

We can help you to feel better

# Quick healthy snacks



**Your physical wellbeing is just as important as your mental wellbeing and sometimes the two can relate to each other.**

**Good physical health is linked with a positive mood, lower levels of stress, depression and anxiety, being able to concentrate better and feeling calm and relaxed.**

## Dairy

- Cold/frozen low fat yoghurt.
- Glass of low fat milk.
- Bowl of low fat custard.
- Milk smoothie: combine fresh fruit such as banana or strawberries with low fat milk and yoghurt, and blend.
- Breakfast cereal plus low fat milk/yoghurt.

## Fruit and Nuts

- Muesli bar (fruit).
- Dried fruit.
- Tinned fruit.
- Piece of fresh fruit.
- Handful of mixed unsalted nuts, preferably almonds.

## Vegetables

- Potato wedges and frozen vegetables (with or without meat kebabs).
- Corn on the cob – microwave or boil in shallow water until soft.
- Hot potato: add tuna, creamed corn and low fat cheese to a baked potato for a healthy delicious meal.
- Vegetable pikelets (i.e. egg, small amount of flour, milk and a small amount of grated cheese): add grated pumpkin, zucchini, potato, spring onion, parsley.



## Dips

- Low fat dips such as salsa, tzatziki, hummus, corn relish, roasted capsicum, avocado, relishes with Lebanese bread, rice crackers, water crackers, pretzels, premium crackers.
- Low fat dip with chopped vegetables such as broccoli, beans, carrots, cucumber, celery, capsicum, mushrooms, cauliflower, zucchini.

## Salads

- Caesar salad: add lettuce, sliced meat (e.g. grilled ham), croutons and low fat Caesar salad dressing.
- Bean salad: three bean mix with salad and coleslaw dressing.

## Soups

- Tinned soup tomato/pumpkin (there are many other types and flavours)
- Winter warmer: multigrain rolls and heated tinned vegetable soup.
- Vegetable soup: add fresh vegetable soup pack diced (ready-made soup combo available in the fruit and vegetable section of most major supermarkets) to boiling water and cook for 25 minutes.
- Fresh pasta veggie soup: vegetables in fridge plus vegetable stock and pasta, boil for 20 minutes.
- Vegetable pasta soup: tinned pasta soup plus tinned mixed vegetable soup, boil 10-15 minutes.
- Minestrone soup: tinned baked beans/kidney beans plus fresh vegetables, boiling water, vegetable stock and 2 tbs of tomato paste and cook for 20 minutes.
- Hearty vegetable soup: lentils/legumes add to fresh soup combo list, boiling water, tinned/fresh tomatoes and vegetable stock and cook for 20 minutes.

## Stir Fries, Curries, Roast Dinners and Casseroles

- Casserole: canned vegetable soup and tinned braised steak.
- Stir fry: frozen stir fry mix just add cooked meat or kidney beans.
- Mince stir fry: cook mince till brown, add frozen stir fry mix plus oyster sauce/sweet chilli sauce and soy sauce, hokkien noodles to a large pan and cook for a further 15 minutes.
- Chicken stir fry: cook chicken kebabs in pan, add soy sauce, fresh pre-chopped stir fry mix/or vegetables from fridge.
- Frozen meals: chicken chow mein/Thai chicken/chicken mornay, rice/beef chow mein/pasta alfredo/roast turkey dinner.
- Simple stir fry: boil rice for 15 minutes, cook meat kebabs in pan with oil. When brown add frozen vegetables and soy sauce. Stir boiled rice into pan and cook for a further 10 minutes.
- Curry in a hurry: add curry simmer sauce, diced potato, pumpkin, carrots, onion, mushrooms and parsnips from fresh vegetable combo pack or vegetables from fridge, cook in a pan/casserole dish with oil and curry simmer sauce till vegetables are soft.
- Chicken pie and veggies: chicken and vegetable pie, heated in the oven with frozen vegetables microwaved for a few minutes, steamed or boiled for 10 minutes.

## Pasta and Noodles

- Tortellini/ravioli pasta with low fat pasta sauce and frozen vegetables/salad side dish.
- Pasta bake: cook braised steak in pan (optional), boil sliced vegetables and pasta in same dish for 15 minutes. Transfer to baking dish, add pasta sauce and bake in pre-heated oven for 10 minutes.
- Tuna pasta salad: tuna, mixed salad and pasta.
- Tuna bake: add dry pasta to boiling water and cook for 15 minutes. While this is cooking, combine a tin of creamed corn, mushrooms, jar of low fat creamy pasta sauce and a drained tin of salmon or tuna. Drain water from pasta and combine all ingredients, sprinkle low fat cheese over top and bake in oven for 10-15 minutes on high temperature.



### *Pasta and Noodles (continued)*

- Tomato pasta: add dry pasta to boiling water and cook for 15 minutes. While this is cooking, heat a tin of crushed tomatoes. Drain water from pasta and combine.
- Creamy pasta: add dry pasta to boiling water and cook for 15 minutes. While cooking, heat a jar of creamy pasta sauce plus a handful of mushrooms. Drain water from pasta and combine. Or make your own creamy sauce by adding four tbs cornflour plus one cup of low fat milk, a handful of low fat grated cheese and a teaspoon of mustard and microwave in coffee mug for 1-2 minutes, stirring every 30 seconds.
- Home-made pasta sauce: tinned chopped tomatoes, 1 tbs tomato paste, pasta, mushrooms (tinned/fresh), onion and garlic.
- Pasta bolognaise: add dry pasta to boiling water and cook for 15 minutes. While cooking brown mince in pan and when brown add a tin of crushed tomatoes and heat. Drain water from pasta and combine.
- Asian noodles: cook frozen or fresh stir fry vegetables for 5 minutes in large pan with oil, add curry paste and hokkien noodles/singapore noodles. Cook for a further 5-10 minutes.

### **Baked Snacks (Sweet and Savoury)**

- Pizza: use wholemeal pita bread as a pizza base and top with tomato paste, mushrooms, green and red capsicum, olives, lean ham and pineapple plus a little reduced fat mozzarella cheese.
- Pita bread chips: cut wholemeal pita bread into small pieces and bake until browned. For extra flavour, spray with non-stick cooking spray and sprinkle with herbs, chilli or lemon pepper. These are a fantastic accompaniment to a low fat dip.
- Home-made pizza: using wholemeal pita bread or multigrain English-style muffins as a base, top with tomato paste/salsa, mushrooms/olives/pineapples/sliced meat and low fat grated cheese.
- Scones: add self raising flour, bicarb soda (1 tsp), margarine and low fat milk. For fruit scones add some currents or sultanas to the mixture.
- Quick apple strudel: wrap chopped apple, sprinkle with cinnamon, in two sheets of filo pastry, baste pastry with a little low fat milk and top with cinnamon. Bake in a moderate oven until golden brown.

- Bought scones in plain, fruit or herb.
- Fruit muffins with margarine.
- Fruit loaf.

### **Fish**

- Tuna salad: tuna and mixed salad.
- Crumbed/grilled fish fillets, plus wedges and frozen vegetables.

### **Rice**

- Special fried rice: boil basmati rice for 15 minutes, add 2 tbs of oil, 2 eggs, vegetables/salad mix and sliced meat, cook for 10 minutes in a frying pan.
- Risotto: boil 1 cup of aborio rice for 15 minutes in 2 cups of water. When cooked add mushrooms and creamy pasta sauce with salt and pepper to taste.
- Sweet and sour rice: boil basmati rice for 15 minutes, drain water then fry in pan with 2 tbs of oil and thinly sliced fresh vegetables for 10 minutes. Pour sweet and sour sauce over cooked rice and vegetables when served.

### **Breads, Biscuits and Pancakes**

- Homemade pie: add braised steak and onion, and tomato sauce, to multigrain bread and cook in toasty machine.
- Homemade pasty: add Irish stew and tomato sauce to multigrain bread and cook in toasty machine.
- Toasted pita bread with topping: split bread first. Try grated cheese with chilli, pesto, sweet chilli sauce, salsa and grated cheese, chutney, chargrilled vegetable paste.
- Damper: add self raising flour (2 cups), margarine (1 tbs) and low fat milk (1/2 cup), mix together and roll into small to medium balls and cook in oven for 25 minutes or until cooked all the way through.
- Fruit damper: add self raising flour, margarine and low fat milk with some dried fruit. Cook as instructed above.
- Sandwich! Always use multigrain bread.
- Subway: baguette roll plus sliced meat and salad at home with BBQ sauce/mayonnaise.



## Breads, Biscuits and Pancakes (continued)

- Toasted multigrain rolls plus peanut butter/margarine/vegemite/100% fruit jam/tomato and low fat cheese.
- Smart snack: Ryvita biscuits, lettuce and tinned tuna.
- Pita wrap: cook mince/sliced meat/chicken and onion in pan for 5-10 minutes, place in pita bread along with lettuce, tomato, low fat cheese and tomato salsa.
- Multigrain muffins and margarine.
- Wholemeal crumpets and jam.
- Garlic bread: slice garlic cloves and mix into margarine, slice baguette roll and spread with garlic margarine. Wrap in foil and bake in oven for 20 minutes
- Toast toppers: top some high fibre toast with baked beans and melted cheese, creamed corn and tuna or grilled tomato and mushrooms.
- Rye cruskits: add light cream cheese, avocado, cos lettuce or tomato, cucumber, tinned asparagus, pesto.
- Biscuits: shredded wheatmeal, Full 'O' Fruit, Spicy fruit roll.
- Pancakes with apple sauce, salad and sliced meat.

- Lebanese roll ups: Spread split pita bread with a base add salad vegies and roll tightly. Cut into smaller slices. Other suggested bases and fillings:

### Base

- light cream cheese
- chutney
- pesto
- peanut paste (low salt/sugar)
- tzatziki

### Filling

- chopped cucumber
- grated zucchini
- shredded lettuce
- tomato slices
- bean sprouts
- alfalfa sprouts
- grated carrot
- chopped mushrooms
- grated low fat cheese



Let's work together towards a **healthy mind and body.**

## For more information

**SA Health**  
**Mental Health Directorate**  
**Office of the Chief Psychiatrist**  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

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