



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters will feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

May 2012

Issue 5—Vegetable Intake and Refuelling

Go Greener by Eating Vegetables

Vegetables are a versatile food group that can be eaten in many different ways throughout the day. Veggies are nutrition powerhouses, packed with vitamins and minerals, dietary fibre and many other health boosting properties. However, we all know that it is difficult to get young people to eat veggies at the best of times. Being creative with the way veggies are served is a great way to increase consumption. For example, instead of just serving veggies cooked on the side they can be incorporated in to meals and sometimes can be hardly noticed.

For children and adults alike it can be tricky to eat the required serves of veggies in one meal, and for this reason it is best to eat veggies at many opportunities throughout the day. This makes it easier to reach your veggie goals, and is less daunting than sitting down to one big plate of veggies! For good health adults should aim for 5 serves of vegetables per day, children and adolescents need slightly less. Children aged 4-7 need 2 serves of veggies per day, children aged 8-11 should be aiming for 3 serves, and for adolescents aged 12-18 try and aim for 4 serves of veggies a day.¹

So how much veggies is one is serve?

One serve of vegetables is approximately 75 grams or:

- A medium sized potato
- 1/2 a cup of cooked vegetables or legumes
- 1 cup of uncooked vegetables (e.g. salad vegetables)



Eating a variety of colours of vegetables is the best way to get all the nutrients you require.

¹ Australian Guide to Healthy Eating: Background Information for Consumers, 1998, Commonwealth of Australia.

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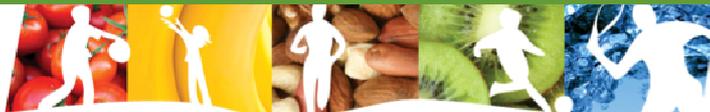
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Recipe for Hummus



Serves 15 - 30

400g (2 – 4 cans) of chick peas, drained

1 – 2 tsp of salt

2 – 3 cloves of garlic, quartered

1/2 -1 cup of Tahini

1/3 - 2/3 of a cup lemon juice

1/2 - 1 cup of water

Method:

Blend or process ingredients until almost smooth.

Serving suggestion: Serve in the bottom of a plastic cup with veggie sticks (e.g. carrot, celery, capsicum) for a healthy snack.

Veggie serves: approximately two serves when served with 75g of veggie sticks.

Recipe sourced from Nutrition Australia

Tips To Increase Vegetables In Your Menu

There is nothing wrong with hiding or disguising the flavour or texture of healthy foods in appropriate dishes as it helps to ensure a balanced diet. However healthy foods hidden in “sometimes foods” such as sweets, cakes or deep-fried foods are NOT advised. Because vegetables are a **green** food and they can be sold as single foods, or can be added to recipes to create a healthier meal.

Easy ways to add more veggies to the menu:

- Add a layer or two of spinach or silver beet to lasagne.
- Add some frozen vegetables to the mix when making meatloaf or rissoles – better still grate zucchini, carrot and pumpkin into the mix
- Use tomato based sauces instead of cream based. Roasted vegetables can be blended and strained into a basic tomato sauces to use with spaghetti, pasta and meatballs or try it as topping on pizza bases.
- Cooked pumpkin, corn, zucchini, carrot and potato can be creamed and added to savoury muffins, pies, quiches or baked into scones, scrolls or homemade breads.
- When making mashed potato, mash in some steamed cauliflower, parsnip or pumpkin.
- Revive the humble baked potato and serve with bolognese sauce, baked beans or creamed corn. Top with grated cheese.
- Add grated zucchini and mashed cauliflower to the cheese sauce when making macaroni cheese.
- Turn ordinary pikelets into veggie pikelets – add grated zucchini, chopped spring onion, creamed corn and grated cheese to pikelet mixture.
- Make oven-baked vegetable chips: slice potatoes, carrots, sweet potato, parsnips or beetroot.
- Make some tasty noodle fritters by adding egg, peas, corn, grated zucchini and grated cheese to cooked two minute noodles.
- Make veggie based soups.
- Corn cobbettes on a paddle pop stick. Optional: a drizzle of lemon juice adds fantastic flavour.
- Celery sticks with reduced fat cream cheese and sultanas.
- Veggie sticks in a cup with healthy dips such as hummus or tzatziki in the bottom -see hummus recipe above.

Refuelling After Sport

While your child is participating in sporting activities, their energy (kilojoules) needs may increase. Generally, kids involved in sports should eat a meal or snack consisting of protein and carbohydrates within 30 minutes after exercise. The carbohydrate and protein helps replenish energy lost in exhausted muscles and rebuild the body after physical activity.

Please refer to the Refuelling After Sport fact sheet for further information on quick and easy ideas to assist with refuelling, a recipe for Fruit Burritos and using chocolate milk to assist with recovery.

Contact Details

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To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au