

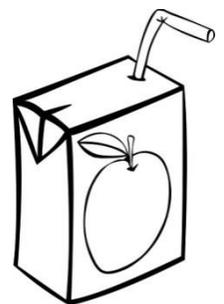
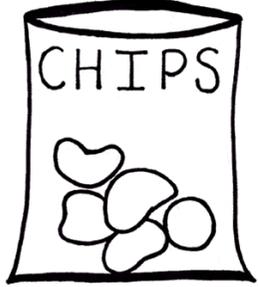
What foods are carbohydrates?



Less sweet more WATER



LESS LABELS MORE REAL FOOD





WBOP PHO

Less beige more COLOURS

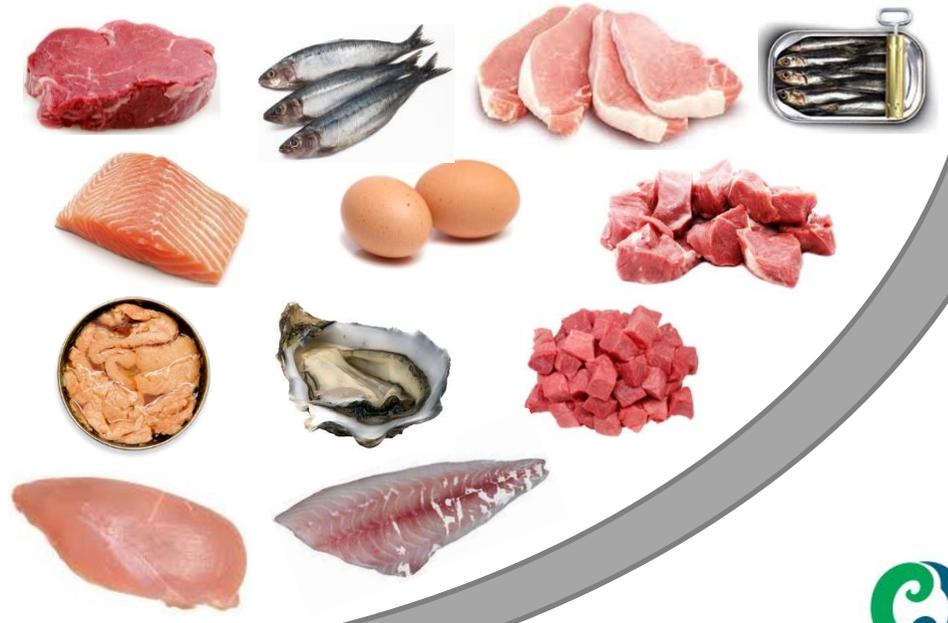
for weight management



Exception to the beige "rule"

MY

plate





Ways to Flavour Food

Without adding salt



WBOP PHO
Western Bay of Plenty
Primary Health Organisation

Why reduce our salt intake?

Salt is made up of sodium and chloride. It is the sodium part which keeps our body fluids in balance. We need the right amount of sodium and fluids to carry nutrients around the body and take waste materials out. Too much sodium leads to more fluid being retained. This can increase our blood pressure. High blood pressure (hypertension) is a big risk factor for heart disease.

Around 75% of the sodium in our diets comes from processed, pre-packaged foods. The fewer highly processed foods you eat, the less salt you are likely to consume.



Did you know our taste buds adjust over time; our taste buds can become more sensitive to less salt.

How can I flavour my food?

Try these handy tips:

- Add salt either while cooking or at the table, not both
- Try using herbs such as coriander, basil, parsley, chives, thyme and spices to flavour your food
- Lemon juice, vinegar and toasted sesame seeds add a new dimension to your meals
- Instead of using a salt shaker, have a little container on the table and use your fingers to put salt on just the foods that you want

Make sure you are including lots of coloured fruits and vegetables in your diet



Healthy snack options

Swap this



For this



Before	Healthy transformations to add more colour
Flavoured yoghurt	Plain unsweetened yoghurt with cinnamon OR some fruit e.g. berries OR curry powder and use as a dressing for meat balls or roast pumpkin and chickpea salad
Porridge/Oats	Handful of oats with pumpkin seeds, mix of raw nuts and cinnamon OR ground linseed, a handful or oats with berries (frozen or fresh) cooked in the same way as porridge
Mashed potato	Carrot and potato mash, pumpkin and carrot mash, cauliflower and herb mash
Quiche	Frittata with lots of coloured vegetables
Roast potatoes	Roast zucchini, carrot, beetroot, onions (red and brown), tomato, yams, asparagus, capsicum and a some potatoes/kumara
Potato chips	Dry roasted nuts or kale chips, beetroot leaf chips, zucchini chips, celeriac chips (rub with a small amount of oil and bake in oven at 180° for 5-10 minutes)
Bought sushi	Use less rice and more vegetables OR seaweed (nori) filled with finely sliced carrot, cucumber and fish/meat OR grated cauliflower 'rice' sushi salad with salmon, ripped seaweed, avocado and carrot
Sandwich	Use sandwich or thinly sliced grainy bread OR have an open sandwich with bread as the base and fillings piled high OR a solid vegetable salad OR soup in the colder months OR cook some whisked eggs in a large fry pan and use as a 'wrap' with vege and meat fillings
Pasta/rice/noodles	Substitute/combine with legumes/beans OR vegetable pasta (zucchini, carrot), grated cauliflower, use half the amount of noodles with mung bean sprouts

3 Healthy + Affordable foods

Legumes, pulses & lentils

These foods are some of the best sources of protein from plants, they are also very cheap compared to meat.

Some examples: chickpeas, lentils, black beans, cannellini beans, butter beans, kidney beans, navy beans, borlotti beans, haricot beans.

You can buy them canned or dried in the bulk bins. Canned legumes can be used straight away (just drain them), dried legumes/beans need to be soaked overnight (throw away the water) before boiling them in water until they are just soft.

- Try brown lentils mixed with canned tomatoes and frozen mixed vegetables for a healthy, nutritious and filling meal
- Use ½ the amount of mince you usually would and add brown lentils and grated carrot to bulk out the meal
- Drain canned chickpeas and mash with a potato masher adding lemon juice, garlic and a dash of oil to make hummus (a healthy dip – scoop onto carrot sticks, cucumber and capsicum)

Canned tomatoes

Not only are canned tomatoes very reasonable, they can also be the base of many great healthy meals. Try using them to make:

- *Soup* – canned tomatoes mixed with LOTS of any vegetables you have
- *Pasta sauces* – onions cooked with garlic, canned tomatoes, oregano/basil + vegetables (remember to use more vegetables than pasta)
- *Homemade baked beans* – cook up onion, garlic, add canned butter beans and canned tomatoes (can add spices for a bit more flavour)
- *Red poached eggs* – cook up onion and garlic, add canned tomatoes and crack in 2 eggs and cover to poach until the eggs are just cooked

Eggs



Eggs are a very nutritious source of healthy fats and protein. They are also very cheap!

- Hard boiled eggs (boil in shell for 8 minutes) sliced up and added to lettuce, carrot and tomato as nutritious salad
- Scrambled eggs and avocado for breakfast
- Omelette – break 2 eggs, heat up a pan and put in eggs, drag the sides into the middle, tilting the pan to move around the uncooked egg, before you fold in half, add sliced spinach or greens