Quick and healthy snacks

Fact sheet

Your physical well-being is just as important as your mental well-being 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 clam and relaxed.

75 quick snacks in less than 30 minutes:

- 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 tablespoons 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.
- 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.
- 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.
- Wholemeal crumpets and jam.
- Vegetable soup: Add fresh vegetable soup pack (ready-made soup combo available in the fruit and vegetable section of most major supermarkets) diced and to boiling water and cook for 25 minutes.
- Caesar salad: Add lettuce, sliced meat (e.g. grilled ham), croutons and low fat Caesar salad dressing.
- Subway: Baguette roll plus sliced meat and left over salad at home with BBQ sauce/mayonnaise.
- Smart snack: Ryvita biscuits, lettuce and tinned Tuna.
- Winter warmer: Multi grain rolls and heated tinned vegetable soup.
- Toasted multigrain rolls plus peanut butter/margarine/vegemite/100% fruit jam/tomato and low fat cheese.
- Homemade pasty: Add Irish stew and tomato sauce to multigrain bread and cook in toasty machine.
- Homemade pie: Add braised stake and onion and tomato sauce to multigrain bread and cook in toasty machine.
- 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.
- Corn on the cob — microwave or boil in shallow water until soft.
- Stir fry: Frozen stir fry mix just add cooked meat or kidney beans.
- Tinned soup.
- 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.
- Casserole: Canned vegetable soup tinned braised steak.
- 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.
- Tomato/pumpkin tinned soup.
- Tinned fruit.
- Cold/frozen low fat yoghurt.
- Hearty vegetable soup: Lentils/legumes add to fresh soup combo list, boiling water, tinned/fresh tomatoes and vegetable stock and cook for 20 minutes.
- Glass of low fat milk.
- Bowl of low fat custard.
- Piece of fruit.
- Potato wedges, frozen vegetables and meat kebabs.
- Chicken stir fry: cook chicken kebabs in pan, add soy sauce, fresh pre chopped stir fry mix/or vegetables from fridge.
- 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.
- 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.
- Chicken pie and veggies: Pampas chicken and vegetable pie with frozen vegetables boiled for 15 minutes.
- Crumbed/grilled fish fillets, plus wedges and frozen vegetables.
- Tortellini/ravioli pasta with low fat pasta sauce and frozen vegetables/salad side dish.
- 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.
- 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.
- 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.
- 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 dished up.
Special fried rice: Boil basmati rice for 15 minutes, add 2 tbs of oil, 2 egg, vegetables/salad mix and sliced meat, cook for 10 minutes in a frying pan.

Risotto: Boil 2 cups of aborio rice for 15 minutes in 1 cup of water, mushrooms and creamy pasta sauce with 2 tbs of chicken salt.

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 preheated oven for 10 minutes.

Tuna salad: Tuna and mixed salad.

Tuna pasta salad: Tuna, mixed salad and pasta.

Breakfast cereal plus low fat milk/yoghurt.

Bean salad: 3 bean mix with salad and coleslaw dressing.

Home made pasta sauce: Tinned chopped tomatoes, 1 tbs tomato paste, pasta, mushrooms (tinned/fresh), onion and garlic.

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.

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.

Dried fruit.

Muesli bar (fruit).

Rye cruskits, add light cream cheese, avocado, cos lettuce or tomato, cucumber, tinned asparagus, pesto.

Hand full of mixed unsalted nuts, preferably almonds.

Pancakes with apple sauce, salad and sliced meat.

Toast toppers: Top some high fibre toast with baked beans and melted cheese, creamed corn and tuna or grilled tomato and mushrooms.

Hot potato: Add tuna, creamed corn and low fat cheese to a baked potato for a healthy delicious meal.

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.

Fruit loaf.

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.

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.

Milk smoothie: Combine fresh fruit such as banana or strawberries with low fat milk and yoghurt, blend.

Sandwich! Always use multigrain bread.

Bought scones in plain, fruit or herb.
> Low fat dips such as salsa, tzatziki, hummus, corn relish, roasted capsicum, avocado, relishes with lebanese bread, rice crackers, water crackers, pretzels, premium crackers. Biscuits: Shredded wheatmeal, Full ‘O’ Fruit, Spicy fruit roll.

> Low fat dip with chopped vegetables such as broccoli, beans, carrots, cucumber, celery, capsicum, mushrooms, cauliflower, zucchini.

> Fruit muffins with margarine.

> Vegetable pikelets: Add grated pumpkin, zucchini, potato, spring onion, parsley.

> Toasted pita bread with topping (split bread first) such as grated cheese with chilli, pesto, sweet chilli sauce, salsa and grated cheese, chutney, char grilled vegetable paste.

> Lebanese roll ups: Spread split pita bread with a base add salad vegies and roll tightly. Cut into smaller slices.

### Suggested bases and fillings:

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<tr>
<th>Base</th>
<th>Filling</th>
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<tbody>
<tr>
<td>light cream cheese</td>
<td>chopped cucumber</td>
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<tr>
<td>chutney</td>
<td>grated zucchini</td>
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<td>pesto</td>
<td>shredded lettuce</td>
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<td>low salt and sugar peanut paste</td>
<td>tomato slices</td>
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<td>bean sprouts</td>
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<td>alfalfa sprouts</td>
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<td>grated carrot</td>
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<td>chopped mushrooms</td>
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<td>grated low fat cheese</td>
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