

The simplest way

...to create a healthier brekkie.

Choose these simple, tasty swaps for your family's brekkie: they're fruit and vegie rich and will give you the energy to get through the day!



Swap this Breakfast	For these Healthier Options
White toast	<ul style="list-style-type: none"> - Choose wholemeal - Add fresh tomato or avocado - Spread ricotta, top with sliced fruit for a sweet treat
Flavoured milk	<ul style="list-style-type: none"> - Make a fruit smoothie: blend frozen raspberries + honey + reduced fat milk + yoghurt
Rice bubbles	<ul style="list-style-type: none"> - Porridge or wheat biscuits topped with banana + a small amount of honey

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The simplest way

...to make tabbouleh.

Ingredients

- 1 cup cracked wheat (bulgar)
- 2 large ripe tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions, finely sliced
- 1 bunch parsley, chopped
- 1 bunch mint, chopped
- 2 tbsp lemon juice
- 1 tbsp olive oil



Method

Cover the cracked wheat with water and soak for 15 minutes || Mix with remaining ingredients and serve chilled || Makes a great addition to your kids' lunch box – add to sandwiches/wraps or send in a small container.

Tips

For best results, use flat leaf parsley when available. For a more substantial meal: add 425g can drained chickpeas; or serve with grilled fish or meat and flatbread.

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The simplest way

...to use frozen fruit & veg.

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

The facts:

- We all need to aim for two serves of fruit & five serves of veg, every day
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost
- For canned vegetables, look for labels that feature "no added salt" or "salt reduced"
- Choose canned fruit in natural juice, rather than syrup
- Health Star Ratings are on many packaged foods now – the more stars, the healthier the choice.



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The simplest way

...to be SunSmart in spring.

Did you know that during spring you need to protect your skin from the sun every day?

In most parts of NSW, the UV level is 3 or above during spring. This means that even on cooler days, you need to protect your skin in five ways: **slip** on sun-safe clothing; **slop** on SPF30+ or higher, broad-spectrum, water-resistant sunscreen; **slap** on a broad-brim hat; **seek** shade; and **slide** on sunglasses.



How do you know if the UV level is 3 or above in your area?

Download the SunSmart app! The app provides recommended sun protection times, a calculator to check if you're using enough sunscreen, and a tracker to find out if you're getting enough UV exposure to help with your vitamin D levels.



To help keep your kids safe in the sun, check your school's SunSmart status by heading to www.sunsmartnsw.com.au





The simplest way

...to pack the five food groups!

Follow our easy guide to pack the healthiest lunch box that features the five food groups – and don't forget a bottle of water!



Fruit: It's high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember, kids are more likely to eat it if it's cut up into small pieces.

Vegies: Pack carrot and celery sticks with hummus or salsa, or even a veggie slice

Breads + cereals: Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

Reduced-fat dairy: A slice of cheese, yoghurts and custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

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The simplest way

...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids' lunch boxes!

Ingredients (serves 4)

1/3 cup pasta (penne/bow ties/risoni)
100g mushrooms, sliced
1 medium onion, chopped
1 tbsp olive oil
1 medium tomato, chopped
6 eggs, whisked
1 medium zucchini, sliced thinly
2 tbsp parsley



Method

- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

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