



HEALTHY BITES

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How healthy is what you're buying?

With our supermarket aisles overflowing with choice and the persuasive influence of clever marketing and 'buzz' nutrition words, choosing the healthiest option is not always obvious. Here are some things to look out for:

1. Read the nutrition information panel

For a quick guide to the healthiness of packaged foods, use our simple guide below. These numbers are not the only important thing, but they're a good place to start.

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the per 100g column	Best choice 😊	OK sometimes 😐	Too high 😞
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		

DRINKS: Choose **water first**

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Find the 'per 100g' column on the nutrition information panel and compare this against our guide.

If the 100g value for saturated fat, total fat, sugar and salt falls in the green column, it's a better option than a product that falls in the orange or red column.

Fibre is something we want more of so look for products with more than 3g per serve.

2. Check the ingredients list

Ingredients will be listed from highest to lowest by weight. If fat or sugar are near the front of the list, the product is probably not a healthy choice. A long ingredient list often means the food is highly processed.

Food manufacturers use sneaky names for fat, sugar and salt to make products sound healthier than they really are. Some of the names used for fat include butter, cocoa butter, cophera, cream, hydrogenated oil, shortening and tallow. Some of the names used for sugar include agave nectar, corn syrup, dextrose, fructose, fruit juice/puree concentrate, glucose, honey, molasses and sucrose. Some of the names used for salt include celery salt, flavour enhancer (621), sodium, soy sauce and stock. Watch out for these!

3. Would the real healthy foods please stand up?

Whole foods, foods without a label and foods with only a few ingredients are usually cheaper and better for our health. This includes fruits and vegetables, nuts and seeds, legumes, eggs, fish, red meat, chicken, dairy foods and wholegrains.

LOADED SWEET POTATO



Prep: 10 min

Cook: 12 min

Serves: 4

Ingredients

- ▲ 4 sweet potatoes
- ▲ 1 cup reduced-fat mozzarella cheese, grated
- ▲ 300 g cooked or BBQ chicken breast, sliced or shredded
- ▲ 250 g cherry tomatoes, halved
- ▲ 1 cup basil leaves
- ▲ to taste pepper



Method

1. Scrub skins and cut any blemishes off sweet potatoes. Use a fork to prick sweet potatoes at least a dozen times each.
2. Place sweet potatoes onto a plate under a microwave-safe cover and microwave on HIGH for 5 minutes, turn over and cook a further 5 minutes until softened and cooked in the centre. Be careful when turning over the sweet potato - steam will burn!
3. Carefully cut potatoes in half lengthways and place each on a serving plate open-faced. Sprinkle halves with cheese then layer on chicken and tomatoes. Microwave for another 2 minutes if desired.
4. Top with torn basil leaves and black pepper and serve.

VARIATIONS:

- ▲ Top with other salad ingredients such as baby spinach leaves, microwaved sliced red onion, canned corn kernels or beans, sliced red capsicum, mushrooms or spring onions.
- ▲ Add drained artichokes, olives, sundried tomatoes, roasted pepper strips or other chargrilled vegetables.
- ▲ Top with dried chilli flakes or chopped red chilli for some heat.



An easy way to get a good variety of fruit and vegetables is to think colour instead! Eat all the colours of the rainbow to give your body the right mix of vitamins, minerals, phytochemicals (nutrients found naturally in plants) and antioxidants for good health.