



Healthy eating for healthy weight

Successful weight management means a long-term commitment to a healthy lifestyle focused on eating healthy foods and keeping physically active in a way that is sustainable and enjoyable.

- Choose a variety of foods including plenty of breads, cereals, fruit and vegetables; moderate amounts of low fat dairy foods and lean meats or alternatives; and small amounts of poly-unsaturated or mono-unsaturated fats and oils.
- 'Hunger' is the best guide – eat when you feel hungry and stop when you are full. Be aware of eating when you are bored or eating out of habit, rather than when you are hungry. Keep a food diary to find out when this may be happening.
- Some foods should be eaten occasionally rather than everyday. These include many takeaway foods (especially those that are deep fried), pies, chocolate, sweets, pastries, biscuits, cakes and chips. It is OK to enjoy these foods once in a while.
- Aim for at least 60 minutes or more of moderate intensity physical activity on most, if not all, days of the week for weight loss. 30 minutes of walking and 30 minutes of lifestyle activities should be the aim.
- Choose a variety of foods. Aim for at least 20 different food items or ingredients daily. It has been shown that food variety has a direct correlation with nutritional value.

Try these delicious meal ideas to help get you started or try the 7 day plan below:

Breakfast

- ✓ Wholegrain cereal topped with low fat milk and fresh, tinned or dried fruit.
- ✓ Wholegrain muffin spread with apricot fruit spread and topped with banana.
- ✓ Fruit smoothie made from fresh or tinned fruit, low fat milk and yoghurt.

Lunch

- ✓ Wholegrain salad sandwich or roll with lean meat or tinned fish in spring water followed by a tub of low fat yoghurt.
- ✓ Creamed corn, tuna and asparagus wrapped in mountain bread served with salad.
- ✓ Baked potato topped with cottage cheese and salad and a piece of fresh fruit.

Dinner

- ✓ Stirfry made with lean beef or skinless chicken breast and lots of vegetables, served with rice or noodles.
- ✓ Pasty made with grated vegetables and lean mince meat wrapped in filo pastry basted with low fat milk.
- ✓ Lasagne sheets layered with spinach, ricotta cheese, lentils and a combination of other vegetables, top with tomato based pasta sauce and low fat mozzarella cheese.

For snacks try fresh or tinned fruit in natural juice, low fat yoghurt or milk, low fat dips and crackers, fruit loaf or toast.

Try to drink plenty of water. Be aware of the energy in soft drinks, fruit juices and alcohol.

7-day Meal Plan using foods you can buy in the supermarket

Monday

Breakfast

Half a cup of raw muesli with low fat milk and a sliced banana. One slice of wholegrain toast, thinly spread with unsaturated margarine and topped with tinned tomatoes and black pepper

Lunch

One small wholemeal pita bread spread with low fat sun-dried tomato dip and topped with grated carrot, 40g low fat cheese, lettuce and walnuts. 200g fat free yoghurt

Dinner

Home-made pizza made with a small pizza base spread with tomato paste and topped with 60g lean ham, pineapple & reduced fat grated mozzarella cheese or baby spinach leaves, 100g tuna slices in spring water, tomato, chilli sauce, olives and reduced fat feta cheese. Salad of mixed lettuce, one orange sliced, grated carrot, one tablespoon of semi-dried tomatoes topped with no oil dressing. One cup of berries served with two small scoops of berry sorbet.

Tuesday

Breakfast

One wheat breakfast biscuit, ¼ cup muesli and low fat milk. One slice of wholegrain toast spread thinly with unsaturated margarine and yeast spread.

Lunch

Wholegrain roll spread with 97% fat free mayonnaise with 60g chicken and salad. 200g fat free yoghurt and an apple

Dinner

100g lean beef strips stir fried using canola oil spray with 4 cups fresh or 2 cups frozen mixed stirfry vegetables. One cup low fat custard served with one cup of tinned peaches in natural juice.

Wednesday

Breakfast

Mango smoothie made from half a cup of low fat milk, one mango and 200g fat free mango yoghurt. One wholemeal crumpet topped with low fat cream cheese

Lunch

Two slices of wholegrain toast cut into fingers and topped with 100g smoked salmon and asparagus served with a salad of lettuce, tomato, cucumber and snow peas topped with no-oil dressing. Skim milk cappuccino

Dinner

Four grilled (canola) fish fingers with lemon juice, grilled tomatoes, mushrooms and zucchini, 100g (polyunsaturated) oven fries, one wholegrain dinner roll. One cup of berries served with two small scoops of berry sorbet.

Thursday

Breakfast

One third of a cup rolled oats with a cup of skim milk and a sliced banana plus. One slice of wholegrain toast spread thinly with unsaturated margarine and 100% fruit spread

Lunch

One wholegrain roll, topped with 100g reduced fat ricotta cheese, lettuce, grated carrot, chopped celery & capsicum, spring onion, semi-dried tomatoes & eggplant. 200g fat free yoghurt.

Dinner

100g BBQ chicken breast fillet served with BBQ potato (one medium) and onion, one wholegrain dinner roll, salad of lettuce, grated carrot, cherry tomatoes and beetroot topped with no-oil dressing. Apple crumble (Microwave a peeled & sliced apple and a tablespoon of sultanas. Cover with topping made from one tablespoon rolled oats, one teaspoon flour, pinch of cinnamon & one teaspoon canola margarine. Bake 180 °C till browned) serve with two small scoops low fat ice-cream.

*Friday***Breakfast**

One cup wholegrain flake and fruit cereal, topped with two apricots (fresh or tinned in natural juice) and low fat milk. One wholegrain English muffin spread with marmalade.

Lunch

A small can of baked beans served with a slice of wholegrain toast. 200g fat free yoghurt and a mango.

Dinner

Homemade hamburgers made from 100g lean mince, onion, dried breadcrumbs & egg to bind. Serve with browned onion, mushrooms & garlic, beetroot, avocado, tomato, lettuce & grated carrot. One cup of tinned fruit in natural juice served with two small scoops of low fat ice-cream.

*Saturday***Breakfast**

2 slices of toasted fruit loaf thinly spread with unsaturated margarine. 200g fat free yoghurt

Lunch

80g Toasted Turkish bread, 100g red salmon, two slices of extra lite cheese, tomato, red capsicum, baby spinach leaves. One orange

Dinner

Lean pork rolls filled with breadcrumbs, mango chutney, chopped macadamia nuts & red capsicum, a few slices of canned mango or apricots. Onion, pumpkin, sweet potato, red capsicum, roma tomatoes, zucchini and eggplant roasted in a small amount of olive oil & balsamic vinegar and served piled onto couscous. One cup of apricots tinned in natural juice baked with one tablespoon of dried apricots and served with 200g fat free vanilla yoghurt and cinnamon.

*Sunday***Breakfast**

Bubble and squeak using leftover vegetables mixed with egg and cooked in a non-stick pan using spray oil. One slice of wholegrain toast spread thinly with unsaturated margarine. Half a cup of orange juice.

Lunch

100g BBQ lean pepper steak or salmon fillet. One medium potato wrapped in foil, BBQ onions, two slices of BBQ pineapple. One wholegrain dinner roll, tossed salad of mixed lettuce, cherry tomatoes, snow peas and cucumber topped with no-oil dressing. One glass of Iced Coffee made with skim milk and ice cubes.

Dinner

2 cups cooked pasta topped with tomato based pasta sauce; mushrooms, capsicum, broccoli and 40g reduced fat cheese. One cup of fresh fruit salad served with two small scoops of low fat ice-cream.

Snacks

If hungry between meals, save fruit or yoghurt from mealtimes or alternatively select one or two choices from the following list:

1. One slice of raisin bread
2. Four low fat crackers with tomato & cracked pepper
3. One cup Low fat drinking yoghurt
4. Fruit Smoothie (1 cup skim milk, banana, drop of vanilla, 2 Tablespoons fat free yoghurt)
5. 200g fat free yoghurt
6. 60g flavoured cottage cheese with carrot or celery sticks
7. Three dried apricots or small packet (40g) sultanas
8. One apple, or one cup of strawberries
9. ¼ cup raw walnuts or macadamia nuts
10. One crumpet

An Accredited Practising Dietitian (APD) can provide expert dietary advice on weight management, which is tailored to individual needs. APDs are professionals with the qualifications and expertise to translate scientific information about nutrition into practical advice about what to eat.

To find an Accredited Practising Dietitian in your area:

- Telephone the APD hotline 1800 812 942
- Check the 'Find a dietitian' section on the DAA website www.daa.asn.au
- Check the Yellow Pages under 'Dietitian' and look for the letters APD

Thanks to Tania Ferraretto APD and Dr Clare Collins APD for their contribution to the fact sheet.

The Dietitians Association of Australia (DAA) is the professional body representing over 2000 dietitians nationally. Dietitians are experts in nutrition and a public guarantee of this expertise is provided through the Accredited Practising Dietitian (APD) program – a national system for recognition of professionals who have the qualifications and expertise to provide expert nutrition and dietary advice.