps, plants sprayed with pesticides or are diseased, plastic, treated timber, vegetable fats and oils and weeds.

DONATE

Approximately 4000 people could be experiencing food insecurity at any one time in Australia and 710,000 people rely of charitable food relief each month, one quarter of those are children.⁸ Each region will have access to different food donation charities but here is a list that we believe might be able to help;

| | | |
|--------------------|-------------------|--------------------|
| Food bank | Oz Harvest | Community Kitchens |
| Meal on wheels | Church groups | SES |
| Community Kitchens | Homeless shelters | |

REPURPOSE

We love getting experimental with our leftovers. So many left-overs can be repurposed into something different, but just as tasty for a quick week night dinner or meal. Dishes that allow you just to “chuck” everything in are sometimes the best. We have a selection of recipes on our website and in our cookbooks, for example. Leftover Roast Veggie Dip page 88 B&WHCB Cookbook. Some of the worlds best chefs have admitted that their signature dishes were repurposed meals from mistakes made in the kitchen.

FREEZE

All leftovers can be frozen and pulled out of the freezer and re-used later. Always write the date on the item of food you packaged and placed in the freezer. Regularly use your food items checking the dates are no longer than 3 months from first freezing. It is also good to leave a list of freezer items on the outside of the fridge so that you know what is in there. If you have 2 frozen chicken thighs and you need 6 to cook a recipe then you will know only to buy 4.

LOOK AT WHAT FOODS YOU ALREADY HAVE

Always do a quick stock take of items that you already have before you go shopping. Planning your meals and making a list before you go shopping is also a great way to reduce the risk of food wastage.

CHECK USE BY DATES

Be aware of your use by dates. Make sure you always use the item with the least amount of time left first before opening or buying a new product. If an item is about to go out of date and you haven't used it all up, then quickly think of a way that you can use it and freeze that item or freeze the product in its entirety.

Making Informed Food Choices

Our choice of food is influenced by many things. Beginning early in childhood, your parents and homelife will shape eating habits, preferences and beliefs for many years. As you socialise more with peers, friends and other family members and venture into the world outside home, the environment in which you live shapes the decisions you make when choosing food. Adolescent years are often filled with experimentation before settling into adult patterns. Habits can be changed, beliefs can be changed, and your health can change over your life course.⁹

The influence of others on your food choices, specifically food marketing or advertising that promotes the sale of certain food or food products today is pervasive. Food marketing can take many forms, and some are very difficult to recognise. This makes it hard to know when you are being advertised to. This constant stream of often conflicting and changing messaging can make healthy choices difficult.

Being aware of food marketing is a skill. The Country Kitchens Program aims to build food literacy skills to enable you to recognise when foods are being marketed to you; decide whether to choose a food by reading the food labels rather than relying on the marketing techniques.

TIPS TO HELP YOU MAKE AN INFORMED CHOICE

- Use food labels. Refer p.31, Food Labelling section
- Use a shopping list and avoid impulse buys, refer p.18, Cook at Home
- Ask yourself, why do I want to buy this drink or food?
- Is marketing influencing me? Refer p.34, Be Aware of Sugar in Your Drinks
- Reduce exposure to food advertising, refer p.36, Sit Less, Move More
- Am I unintentionally advertising unhealthy food by sharing content online?

Food Labelling

Nutrition Information Panels

Label reading is a skill that everyone should learn. Once you have this skill it becomes really useful in deciding if a food is a 'discretionary' food or an 'everyday' food. Nutrition information panels (NIP) provide information on the average amount of energy (in kilojoules and kilocalories), protein, fat, saturated fat, carbohydrate, sugars and sodium (a component of salt) in the food. If a nutrition claim is made about any of these foods (for example, 'good source of calcium', 'low fat') a NIP must be provided. The NIP must be presented in a standard format which shows the average amount per serve and per 100g (or 100mL if liquid) of the food. Foods in small packages, i.e. packages with a surface area of less than 10cm² squared (about the size of a small packet of potato crisps) are not required to have a nutrition information panel.



HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

| Nutrition Information | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|---|----------|-----------|----------|---------------|-------|--------|----------------|------|------|------------|--|--|-------|------|------|-----------|------|------|---------------------|--|--|-------|-------|-------|--------|------|-------|--------------|------|-------|---------------|------|-------|
| Servings per package – 16 Serving size – 30g (2/3 cup) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <table border="1"> <thead> <tr> <th></th> <th>Per serve</th> <th>Per 100g</th> </tr> </thead> <tbody> <tr> <td>Energy</td> <td>432kJ</td> <td>1441kJ</td> </tr> <tr> <td>Protein</td> <td>2.8g</td> <td>9.3g</td> </tr> <tr> <td>Fat</td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td>0.4g</td> <td>1.2g</td> </tr> <tr> <td>Saturated</td> <td>0.1g</td> <td>0.3g</td> </tr> <tr> <td>Carbohydrate</td> <td></td> <td></td> </tr> <tr> <td>Total</td> <td>18.9g</td> <td>62.9g</td> </tr> <tr> <td>Sugars</td> <td>3.5g</td> <td>11.8g</td> </tr> <tr> <td>Fibre</td> <td>6.4g</td> <td>21.2g</td> </tr> <tr> <td>Sodium</td> <td>65mg</td> <td>215mg</td> </tr> </tbody> </table> | | Per serve | Per 100g | Energy | 432kJ | 1441kJ | Protein | 2.8g | 9.3g | Fat | | | Total | 0.4g | 1.2g | Saturated | 0.1g | 0.3g | Carbohydrate | | | Total | 18.9g | 62.9g | Sugars | 3.5g | 11.8g | Fibre | 6.4g | 21.2g | Sodium | 65mg | 215mg |
| | Per serve | Per 100g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Energy | 432kJ | 1441kJ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Protein | 2.8g | 9.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fat | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 0.4g | 1.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated | 0.1g | 0.3g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Carbohydrate | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total | 18.9g | 62.9g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sugars | 3.5g | 11.8g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fibre | 6.4g | 21.2g | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sodium | 65mg | 215mg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Total Fat ▶ Generally choose foods with less than 10g per 100g . For milk, yogurt and icecream, choose less than 2g per 100g . For cheese, choose less than 15g per 100g . | ◀ 100g Column and Serving Size If comparing nutrients in similar food products use the per 100g column . If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size. Energy Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Saturated Fat ▶ Aim for the lowest, per 100g. Less than 3g per 100g is best. | Sugars Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening. | Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Fibre ▶ Not all labels include fibre. Choose breads and cereals with 3g or more per serve | ◀ Sodium (Salt) Choose lower sodium options among similar foods. Food with less than 400mg per 100g are good, and less than 120mg per 100g is best. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%), sugar, rice, malt extract, honey, salt, vitamins. | Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ingredients ▲ Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

INGREDIENT LISTS

Ingredients are listed from greatest to smallest by weight. So if sugars, salt or fat are one of the first three ingredients on the list, the product may not be a healthy choice. Be careful because there are some different names for sugar, salt and fat that you need to look out for:

INFORMATION FOR ALLERGY SUFFERERS

Some foods, food ingredients or components of an ingredient can cause severe allergic reactions in some people – this is known as anaphylaxis. Foods such as peanuts, tree nuts (e.g. cashews, almonds, walnuts), shellfish, finned fish, cows milk (all dairy foods), eggs, sesame seeds, lupin and soy/soybeans and their products, when present in food, may cause severe allergic reactions and **must be declared on the label however small the amount**. Gluten is also included in this list but the caution is more for those with Coeliac Disease rather than allergy. Those who are wheat allergic must stay away from all wheat including gluten. For more information on food allergies see the Anaphylaxis Australia website www.allergyfacts.org.au

DATE MARKING

Non-Perishable Foods with a shelf life of less than two years must have a 'best before' date. It could be safe to eat those foods after the best before date but they may have lost quality and some nutritional value. Perishable foods that should not be consumed after a certain date for health and safety reasons must have a 'use by' date. An exception is bread which can be labelled with a 'baked on' or 'baked for' date if its shelf life is less than seven days.

DIRECTIONS FOR USE AND STORAGE

Where specific storage conditions are required in order for a product to keep until its 'best before' or 'use by' date, manufacturers must include this information on the label. E.g. 'This yoghurt should be kept refrigerated at or below 4°C.

FOOD LABELLING FOR SALE

According to the Food Standards Australia and New Zealand (FSANZ) Overview and Application of Food Labeling and Information Requirements Standard 1.2.1¹⁰ and Queensland Health's "Food safety for fundraising events" booklet, food sold at fund raising events are exempt from labelling if the funds are for charitable purposes and not for personal financial gain.

However, the following information still needs to be displayed on the food or in connection with the food:

- Mandatory warnings and declarations (eg. for allergens)
- Directions for use and storage (eg. 'Keep refrigerated')
- Nutritional information – only if nutrition claims are made in relation to the food (eg. 'Low fat')
- Characterising ingredients (percentage labelling eg. '10% Strawberries'). This may be declared in the ingredient listing
- Country of origin – only for packaged food, fruit, vegetables, nuts, fish/fish products and pork/pork products
- Certain declarations in regard to meat and meat products and egg and egg products.

CHECK YOUR PORTION SIZE

Nutrition claims

Nutrition claims are **voluntary statements** made by the manufacturers on food labels. These claims are about the content of certain nutrients or substances in a food, such as 'low in fat' or 'good source of calcium'. These claims will need to meet certain criteria set out in the FSANZ Standard www.fsanz.gov.au. For example, food labelled with a 'good source of calcium' claim, requires that the food will need to contain more than the amount of calcium specified in the Standard.

TABLE 1 – APPROVED NUTRITION CLAIMS ON AUSTRALIAN AND NEW ZEALAND FOODS FOR SALE

| Nutrition Claim | Description |
|---------------------------|--|
| No added sugar | This food has no added refined sugar, honey, malt or malt extracts but may still be high in naturally occurring sugar. Eg: fruit or milk sugars |
| Low sugar | 5g per 100g and 2.5ml per 100mL |
| Reduced sugar | Must contain at least 25% less sugar than the comparison food |
| No added salt | This food has no 'added' salt but may still be high in salt so check the label for the salt content |
| Reduced salt | This food has 25% less salt than a similar product. Lower salt is good but the food may still be high in salt so check the label |
| Low sodium/Low salt | This food must have less than 120mg sodium per 100g and is a good choice |
| Reduced fat | Compared to the full fat version, this product has the least 25% less fat |
| Low fat | Must be less than 3% fat for food and less than 1.5% fat for liquid |
| Fat free | Must have less than 0.15% fat |
| Poly/mono unsaturated fat | This refers to the type of fat in the food polyunsaturated or monounsaturated, saturated or trans. Polyunsaturated and monounsaturated fats are the best choices |
| Cholesterol free | Products from plants (like oil) are often labelled 'cholesterol free' but cholesterol only come from animals |
| Baked not fried | Cooked in an oven but can still have the same quantity of fat as deep fried products |
| Lite or light | It usually describes reduced fat, salt or sugar, but it can also refer to colour, texture or taste |
| Good source of... | This is a regulated claim, for example 'Good source of B Vitamins' means they must state B Vitamin content on the back of the packet |
| Gluten Free | Food "free from gluten" must not contain gluten, or oats, wheat, rye, barley, triticale or spelt and their products, including those malted. |
| Dietary fibre | Good source – a serving contains at least 4g of dietary fibre. Excellent source – a serving contains at least 7g of dietary fibre |
| High fibre | This food must have more than 3g of fibre per 100g |
| Wholegrain | Any food which uses every part of the grain including outer layers, bran and germ |
| Low gluten | The food contains no more than 20mg per 100g |
| Lactose free | Contains no detectable lactose |
| Low Lactose | Contains no more than 2g of lactose per 100g |

Health Star Rating System

Food product packaging can be confusing, with nutrition information panels that are difficult to understand and many different options available on supermarket shelves.

The Health Star Rating system provides an easy way to compare similar packaged products and choose healthier options. Health Star Ratings range from ½ star to 5 stars. The more stars, the healthier the choice, of that particular product e.g. breakfast cereal or muesli bar.

Under the system, packaged products are given a rating based on their nutritional profile. The calculation considers components that are linked to increased risk of developing chronic diseases, as well as beneficial components.

Points are awarded for positive components (fibre, protein, and fruit, vegetable, nut and legume content) balanced against other components (energy, sugars, sodium and saturated fat).

Ratings for all products are calculated based on a consistent measure of either 100g or 100ml of product.

Improving our health can start with the choices we make whilst shopping for food in the supermarket.

The Health Star Rating helps take the guesswork out of reading labels. The system is one tool to help you make healthier choices. Most packaged products will carry a Nutrition Information Panel (NIP) we discuss this in detail refer p.28. The system should also be used in conjunction with general dietary advice, such as that provided by the Australian Dietary Guidelines and the Australian Guide to Healthy Eating, again we have provided more information for you refer p.40 and p.2 respectively.

Try these tips next time you go shopping:

- Use the Health Star Rating to compare similar food products. Remember, the more stars, the healthier.
- Use the nutrient information icons to choose products lower in saturated fat, sugars and sodium (salt).

More information on the Health Star Rating can be found at healthstarrating.gov.au



Health stars can provide information about key nutrients.

Be aware of Sugar in your Drinks



A sugary drink refers to a sugar-sweetened beverage that is non-alcoholic which contains added sugar. These include soft drinks and carbonated drinks with added sugar.

Consumption of sugar in these drinks contributes to increased energy (kilojoule) intake which is associated with weight gain and obesity. Obesity is the leading risk factor in type 2 diabetes, cardiovascular disease, and some cancers.¹¹

In Australia, a partnership between health and community organisations is tackling the amount of sugar in soft drinks and sugary drink overconsumption. Rethink Sugary Drink has a consensus statement with a series of recommendations. Visit their website to read their position statement. The evidence base for each of the following points can be found at rethinksugarydrink.org.au

- In 2011-12, Australians consumed an average of 60 grams of added sugars per day (equivalent to 14 teaspoons (4.2g) of white sugar).
- Intakes of added sugars were highest amongst teenage males (aged 14-18 years), who consumed an average 92 grams per day. The top 10% of the 14-18-year-old males were estimated to usually consume at least 160 grams (or 38 teaspoons) of added sugars per day.
- Just over half of all Australians aged 2 years and over exceeded the WHO recommendation to limit energy from added sugars to less than 10% of dietary energy(kilojoules).
- Just over half (52%) of added sugars in the diet were consumed from beverages, with the leading beverages being soft drinks, electrolyte and energy drinks.¹²

WHY DO WE NEED TO BE AWARE OF SUGAR IN DRINKS?

- Consuming extraordinary amounts of energy (kilojoules) in drinks is relatively easy to do. Many of the popular beverages are carbonated. The higher salt tends to reduce the sweetness profile, aiding consumption. For example, a 300ml cup of black coffee with 8 teaspoons of sugar has a similar sugar profile to cola beverages but the sweetness taste is quite different.
- Carbonated beverages and sports drink have a low pH (slightly acidic) which contributes to dental decay.
- Increased sugar intake has metabolic consequences in the liver and with cellular glucose metabolism, increasing the risk of type 2 diabetes.
- The risk of becoming overweight and obese is increased with consumption of sugar sweetened beverages.
- One 375ml can of sugary drink a day for one year can lead to 6.5kg weight gain.¹²

The preferred beverage is water and reduced fat milk. In Australia, water from the tap is safe to drink. Flavouring water with infusions of herbs, spices and fruits is popular.

How much sugar is in that drink?

| | | | |
|--|--|---|---|
| Orange Juice 200ml carton  | 4 tsp  | Soft drink 600ml bottle  | 17 tsp  |
| Ice Tea 500ml bottle  | 7 tsp  | Coconut Water 300ml carton  | 3 tsp  |
| Sports Drink 600ml bottle  | 9 tsp  | Flavoured Milk 500ml bottle  | 12 tsp  |
| Flavoured Water 500ml bottle  | 5 ½ tsp  | Energy Drink 500ml can  | 14 tsp  |

Source: Australian Food Composition Database (January 2019) accessed online foodstandards.gov.au

*based on one teaspoon (tsp) = 4.2g of sugar

Sit Less Move More



According to research conducted by Queensland Health in 2018, based on self-reported data, an estimated:

- 2.1 Million Queensland adults were sufficiently active.
- 336,000 adults were not active in the past week.
- 345,000 Queensland children met the recommendation of being active every day of the week.
- 600,00 children were active on four or more days in the week.
- 52,000 children were not active in the past week.²

WHY SHOULD QUEENSLAND BE PHYSICALLY ACTIVE?

According to the Australian Physical Activity Guidelines, regular physical activity reduces the risk of chronic diseases such as cardiovascular disease, type 2 diabetes, some cancers, and depression. Physical activity helps to improve overall weight maintenance and general wellbeing. Regular physical activity can maintain your bone density and improve balance and coordination.

Only 60% of adults in Australia are sufficiently active for health benefit and only 41% of children are active every day.

The Australian Government recommends the following strategies to improve physical activity:

- Doing any physical activity is better than doing none.
- If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount. Start with walking, building up your pace.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle-strengthening activities on at least 2 days each week.

Join a Walking Group

Heart Foundation - <https://walking.heartfoundation.org.au/walking/queensland>

10,000 Steps - <https://www.10000steps.org.au/>

Contact your local Shire Council for Free Exercise Classes

The Australian Government's Guidelines to reduce sedentary behaviour include:

- minimising the amount of time spent in prolonged sitting
- breaking up long periods of sitting as often as possible

The average adult spends more than half of their day sitting, the Heart Foundation poster shows just how the time can add up.

Sit less, move more



The average adult spends **more than half** of their day sitting. Here's how the time can add up:



Adults who sit less throughout the day have a lower risk of early death, particularly from cardiovascular disease. In addition to 30 minutes of physical activity per day, try to limit your sitting time and interrupt prolonged sitting as often as you can.

SIT LESS, MOVE MORE

General Nutrition Information

The Australian Dietary Guidelines are based on scientific evidence and were developed after looking at good quality research. They provide up-to-date advice about the amounts and kinds of foods we need to eat for health and wellbeing. **Refer to www.eatforhealth.gov.au for more information**

GUIDELINE 1 - To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs

- Children and adolescents should eat sufficient nutritious foods to grow and develop normally. They should be physically active every day and their growth should be checked regularly.
- Older people should eat nutritious foods and keep physically active to help maintain muscle strength and a healthy weight.

GUIDELINE 2 - Enjoy a wide variety of nutritious foods from these five groups every day:

- Plenty of vegetables, including different types and colours, and legumes/beans
- Fruit
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as breads, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Milk, yoghurt, cheese and/or their alternatives, mostly reduced fat (reduced fat milks are not suitable for children under the age of 2 years)
- And drink plenty of water.

GUIDELINE 3 - Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

- Limit intake of foods high in saturated fat such as many biscuits, cakes, pastries, pies, processed meats, commercial burgers, pizza, fried foods, potato chips, crisps and other savoury snacks.
 - Replace high fat foods which contain predominantly saturated fats such as butter, cream, cooking margarine, coconut and palm oil with foods which contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.
 - Low fat diets are not suitable for children under the age of 2 years.
- Limit intake of foods and drinks containing added salt.
 - Read labels to choose lower sodium options among similar foods.
 - Do not add salt to foods in cooking or at the table.
- Limit intake of foods and drinks containing added sugars such as confectionary, sugar-sweetened soft drinks and cordials, fruit drinks, vitamin waters, energy and sports drinks
- If you choose to drink alcohol, limit intake. For women who are pregnant, planning a pregnancy or breastfeeding, not drinking alcohol is the safest option.

GUIDELINE 4 - Encourage, support and promote breastfeeding

GUIDELINE 5 - Care for your food; prepare and store it safely

What is a serve size of everyday foods?

| | |
|--|--|
| Vegetables and legumes/beans | <p>A standard serve is about 75g (100–350kJ) or:</p> <ul style="list-style-type: none"> ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin) ½ cup cooked dried or canned beans, peas or lentils (preferably with no added salt) 1 cup green leafy or raw salad vegetables ½ cup sweet corn ½ medium potato or other starchy vegetables (sweet potato, taro or cassava) 1 medium tomato |
| Fruit | <p>A standard serve is about 150g (350kJ) or:</p> <ul style="list-style-type: none"> 1 medium apple, banana, orange or pear 2 small apricots, kiwi fruits or plums 1 cup diced or canned fruit (no added sugar) <p>Or only occasionally:</p> <ul style="list-style-type: none"> 125ml (½ cup) fruit juice (no added sugar) 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas) |
| Grain (cereal) foods, mostly wholegrain and/ high cereal fibre varieties | <p>What is a serve of grain* (cereal) food? A standard serve is (500kJ) or:</p> <ul style="list-style-type: none"> 1 slice (40g) bread ½ medium (40g) roll or flat bread ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa ½ cup (120g) cooked porridge ⅔ cup (30g) wheat cereal flakes ¼ cup (30g) muesli 3 (35g) crispbreads 1 (60g) crumpet 1 small (35g) English muffin or scone |
| Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans | <p>A standard serve is (500–600kJ):</p> <ul style="list-style-type: none"> 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw) 80g cooked lean poultry such as chicken or turkey (100g raw) 100g cooked fish fillet (about 115g raw) or one small can of fish 2 large (120g) eggs 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas split peas (preferably with no added salt) 170g tofu 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste (no added salt)* |
| Milk, yoghurt, cheese and/or alternatives mostly reduced fat | <p>A standard serve is (500–600kJ):</p> <ul style="list-style-type: none"> 1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or Buttermilk ½ cup (120ml) evaporated milk 2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar ½ cup (120g) ricotta cheese ¾ cup (200g) yoghurt 1 cup (250ml) soy, rice or other cereal drink with at least 100mg of added calcium per 100ml |

Recommended number of daily serves

| FOR ADULTS | Years | 19-50 | 51-70 | 70+ |
|---|-------|-------|-------|-----|
| Vegetables and legumes/beans | Men | 6 | 5 ½ | 5 |
| | Women | 5 | 5 | 5 |
| Fruit | Men | 2 | 2 | 2 |
| | Women | 2 | 2 | 2 |
| Grain (cereal) foods, mostly wholegrain and/ high cereal fibre varieties | Men | 6 | 6 | 4 ½ |
| | Women | 6 | 5 | 3 |
| Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/ beans | Men | 3 | 2 ½ | 2 ½ |
| | Women | 2 ½ | 2 | 2 |
| Milk, yoghurt, cheese and/or alternatives mostly reduced fat | Men | 2 ½ | 2 ½ | 2 ½ |
| | Women | 2 ½ | 4 | 4 |

| FOR CHILDREN | Years | 2-3 | 4-8 | 9-11 | 12-13 | 14-18 |
|---|-------|-----|-----|------|-------|-------|
| Vegetables and legumes/beans | Boys | 2 ½ | 4 ½ | 5 | 5 ½ | 5 ½ |
| | Girls | 2 ½ | 4 ½ | 5 | 5 | 5 |
| Fruit | Boys | 1 | 1 ½ | 2 | 2 | 2 |
| | Girls | 1 | 1 ½ | 2 | 2 | 2 |
| Grain (cereal) foods, mostly wholegrain and/ high cereal fibre varieties | Boys | 4 | 4 | 5 | 6 | 7 |
| | Girls | 4 | 4 | 4 | 5 | 7 |
| Lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/ beans | Boys | 1 | 1 ½ | 2 ½ | 2 ½ | 2 ½ |
| | Girls | 1 | 1 ½ | 2 ½ | 2 ½ | 2 ½ |
| Milk, yoghurt, cheese and/or alternatives mostly reduced fat | Boys | 1 ½ | 2 | 2 ½ | 3 ½ | 3 ½ |
| | Girls | 1 ½ | 1 ½ | 3 | 3 ½ | 3 ½ |

What is a serve of discretionary food?

There are no recommended daily serves of discretionary choices. Discretionary foods and drinks do not fit into the five food groups because they are not an essential or necessary part of a healthy diet. Discretionary foods and drinks are too high in saturated fats, and/or sugars, added salt, or alcohol and are low in nutrients such as fibre. Discretionary choices should be consumed only sometimes and in small amounts.

While discretionary choices can help contribute to the overall enjoyment of eating, often as part of social activities and family or cultural celebrations, most Australians need to eat these foods less often and in much smaller amounts, and greatly increase physical activity to 'burn off' the added kilojoules from discretionary choices to help prevent gaining excessive weight.

A serve of Discretionary choices provides 600 kilojoules:

- 2 scoops (75g) ice-cream
- 2 slices (50-60g) processed meats, salami or mettwurst
- 1½ thick or 2 thin (50-70g) regular sausages
- ½ snack-size packet (30g) salty crackers or crisps 2-3
- 2-3 (35g) sweet plain biscuits
- 1 (40g) doughnut
- 1 slice (40g) plain cake/small cake-type muffin
- 5-6 (40g) sugar confectionary/small lollies
- 2 tbsp (60g) jam or honey
- ½ small bar (25g) chocolate
- 2 tbsp (40g) cream
- 1 tbsp (20g) butter
- 1 can (375ml) soft drink (sugar-sweetened)
- ⅓ pie or pastie (60g) commercial meat pie or pastie (individual size)
- 12 (60g) fried hot chips
- 200ml wine (2 standard drinks; but note this is often 1 glass for many Australian wines)
- 60ml spirits (2 standard drinks)
- 600ml light beer (1½ standard drinks)
- 400ml standard beer (1½ standard drink)

Some people who are taller and more active can sometimes include extra serves of discretionary foods.

It is always best to choose from the five food groups, however, using discretion, the foods in the above list can be included in a healthy diet.

Generally, the more active person can include 0 - 2 1/2 serves of discretionary food per day.

ADDITIONAL SERVES FOR ACTIVE CHILDREN, PREGNANT AND BREASTFEEDING WOMEN

| Recommended average daily number of serves from each of the Five Food Groups* | | | | | | | Additional serves for more active, taller or older children and adolescents |
|---|-------|-------------------------------|-------|--|---|---|--|
| | Age | Vegetables and legumes/ beans | Fruit | Grain (cereal) foods, mostly wholegrain and/or high fibre cereal varieties | Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans | Milk, yoghurt, cheese and/or alternatives, mostly reduced fat | Approx. number of additional serves from the Five Food Groups or unsaturated spreads and oils or discretionary choices |
| Boys | 2-3 | 2½ | 1 | 4 | 1 | 1½ | 0-1 |
| | 4-8 | 4½ | 1½ | 4 | 1½ | 2 | 0-2½ |
| | 9-11 | 5 | 2 | 5 | 2½ | 2½ | 0-3 |
| | 12-13 | 5½ | 2 | 6 | 2½ | 3½ | 0-3 |
| | 14-18 | 5½ | 2 | 7 | 2½ | 3½ | 0-5 |
| Girls | 2-3 | 2½ | 1 | 4 | 1 | 1½ | 0-1 |
| | 4-8 | 4½ | 1½ | 4 | 1½ | 1½ | 0-1 |
| | 9-11 | 5 | 2 | 4 | 2½ | 3 | 0-3 |
| | 12-13 | 5 | 2 | 5 | 2½ | 3½ | 0-2½ |
| | 14-18 | 5 | 2 | 7 | 2½ | 3½ | 0-2½ |
| Pregnant | | 5 | 2 | 8 | 3½ | 3½ | 0-3 |
| Breastfeeding | | 5½ | 2 | 9 | 2½ | 4 | 0-3 |

* Includes an allowance for unsaturated spreads or oils and nuts or seeds: ½ serve [4–5g] per day for children 2–3 years of age, 1 serve [7–10g] per day for children 3–12 years of age, 1½ serves [11–15g] per day for children 12–13 years of age, and 2 serves [14–20g] per day for adolescents 14–18 years of age and for pregnant and breastfeeding girls.

Food and Nutrition Tables

DIETARY FIBRE

The main role of dietary fibre is to keep the digestive system healthy. It also contributes to other processes, such as stabilising glucose and cholesterol levels. Fibre is made up of edible parts of plants, which pass relatively unchanged through our stomach and intestines. Fibre is found in grain foods, fruits and vegetables.

TABLE 1 - FOOD SOURCES OF DIETARY FIBRE

| Breads | Breakfast cereals | Grains | Other foods |
|--|--|---|---|
| <ul style="list-style-type: none"> Crispbreads (wholemeal or wholegrain) Damper English muffins (wholemeal) Focaccia Lavash Naan Pita and other flat breads Rye Wholegrain Wholemeal | <ul style="list-style-type: none"> Muesli Oats Porridge Whole wheat biscuits Wholegrain high fibre flaked cereals | <ul style="list-style-type: none"> Amaranth Barley, pearl barley Buckwheat Bulgar Corn, polenta Cous cous Flours made from whole grain Freekah Millet Quinoa Rice Rye Semolina Sorghum Spelt Wheat Wheatgerm | <ul style="list-style-type: none"> Vegetables Legumes and lentils Nuts Seeds Gums Fruit |

SUGAR

Naturally occurring sugars (in fruit, vegetables or milk products) are acceptable, but foods and drinks with sugars added as a sweetener, flavour enhancer or preservative should be limited. Added sugars can increase the kilojoule content and reduce our intake of important nutrients when we eat these foods in place of foods from the Five Food Groups. High or frequent intake of foods and drinks containing added sugars can lead to tooth decay; and recent evidence also shows that intake of sugar-sweetened drinks can increase the risk of excessive weight gain in both children and adults.

TABLE 2 - TYPES OF SUGARS AND NON-NUTRITIVE SWEETENERS

| Added sugar | Naturally occurring sugar | Natural sweetener | Artificial sweetener |
|---|---|--|---|
| <ul style="list-style-type: none"> Syrups – agave, honey, rice malt, golden, maple Sugar – raw, brown, white, low GI, coconut, caster, icing, jam <p>Names for sugar found in processed foods include:-</p> <ul style="list-style-type: none"> Glucose, high fructose corn syrup solids, maltodextrose, dextrose | <ul style="list-style-type: none"> Fruit – Fresh, dried, 100% fruit juice, fruit nectar and fruit puree Milk Yoghurt Vegetables | <ul style="list-style-type: none"> Stevia Natvia | <ul style="list-style-type: none"> Splenda – Sucralose Equal – Aspartame Sweet n low – Saccharin Aclame – Alitame Sunett – Acesulfame-K SugarTwin – Cyclamate |

LEAN PROTEIN

Lean or low fat protein should be a part of any balanced eating pattern. Protein is needed for bodily functions such as, brain and muscle development. Many foods contain protein; particularly chicken, beef, lamb, fish, milk and milk products and legumes like beans and lentils. Protein sources can be high in saturated fat, so it is important to consume lean or low fat sources.

TABLE 3 - FOOD SOURCES OF LEAN PROTEIN

| Milk, yoghurt, cheese and/or their alternative, mostly reduced fat | Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legume/beans |
|---|---|
| <ul style="list-style-type: none"> Plain reduced or low fat milk Reduced or low fat plain or flavoured yoghurt (with no more than 15g of sugar per serve) Reduced fat cheese Evaporative milk Reduced fat custard Reduced or low fat calcium enriched soy varieties including plain soy-milk, reduced or low fat plain or flavoured yoghurt, cheese or custard Naturally lower-fat cheeses, such as cottage, feta, ricotta or mozzarella <p>* Note: Regular fat milk products are recommended for children under the age of 2 years.</p> | <ul style="list-style-type: none"> Lean meats - Beef, lamb, kangaroo, lean low salt sausages, pork, veal, venison, rabbit Lean poultry - Bush birds, chicken, duck, emu, goose, turkey Fish/seafood - Clams, crab, fish, lobster, squid mussels, oysters, prawns, scallops, octopus, Eggs - Chicken eggs, duck eggs Nuts and seeds - Almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamia nuts, pine nuts, peanuts, pecans, pistachios, walnuts, nut spread Pumpkin, sesame, chia and sunflower seeds Tahini Legumes/beans - All beans, lentils, chickpeas and dahl |

SALT

Salt can help enhance flavour and preserve some foods. Salt is the main source of sodium in our food – and too much sodium is not good for our health. Most of the sodium we eat comes from the salt added to processed foods. Excessive sodium intakes increase blood pressure, and may increase the risk of heart disease and stroke, therefore decreasing intake of sodium may help reduce the risk of heart disease and stroke.

TABLE 4 - FOOD SOURCES OF SALT

| Common sources of salt when cooking | Salt on food labels |
|---|--|
| <ul style="list-style-type: none"> Table salt, himalayan, celtic salt, kosher salt, rock salt, sea salt Tomato paste (reconstituted) Tomato sauce, Barbeque sauce, Soy sauce, Fish sauce, Oyster sauce, Worcestershire sauce, Other cooking sauces Pre-packaged marinades Stock (reconstituted), stock cubes Meat/yeast extract Gravy Pre-packaged spice/herb mixes Powders (e.g. garlic, onion), Baking powder Celery salt, vegetable salt | <ul style="list-style-type: none"> Sodium Sodium ascorbate Sodium bicarbonate Sodium nitrate Sodium nitrite MSG (monosodium glutamate) |

Food Safety

Checklist

It is easy to forget that food can potentially be dangerous if not handled, stored and prepared correctly. Additionally, unnecessary expense occurs with the waste of foods when they are not stored or handled correctly. Organisations that have high food safety standards provide confidence to their consumers which is rewarded with repeat custom. This section will provide a brief overview of some food safety tips.

For more information refer to:

- Food Standards Australia and New Zealand <http://www.foodstandards.gov.au/Pages/default.aspx>
- Food Safety Qld <http://www.safefood.qld.gov.au/> and the QCWA Food Safety Policy

PERSONAL HYGIENE

- wash and dry hands thoroughly before starting to prepare or eat any food
 - 5 steps to safe handwashing**
 - Wet hands
 - Soap hands
 - Rub thoroughly - wrists, forearms, between fingers
 - Rinse in clean water
 - Dry on paper towel
- rewash hands after
 - using the toilet
 - changing nappies
 - smoking
 - touching animals
 - blowing your nose
 - coughing or sneezing into hands
 - cleaning surfaces or handling waste, and
 - handling raw foods such as raw meat, poultry, eggs and fresh fruit & vegetables
- illness
 - people with any illness (including, diarrhoea, vomiting or flu) should stay away and not prepare food for others
 - where possible, people should avoid preparing food at home while ill and for 2 days after their symptoms have finished. They may still spread some illnesses via food for this period after symptoms have stopped.

KITCHEN HYGIENE

- kitchen equipment and tableware clean and dry (rewash after each use)
- don't let raw meat juices drip onto other foods
- separate raw and cooked food
- store cooked food above raw foods in the refrigerator

TEMPERATURE FOR COLD FOODS

- ensure the fridge is cold enough so food is kept at <5°C
- put any food that needs to be kept cold in the fridge straight away
- don't eat perishable food if it's been left out for 4 hours or more
- defrost and marinate foods in the fridge, especially meats
- use an esky or cooler bag if a fridge is not available
- cooked foods need to be cooled from 60°C to 21°C within 2 hours and be reduced to 5°C within 4 hours

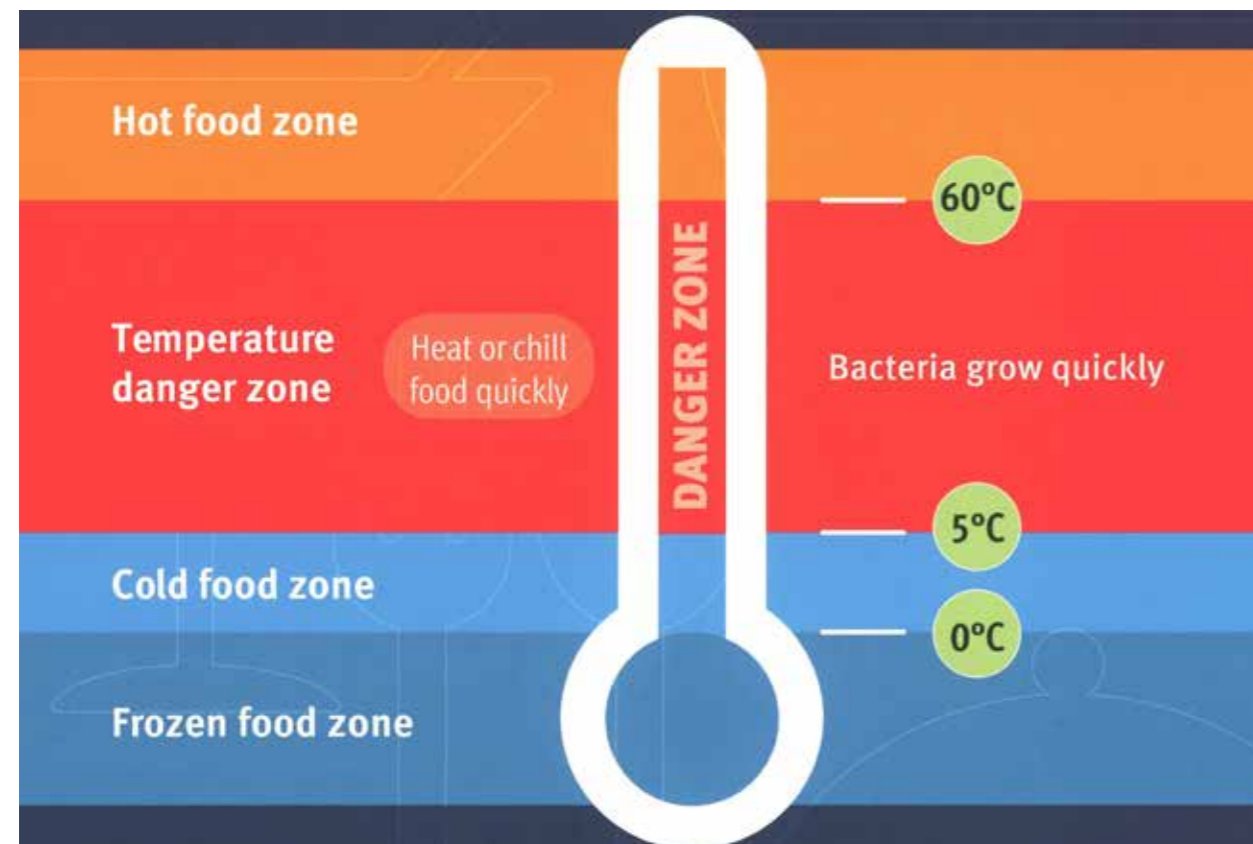
TEMPERATURE FOR HOT FOODS

- cook foods to internal temperature of at least 75°C
- if you are holding the food hot (e.g. buffet) it should be at 60°C or above
- reheat foods to > 60°C, until they're steaming hot
- insert the thermometer into the centre of cooked/cooking meat and note the temperature on
- if you do not have a thermometer, ensure there is no pink flesh evident in cooked meats eg. Mince sausages or chicken. Ensure juices are clear.
- heat to boiling all marinades containing raw meat juices before serving

CHECK THE LABEL

- do not eat food if it is past the 'use-by' date
- note the 'best before' date
- follow storage and cooking instructions
- be allergy aware, know the 10 allergens that must be told to the customer if they ask if they're present in the food: peanuts, tree nuts, eggs, cows milk (all dairy foods), crustacea (e.g. prawns), sesame seeds, soy/soybeans, cereals containing gluten and their products, fish, lupin refer p.29.
- ask for information about unpackaged foods

Safe Temperature Guide



Foodborne Illness and Cross Contamination

Foodborne illness, commonly called 'food poisoning' is the result of eating spoilt food and sometime later becoming sick. The symptoms may include: nausea, vomiting, stomach pains, diarrhoea, feeling weak, fever or chills/sweating and/or headache. Most foodborne illness is caused by harmful bugs (pathogens) getting into food.

WAYS FOOD CAN BECOME CONTAMINATED

- transferred after touching the nose, mouth or hair or smoking without washing hands before handling food
- sneezing or coughing around or near food can lead to contamination
- not cooking food thoroughly
- preparing food in large batches too far in advance and not keeping it at the temperature danger zone
- not storing food that needs to be chilled < 5°C
- someone who is ill or has poor hand hygiene handling the food
- eating food after a 'use-by' or 'best before' date
- taste testing while preparing food
- cross contamination, where bacteria is spread between food, surfaces, utensils and equipment



PRESERVING

Food preservation involves preventing the growth of bacteria, fungi, micro-organisms and preventing the oxidation of fats that cause rancidity. Many processes designed to preserve food will involve a number of food preservation methods. Preserving fruit by turning it into jam, for example, involves boiling (to reduce the fruit's moisture content and to kill bacteria, etc.), sugaring (to prevent their re-growth) and sealing within an airtight jar (to prevent recontamination).

Types of preserving include:

Drying, cooling, freezing, heating, salting, sugaring, smoking, pickling, canning, jellifying

"Cook at home... Keep it safe, store your food correctly"

FATS

Fats can help make food more appetizing and some oils contain unsaturated fats that are essential for health. Different types of fats have different effects on our health and all fats are high in kilojoules, so both the types and amounts of foods containing fat need to be chosen carefully. Fats can be classified as saturated, monounsaturated or polyunsaturated, depending on their chemical structure. Saturated fats increase our risk of heart disease. It is important to replace foods containing saturated fats with foods that contain unsaturated fats, that is, either monounsaturated or polyunsaturated fats.

TABLE 5 - TYPES OF FAT FOUND IN FAT CONTRIBUTING FOODS

| Saturated | Trans | Monounsaturated | Polyunsaturated |
|--|---|---|---|
| <p>Found mainly in animal foods</p> <ul style="list-style-type: none"> Butter, dairy blend Regular (full fat) milk, cheese yoghurt, ice-cream, custard Cream, sour cream Fatty processed meats eg. devon, chicken meat, salami, ham Takeaway foods eg. Commercial burger, fried chicken, pizza, battered foods, chips* Commercial cakes, biscuits, pastry Potato chips* Chocolate Lard, dripping, ghee, Supa fry, cophera Palm oil and foods containing palm oil eg. 2 minute noodles Coconut and coconut cream Beef, lamb, pork meats, wagu beef Chicken, chicken skin, duck, goose | <p>Found mostly in processed foods and animal fats</p> <ul style="list-style-type: none"> Full cream dairy products Solid vegetable oils used by takeaway food operators for deep frying Margarine used in food manufacturing and found in many commercial biscuits, cakes, pies and pastries Most domestic margarines in Australia are low in Trans Fats – it is still good to check and choose one with less than 1% Trans Fats Fatty meats | <p>Found mainly in plant foods</p> <ul style="list-style-type: none"> Olive oil, extra virgin (EVOO) Sunflower oil Canola oil Peanut oil Macadamia oil Canola margarine Olive margarine Avocado Nuts Peanut butter Olives | <p>Found mainly in plant foods</p> <p>Omega 6's</p> <ul style="list-style-type: none"> Sunflower, safflower, grapeseed, corn and cottonseed oils Polyunsaturated margarines Nuts and seeds Wheat germ Sunflower, sesame and pumpkin seeds <p>Omega 3's</p> <ul style="list-style-type: none"> Fish and seafood Soy products Walnuts Canola Linseed |

* home made potato chips may be cooked in mono or poly-unsaturated fats

Most cooks love to use fat, because it contributes moistness and richness to foods. Fat can create food tastes and give food mouth appeal making it slippery, easy to chew and easy to swallow. Flavour your foods with discrete or mindful use of oils.

For example, EVOO in salads; Sesame oil in the wok for an Asian stirfry; Macadamia oil for desserts or toasted muesli; safflower, sunflower or canola oil for general cooking; infuse your oils with herbs and spices; coconut cream is used extensively in Thai, Malaysian and Indian cuisines - choose carefully as it is a saturated fat.

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QLD COUNTRY WOMEN'S ASSOCIATION

COUNTRY
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Recipe for good health



Get more fruit and veg into your meals



Cook at home



Check your portion size



Be aware of sugar in your drinks



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