



## **FOOD IDEAS FOR A HEALTHY PICNIC**

Hosting a healthy picnic is easy with the below healthy food ideas. Contact local businesses about providing healthy food/drinks or other items for your picnic if it's a community event. If guests are bringing their own food/drinks provide them with the following healthy food ideas.

Don't forget to carry food items in an insulated container like an esky or cooler bag to keep it safe.

### **MEAT, CHICKEN OR FISH**

- Lean meat or chicken cuts which may be cooked on a BBQ (if available)
- Lean deli meats choices, for example, ham, roast beef, turkey
- Fish – grilled or cooked in a foil pouch on a BBQ (if available)
- Canned fish, for example, tuna, salmon or sardines in spring water
- BBQ chicken with the skin removed

### **VEGATARIAN ALTERNATIVES**

- Vegetable kebabs
- Boiled eggs which can be used as a sandwich filler

### **BREAD, RICE OR PASTA**

- Wholegrain or wholemeal bread, rolls or wraps
- Homemade fried rice, rice salad, risotto
- Pasta salad, pasta with a pesto sauce, pasta bake
- Couscous

## SALAD AND VEGETABLES

- BBQ/roast vegetable salad using vegies such as eggplant, capsicum, corn, mushrooms and pumpkin
- Potato salad with a low fat dressing
- Garden salad
- Corn cob cooked on a BBQ or grill
- Use capsicum, zucchini, pumpkin, eggplant, cabbage and lettuce leaves as edible containers with savoury fillings

## FRUIT

- Fresh fruit platter with fruits in season
- Fruit kebabs
- Freeze bananas, grapes, strawberries and oranges for an icy treat

## DAIRY

- Reduced fat cheese or cheese spread
- Reduced fat yoghurt to go with your fruit choice
- Yoghurt dressing to go with a salad

**Would you like to find out more about healthy eating? Visit  
[www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)**

***Eat better, feel better, move more* NOW!**

**Australia's Healthy Weight Week is brought to you by the  
Dietitians Association of Australia and our Accredited Practising Dietitian members**

