



## National Nutrition Week

National Nutrition Week, held in October each year, raises awareness of the role of food on our health, and promotes the concept of healthy eating.

According to Nutrition Australia, "The food and lifestyle choices we make impact on both our health, and the health of our planet. With childhood obesity rates now around 25% and with Australians identified as being among the highest producers of waste globally, we need to address these issues urgently."

Nutrition Australia is embarking on a campaign to encourage Aussies to increase their vegie intake. The latest statistics reveal some damning numbers. Only 4% of us eat enough vegetables each day. Woah! It's clear we need to lift our game. Broccoli, anyone?

### Try for 5

To help Nutrition Australia are promoting 'Try For 5' in organisations across the country during National Nutrition Week.

"Try For 5 aims to encourage more Aussies to eat their five serves of vegetables every day. Because whether they're fresh, frozen or canned, eating more vegetables is one of the easiest, cheapest – and tastiest – things we can all do for better health and wellbeing."

It's recommended that all adults eat at least five serves of vegetables a day, as part of an overall balanced diet for good health.



While we all know that eating lots of veg is good for us, less than 4% of Australian actually do. In fact, we consume over 1/3 of our daily energy from non-core foods, such as sweet biscuits, chocolate, sugary drinks and alcohol.

Vegetables are nature's superfoods. They are packed full of vitamins, minerals, phytochemicals (naturally occurring plant chemicals) and antioxidants. A diet rich in vegies has been shown to reduce metabolic diseases such as heart disease and diabetes and will also help keep your weight in check. Especially if it means you'll be consuming less energy-dense foods as a result. Nutrition science can at times be a little grey, however, there's one thing that all nutrition scientists agree on – that vegies are extremely good for us and that we should all be eating more of them.

Let's all aim to eat the rainbow this Nutrition Week. That is, eat as many different coloured vegies as you can. It will be great to reach the goal of trying for five during the week.



## 12 ideas on how to boost your veggie intake

### Breakfast

1. Cooked eggs on toast with wilted **spinach**, grilled **tomato** and/or sautéed **mushrooms**
2. **Avocado** & vegemite or **Baked Beans** on toast
3. Brekky bruschetta made with **avocado**, **cherry tomatoes** and **basil**.
4. Omelette with finely diced veg e.g. **capsicum**, **onion**, **zucchini**, **spinach**, **tomato**



5. Veggie fritters with **zucchini, peas, broccoli** or **corn**.
6. Brekky wraps with scrambled egg, **avocado**, wilted **spinach**, grilled **tomato** and/or sautéed **mushrooms**

## Lunch and Dinner

7. Veggie slice: make frittatas or quiches packed with vegetable– **zucchini, capsicum, spinach, corn**.
8. Instead of butter, spread **avocado** in sandwiches or rolls for a creamy texture.
9. Veggie bake: slice any veg (e.g. **capsicum, mushrooms, eggplant, zucchini, pumpkin, sweet potato, corn, onion**), layer with **tomato passata**, top with cheese and bake.
10. **Veggie-packed soups** such as minestrone with onion, carrot, celery, zucchini, cherry tomatoes, five-bean mix, shell pasta, garlic and parsley.
11. Puree, grate or finely dice **any vegetables (e.g. broccoli, carrot, capsicum, onion)** into meals made with a sauce or minced meat e.g. pasta sauces, bolognaise, tacos or burritos.
12. Chop **any veg (e.g. peas, corn, mushrooms, green beans, carrots)** and add to meals that might traditionally not have much – such as pastas, risottos, homemade pizzas, casseroles and curries.



Reference:

<http://www.nutritionaustralia.org/national/resource/easy-ways-get-more-fruit-and-veg-your-day>

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