

Maintaining a nutritious diet during lockdown

By Nicole Dynan (Benestar Accredited Practising Dietitian) – August 2020

Preparing a healthy meal for yourself and your family during lockdown doesn't have to be difficult or too time consuming. Having some basic supplies in the fridge and the cupboard can help you create 'something out of nothing'.

THINGS TO HAVE IN THE CUPBOARD



- Baked beans
- Tinned tuna and salmon (in Springwater)
- Corn kernels
- Low salt tinned tomatoes – diced
- Low salt tinned lentils / beans
- Tinned fruit (in juice)
- Breakfast cereal (Low GI choice)
- Couscous or quinoa
- Rice
- Pasta
- Wholegrain bread
- Wholegrain English muffins
- Wholegrain cracker biscuits

FOR THE FRIDGE



- Natural or Greek style yoghurt
- Fresh milk
- Low fat cheese
- Salad foods
- Fresh vegetables

FOR THE FREEZER



- Frozen vegetables
- A couple of reduced salt frozen meals
- Lean minced beef
- Chicken
- Fish fillets
- Other lean meats that you like to eat

FRESH FRUIT



- Fresh fruit in the fruit bowl
– enough for 2-3 pieces each day.

Creating a 'food routine'

Planning your meals and snacks ahead of time can help you to keep on track with your eating:

Create a shopping list

WEEKLY SHOPPING LIST

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FRUIT AND VEG	DAIRY/NON-DAIRY	GRAINS	MEAT, EGGS, ALTERNATIVES	OTHER
<input type="checkbox"/> FRESH <input type="checkbox"/> FROZEN <input type="checkbox"/> CANNED	<input type="checkbox"/> YOGHURT <input type="checkbox"/> CHEESE <input type="checkbox"/> MILK / ALT	<input type="checkbox"/> RICE/PASTA <input type="checkbox"/> BREAD <input type="checkbox"/> FLOUR	<input type="checkbox"/> MEAT/FISH <input type="checkbox"/> EGGS, POULTRY <input type="checkbox"/> PLANT-BASED	<input type="checkbox"/> HERBS, SPICES <input type="checkbox"/> BAKING <input type="checkbox"/> CLEANING

WEEKLY MEAL PLAN

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	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

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Simple meal ideas

BREAKFAST

- Low GI breakfast cereal such as Weetbix or oats with low fat milk
- Wholegrain toast with baked beans, eggs or low fat cottage cheese + veggies (e.g. tomato, mushrooms, spinach)
- Fruit salad (fresh or from a tin) with 200g (3/4 cup) natural yoghurt
- Breakfast drink. eg. reduced sugar Up'N'Go

LUNCH (FOLLOW THE PLATE MODEL)

- 100g Tuna/salmon/chicken or 2 eggs and a big salad
- Lean meat and salad on wholegrain bread
- Toasted sandwich with filling of your choice – i.e. baked beans, cheese and tomato, tuna and cheese
- Fruit salad and 200g natural yoghurt
- Leftovers from the night before + salad if needed

DINNER (FOLLOW THE PLATE MODEL)

For a really quick meal

- Baked beans on wholegrain toast with some fruit for dessert
- 2 egg omelette or scrambled eggs with frozen mixed veggies
- Frozen leftovers or a meal from the freezer and extra vegetables

Meals where a little more planning is required

- Stir fried meat/chicken/fish with vegetables and rice
- Lamb cutlets with couscous and vegetables or salad
- Lean sausages with mashed potato and vegetables or salad
- Lean spaghetti bolognaise (add a tin of brown lentils) and salad
- Kebabs from the butcher or supermarket, rice and vegetables or salad.

WE'RE HERE TO HELP

For free, confidential coaching and support from one of our accredited, practicing dietitians call us on:

Australia: 1300 360 364

New Zealand: 0800 360 364

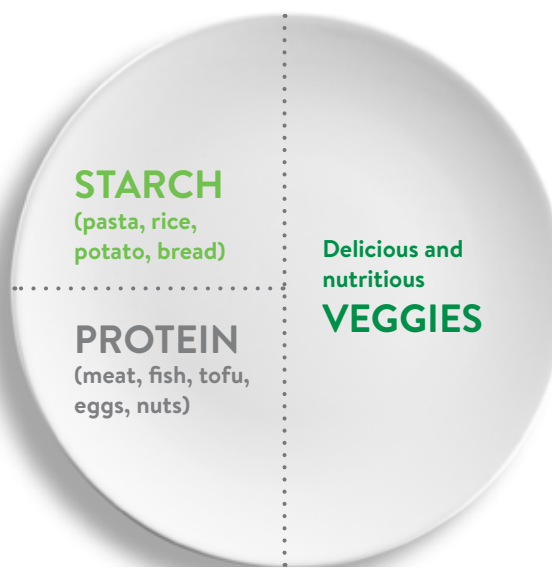
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SNACKS

- 1 serve of fresh fruit (medium piece), frozen fruit (1 cup) or dried fruit (~1 tablespoon sultanas or 5 dried apricots)
- Unsalted nuts ~ 1/3 cup (30g)
- 200g tub of natural yoghurt
- Crackerbread / cruskits, vita weat, water crackers with some low fat cheese or dip
- Plain popcorn (1 1/2 cups)
- Veggie sticks + ¼ cup of salsa or hummus dip

Healthy habits

Focusing on healthy habits like exercising or moving daily, keeping well hydrated and getting enough sleep can support our efforts to eat well during this time.



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