



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.

August 2012

Issue 8 – Go Greener with Grains

Why are Grains so Special?

Grains refer to the breads, cereals, rice, pasta, barley, and oats that we consume daily. These foods are great sources of energy, carbohydrates, vitamins and minerals and guess what, wholegrains are high in fibre, low in fat and are also more filling, which means you stay satisfied for longer!

Wholegrains provide fuel for sport, improve gut health, and reduce the risk of cancer, diabetes, and obesity. They not only taste great but add texture to any meal. How much do you need to reap the benefits?

What is a Standard Serve?

- 2 slices of bread
- 1 cup of breakfast cereal
- 1 cup of cooked rolled oats
- 1 cup of cooked pasta/ rice/noodles

The Australian Guide to healthy eating recommends a minimum of 4 serves of grain based foods daily for optimal nutrition. However, these recommendations vary with age, gender and activity.

Children and Adolescents

Age	Number of serves per day
4-7 years	5-7
8-11 years	6-9
12-18 years	5-11

For more information about recommended serves and serve sizes, please refer to The Dietary Guidelines for Children and Adolescents in Australia via the following link: www.nhmrc.gov.au/files/nhmrc/publications/attachments/n30.pdf



In this issue:

- Why are Grains so Special **1**
- Pikelet Recipe **2**
- Go Greener Snack Deals with Pikelets **2**
- Kids Brainsy Breakfast Ideas **2**
- Sporting Club Canteen Nutrition Advisory Service **2**
- Contact Details **2**



A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Pikelet Recipe



Ingredients:

Serves 10 25

Self raising flour 1 cup 2 cups

Reduced fat milk ½ cup 1 cups

Eggs 1 2

Method

1. Mix ingredients in a bowl until smooth.
2. Pre-heat a non-stick fry pan.
3. Pour a tablespoon size portion of the mixture onto the pan.
4. Flip pikelets when bubbles appear on the surface.
6. Repeat on other side until golden brown.
5. Allow to cool slightly and serve one pikelet on a small serviette.

Food Group Serves:

½ breads and cereal serves per pikelet.

Go Green Snack Deals with Pikelets

- 2 Pikelets + 1 serve of reduced fat milk (plain or flavoured)
- 2 Pikelets + 1 serve of fruit
- 2 Pikelets + 1 serve of reduced fat yoghurt
- 2 Pikelets + 1 cup of hot chocolate (made with reduced fat milk)

Tips: To increase the fibre use ½ wholemeal self-raising flour and ½ plain self-raising flour. Make banana and sultana pikelets by adding ¼ cup of sultanas and ½ a mashed banana per 10 serves. Or turn them into blueberry pikelets by adding ½ a punnet per 10 serves. Serve these pikelets plain or with a dollop of reduced fat flavoured yoghurt.

Kids Brainsy Breakfast Ideas

Breakfast is a great way to give the body and brain the refueling it needs to face the day. Kids who eat breakfast tend to eat healthier overall and are more likely to participate in physical activities to maintain a healthy weight. Having breakfast in the morning helps kick start the body's metabolism and gets your body up and running.

Breakfast Ideas for Sporting Canteens

- Prepackaged cereal with reduced fat milk
- Toasties made with baked beans or cheese/tomato
- Raisin or fruit toast/yoghurt/banana
- Pikelets, fruit, reduced fat milk
- Prepackaged instant oats, sultanas, reduced fat milk



Please refer to the 'Kids Brainsy Breakfast Ideas for Sport' fact sheet for further information on how to fuel up with a healthy breakfast and suggested breakfast ideas.

Sporting Club Canteen Nutrition Advisory Service

Nutrition Australia ACT provides a **FREE** Nutrition Advisory & Support Service to all sporting club canteens who are in the process of implementing Healthy Food@Sport recommendations. This is an opportunity and to speak with an accredited nutritionist who can help clarify any of your nutrition related queries.

Contact Nutrition Australia ACT for further information on the Nutrition Advisory & Support Service for sporting club canteens.

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Acknowledgments:

- Grains and Legumes Nutrition Council
www.glnc.org.au
- Paediatric Oncall
www.pediatriconcall.com
- Nutrition Australia
www.nutritionaustralia.org
- Department of Health and Aging: Australian Guide to Healthy Eating
www.health.gov.au
- Kids Health
www.kidshealth.org
- Kid's Cooking
www.kidsacookin.org

Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or grant.voysey@act.gov.au

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

www.health.act.gov.au