

Sandwich Builder

Sandwiches can be a quick and portable lunch, or easy dinner option. They don't have to be boring.

Here are some useful ideas to create quick, fresh and tasty sandwiches from scratch.

Choose lots

Vegetables will keep you healthy due to all the vitamins, minerals and fibre they contain. Add in some raw, cooked or canned fruits and vegetables of different colours and textures to your sandwich.



Herbs



Lettuce



Rocket



Spinach



Celery



Corn



Cooked sweet potato



Eggplant



Cooked artichoke



Tomato



Cucumber



Carrot



Capsicum



Mushroom



Onion



Cooked pumpkin



Alfalfa sprouts



Bean sprouts



Tinned four bean mix



Beetroot (grated or sliced)

Choose some

Breads and alternatives. Try to choose wholegrain or wholemeal varieties where possible to boost your daily fibre intake to leave you feeling fuller for longer.



Multigrain bread roll



Multigrain bread



Rice paper cold rolls



Wholemeal pita bread



Rice cake



Multigrain wrap



Biscuit/cracker

Protein is a great way to balance a meal and provide you with energy. Try to choose lean or low fat options to reduce your overall daily fat intake.



Lean meat



Boiled egg



Tinned four bean mix



Tinned fish



Skinless chicken



Baked beans

Choose a little

Spreads and extras like these shown below add a boost of flavour to your sandwich to make it extra tasty.



Cheese slices*
(low fat)



Cream cheese
(low fat)



Mayonnaise*
(low fat)



Mustard*
(low salt)



Avocado



Pesto*



Salsa/chutney*



Hummus

*Use these ingredients sparingly, as they may include high amounts of sugar, fat or salt

Salad Builder

Salads make a wonderful lunch, side dish or dinner option, as they are packed full of goodness.

Here are some easy ways for you to make tasty and healthy salads at home.

Choose lots

Fruit and vegetables will keep you healthy due to all the vitamins, minerals and fibre they contain. Add raw, cooked or canned fruits and vegetables of different colours and textures to add variety to your salads.



Herbs



Mixed greens



Spinach



Celery



Tomato



Cucumber



Carrot



Capsicum



Mushroom



Onion



Cooked pumpkin



Alfalfa sprouts



Bean sprouts



Beetroot



Peas



Apple



Pear



Papaya



Oranges



Rockmelon



Broccoli



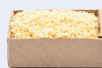
Cauliflower

Choose some

Grains are a great source of fibre and energy to keep you feeling fuller for longer, and will bulk out any salad into a main meal. Aim for around ½ cup per person. Try to choose wholegrain varieties where possible.



Basmati/ doongara rice



Couscous



Quinoa



Wholemeal pita bread



Pasta



Corn

Protein is a great way to balance a meal and provide you with energy. Try to choose lean or low fat options to reduce your overall daily fat intake.



Lean meat



Tinned four bean mix



Skinless chicken



Hard boiled egg



Tinned fish



Prawns

Choose a little

Dressings, flavour boosters and extra crunch will add a boost of flavour and texture to your salad to make it extra tasty.



Herbs



Extra virgin olive oil*



White Vinegar



Tahini



Fresh Lemon Juice



Mayonnaise*
(low fat)



Plain Yoghurt
(low Fat)



Balsamic vinegar*



Dressing*
(low Fat)



Olives*



Sundried tomato*



Cheese
(feta, cottage cheese, ricotta)*



Mixed nuts*



Avocado*



Roast capsicum*



Seeds*



Bean sprouts



Dried fruit*

*Use these ingredients sparingly, as they may include high amounts of sugar, fat or salt