

Use these healthy and delicious ideas to add colour and variety to your menu. Choose snacks that help boost foods from any of the five food groups as required.

Fruit	Vegetables
<ul style="list-style-type: none"> <li>● Seasonal fruit and vegetable platters</li> <li>● Fruit salad or fruit kebabs*</li> <li>● Fruit smoothies*</li> <li>● Fruit jaffles</li> <li>● Frozen fruit slices (e.g. pineapple)</li> <li>● Canned fruit in natural juice (e.g. canned peaches or pears)</li> <li>● Fruity crumble*</li> </ul>	<ul style="list-style-type: none"> <li>● Carrot, cucumber, capsicum, snow peas, beans, celery sticks with dip (e.g. hummus*, tzatziki*, beetroot*, avocado)</li> <li>● Fresh fruit and vegetable platters</li> <li>● Corn on the cob</li> <li>● Vegetable or minestrone soup* and toast</li> <li>● Baked potatoes with veggie fillings (e.g. baked beans, corn, capsicum, coleslaw) topped with grated cheese or plain yoghurt</li> </ul>
<p>Milk, yoghurt, cheese and alternatives</p> <ul style="list-style-type: none"> <li>● Glass of milk</li> <li>● Fruit smoothies*</li> <li>● Cheese (e.g. cheddar, tasty, ricotta, cottage, cream cheese) and wholegrain crackers</li> <li>● Yoghurt or custard and fruit</li> </ul>	<ul style="list-style-type: none"> <li>● Vegetable scones or muffins* (e.g. pumpkin, carrot)</li> <li>● Baked beans on toast</li> <li>● Zucchini slice or vegetable frittata*</li> <li>● Falafel balls*</li> <li>● Mixed sandwiches, wraps or rolls (e.g. egg and lettuce, tuna and tomato, chicken and salad)</li> <li>● Crunchy coleslaw, carrot and raisin sunshine salad*</li> <li>● Bruschetta (chopped tomato and basil leaves on toasted wholemeal French stick slices)</li> </ul>
<p>Grains</p> <ul style="list-style-type: none"> <li>● Air popped popcorn</li> <li>● Pikelets* with fruit and yoghurt</li> <li>● Fruit or vegetable muffins* and scones</li> <li>● Fruit damper</li> <li>● Raisin bread</li> <li>● Mixed sandwiches, wraps or rolls (e.g. egg and lettuce, tuna and tomato and chicken and salad)</li> <li>● Toasted sandwiches/jaffles with fruit or vegetable fillings</li> <li>● Fried rice*</li> <li>● Mini vegetable pizzas using wholemeal pita or English muffins</li> <li>● Untoasted muesli and yoghurt/milk</li> <li>● Wholegrain crackers with cheese</li> <li>● Wholegrain cereal (e.g. Weetbix™) and milk</li> <li>● Crispbread/rice cakes/corn thins with cream cheese and tomato</li> </ul>	<p>Meat and alternatives</p> <ul style="list-style-type: none"> <li>● Boiled, poached or scrambled eggs</li> <li>● Baked beans on toast</li> <li>● Stripy egg slice* (zucchini slice)</li> <li>● Vegetable frittata</li> <li>● Pea and ham frittata*</li> <li>● Egg and baked bean bread cups*</li> <li>● Falafel balls</li> <li>● Mixed sandwiches (e.g. egg and lettuce, tuna and tomato, chicken and salad)</li> <li>● Tuna and corn patties*, sweet potato and chickpea patties*</li> <li>● Vegetable fried rice with egg and tofu*</li> </ul>



\* Recipe available from [www.heas.health.vic.gov.au](http://www.heas.health.vic.gov.au).

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