



NUTRITION HACKS



4 FOOD GROUPS



We get nutrients like protein, fat, carbohydrates, fibre, vitamins and minerals from food and drinks.

Nutrients help us to be healthy by providing the building blocks for our bodies and enabling all our bodily processes to function properly.

How do we get all of the nutrients our bodies need? Eat a variety of foods, from the four food groups!

- 1** Grain foods - bread, pasta, rice, oats, breakfast cereals, popcorn, quinoa, barley and rye. Choose wholegrain options for more fibre, vitamins and minerals.
- 2** Vegetables - broccoli, cauliflower, carrots, peas, kumara, potato, taro, tomato and lettuce and fruit like apples, pears, oranges, bananas, grapes and berries.
- 3** Dairy products - milk, cheese and yoghurt.
- 4** Meat and other protein foods - poultry, fish, eggs, tofu, legumes (lentils, chickpeas, baked beans), nuts and seeds.

Eating healthily doesn't have to be expensive. Here are some ways to make cheap, healthy meals for you and your family.

Look out for these foods which are packed with nutrition and kind on the wallet.

- Frozen and canned veggies - full of nutrition and less waste
- Canned and dried legumes - e.g. baked beans, chickpeas, lentils
- Eggs
- Tinned fish e.g. tuna, salmon, sardines. Fish with bones are good for calcium too!
- Cheaper cuts of meat and offcuts
 - Blade or chuck roasts
 - Organ meat (offal) e.g. liver, kidneys, tongue - packed with protein, vitamins and minerals
- Milk powder - similar nutrition to fresh milk but about 30% cheaper
- Brown rice and whole grain pasta
- Rolled oats

Plan ahead, make a shopping list and stick to it so you don't get tempted by additional treats and snacks.

Shop in season and look for what's on special first.

Cook in bulk and reuse or freeze leftovers to avoid wasting food.

Buy generic/budget brands – they are often just as good nutritionally as name brand products, for less money.

Have a go at growing your own produce! A great way to get kids involved in healthy kai too.

EATING HEALTHY ON A BUDGET



CHEAP, HEALTHY SNACKS

NEED IDEAS FOR HEALTHY SNACKS THAT WON'T BREAK THE BANK? THESE SNACKS ARE PACKED WITH NUTRITION AND ALL COST AROUND 50C OR LESS PER SERVE.



01 Hard boiled eggs

02 A piece of fruit

03 Homemade hummus & carrot sticks

04 Wholemeal toast and peanut butter

05 Homemade banana "nice-cream"

06 A small handful of peanuts & raisins

07 Roast kumara (roasted with cinnamon for a sweet treat)

08 Small bowl of porridge with honey

PANTRY MUST-HAVES

Having a good supply of long-life, nutritious products in your pantry or freezer helps you eat healthily with less wastage.

Plus you can always be prepared for whatever life throws at you, even lockdowns!.



- 1** Frozen veggies - a quick and inexpensive way to get your '5+ a day'
- 2** Frozen fruit - sweet, tasty and great in smoothies. Plus, no added juice or syrup like there is in canned fruit.
- 3** Milk powder and UHT milk. Full of nutrition - not far off the fresh stuff actually!
- 4** Canned legumes - chickpeas, lentils, kidney beans, baked beans etc. Add them to your favourite meat dishes to add extra nutrients and fibre. This will make the cost go further too.
- 5** Herbs and spices. An easy way to add tons of flavour to cooking - no need for healthy food to be bland!

QUICK & CONVENIENT

Eating healthily doesn't have to mean spending hours in the kitchen. Here's how to pull together a healthy meal in a flash:

What does one serve look like?

Carbs - around the size of your fist

Veggies - fill half your plate

Proteins

- Fist size legumes
- 2 eggs
- Palm size for meat & poultry
- Whole hand (flat) for fish
- Pottle of yoghurt
- 2 thumb sizes of cheese

Fats

- 1 tsp oil
- 2 thumbs nut butter or hummus
- Small handful nuts

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Carbs e.g.

- Whole grain bread, pita, rolls, wraps, kumara bread, rewena or chappati
- Express microwave brown rice
- Quick cook couscous, bulgur or oats
- Leftover rice, pasta, noodles, quinoa, kumara, taro, cassava or green banana

2

Veggies e.g.

- Canned sweetcorn, beetroot, tomatoes, peas, baby carrots or baby corn
- Frozen peas, sweetcorn, carrots, broccoli, cauliflower or capsicum
- Extra quick fresh options e.g. veggie 'noodles' (zucchini/courgette, kumara or squash,) salad leaves, stir-fry mixes, cauliflower 'rice', pre-chopped veggie mixes, sliced mushrooms, vacuum-packed sweetcorn
- Leftover veggies - any kind other than starchy veggies.
- (Kumara, potato, taro, cassava which count as one of your carbs.)

3

Protein e.g.

- Hard boiled eggs (cook up a batch and keep in the fridge to use throughout the week)
- Cheese or a pottle of yoghurt
- Pre-cooked chicken, prawns or smoked salmon
- Canned fish (tuna, salmon or sardines)
- Tofu
- Legumes e.g. canned chickpeas, lentils, baked beans or frozen edamame (soybeans),

4

Add a dash of healthy fats e.g.

- Dressing made with a healthy oil like olive, canola, rice bran or avocado oil
- Hummus
- Avocado
- Nuts or nut butters
- A sprinkle of seeds
- (If you have an oily fish for your protein e.g. salmon or sardines, these are also a serve of healthy fats)

Meal ideas:

- Wholegrain roll + cheese + salad with a side of capsicum pieces with hummus dip
- Super quick stir fry with pre-cooked prawns + microwave brown rice + peas + baby spinach + a little sesame oil to finish
- Canned chickpeas + canned beetroot + feta + side salad with sprinkle of seeds
- Sardines + wholegrain toast + tomato/cucumber salad

Add a piece of fruit for an extra boost of nutrients and fibre!



GRAB'N'GO SNACKS

Running out the door but need something to eat? These grab 'n' go snacks take less than 2 minutes to prepare and are a convenient way to fill a gap, until your next meal.



- A piece of fruit – the ultimate convenience food
- Small pack of nuts e.g. almonds, peanuts or cashews
- Smoothie with milk, yoghurt and banana (You can add optional extras e.g. cocoa powder, baby spinach, frozen berries, nut butter etc.)
- Cheese sticks
- Small packet of plain or lightly seasoned popcorn
- Can of tuna + wholegrain crackers
- Yoghurt pouch

If you know things are a bit hectic during the week, why not take a bit of time on the weekend to prepare some food to grab 'n' go during the week e.g.

Overnight oats or bircher muesli

Homemade oat bars

Boiled eggs

Steam or boil some edamame

Baked egg cups

Pop some ripe bananas in the freezer for extra creamy smoothies