

# HEALTHY CHOICES FOR YOUR CANTEEN.



## Healthy Snack Ideas

- Fresh or frozen fruit
- Reduced fat yoghurt
- Reduced fat custard
- Fruit salad and reduced fat yoghurt or custard
- Dried fruit\* or tinned fruit in natural juice
- Plain nuts
- Air popped popcorn
- Fruit bread/toast
- Plain or fruit scones
- Pikelets
- Crunchy vegetable sticks with hummus, salsa, guacamole or eggplant dip
- Plain fruit buns (no icing)
- Corn on the cob
- Crackers with reduced fat cheese and tomato or peanut butter
- Wholegrain breakfast cereal with low fat milk (+/- fruit on top)
- Plain rice or corn cakes

## Healthy Meal Ideas

- Sandwiches/wraps/rolls filled with lean ham\*, cold meats, chicken, tuna, salmon, egg, reduced fat cheese and plenty of salad
- Toasted sandwiches filled with reduced fat cheese, avocado, baked beans, chicken, lean ham\* or tomato
- Hamburgers with lean chicken or beef patties\* and lots of salads
- Homemade pizza with lean meat, vegetables and small amounts of reduced fat cheese. Try using wholegrain English muffins or pita bread for the base
- Sushi or rice paper rolls
- Jacket potatoes filled with baked beans, lean savoury mince, reduced fat cheese, salad or coleslaw with low fat dressing
- Fried rice containing lean meat, egg and vegetables
- Noodle stir fry with lean meat and plenty of vegetables
- Spaghetti bolognese or tomato based pastas or pasta bakes
- Soups served with crusty bread or rolls

## Healthy Drink Ideas

- Water
- Soda water
- Plain mineral water (sparkling)
- Reduced fat plain milk
- Reduced fat flavoured milk\*



\* These foods may vary in classification depending on which state you are in. Talk to your Good Sports support person to find out more.