**The simplest way to create a healthier brekkie.**

Choose these simple, tasty swaps for your family's brekkie: they're fruit and veggie rich and will give you the energy to get through the day!

<table>
<thead>
<tr>
<th>Swap this Breakfast</th>
<th>For these Healthier Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>White toast</td>
<td>- Choose wholemeal</td>
</tr>
<tr>
<td></td>
<td>- Add fresh tomato or avocado</td>
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<tr>
<td></td>
<td>- Spread ricotta, top with sliced fruit for a sweet treat</td>
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<tr>
<td>Flavoured milk</td>
<td>- Make a fruit smoothie: blend frozen raspberries + honey + reduced fat milk + yoghurt</td>
</tr>
<tr>
<td>Rice bubbles</td>
<td>- Porridge or wheat biscuits topped with banana + a small amount of honey</td>
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</tbody>
</table>

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**The simplest way to make tabbouleh.**

**Ingredients**
- 1 cup cracked wheat (bulgar)
- 2 large ripe tomatoes, diced
- 1 small cucumber, diced
- 3 spring onions, finely sliced
- 1 bunch parsley, chopped
- 1 bunch mint, chopped
- 2 tbsp lemon juice
- 1 tbsp olive oil

**Method**
Cover the cracked wheat with water and soak for 15 minutes. Mix with remaining ingredients and serve chilled. Makes a great addition to your kids' lunch box — add to sandwiches/wraps or send in a small container.

**Tips**
For best results, use flat leaf parsley when available.
For a more substantial meal, add 425g of canned chickpeas; or serve with grilled fish or meat and flatbread.

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**The simplest way to use frozen fruit & veg.**

Did you know that frozen and canned fruit and veg count towards your recommended daily intake of fruit and vegetables?

**The facts:**
- We all need to aim for two serves of fruit & five serves of veg, every day
- Frozen/canned fruit or vegies are great alternatives when fresh varieties are out of season, unavailable or more expensive
- Frozen and canned vegies are usually packed shortly after picking, so very few nutrients are lost
- For canned vegetables, look for labels that feature "no added salt" or "salt reduced"
- Choose canned fruit in natural juice, rather than syrup
- Health Star Ratings are on many packaged foods now — the more stars, the healthier the choice.

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**The simplest way to be SunSmart in spring.**

Did you know that during spring you need to protect your skin from the sun every day?

In most parts of NSW, the UV level is 3 or above during spring. This means that even on cooler days, you need to protect your skin in five ways: slipp on sun-safe clothing, slop on SPF30 or higher, broad-spectrum, water-resistant sunscreen, slap on a broad-brim hat, seek shade, and slide on sunglasses.

**How do you know if the UV level is 3 or above in your area?**

Download the SunSmart app! The app provides recommended sun protection times, a calculator to check if you're using enough sunscreen, and a tracker to find out if you're getting enough UV exposure to help with your vitamin D levels.

To help keep your kids safe in the sun, check your school's SunSmart status by heading to: www.sunsmartnsw.com.au
The simplest way

...to pack the five food groups!

Follow our easy guide to pack the healthiest lunch box that features the five food groups – and don’t forget a bottle of water!

Fruit: It’s high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in small containers, and remember, kids are more likely to eat it if it’s cut up into small pieces.

Veggies: Pack carrot and celery sticks with hummus or salsa, or even a vegie slice

Breads + cereals: Try wholemeal bread, wraps and pita, or rice and pasta leftovers.

Reduced-fat dairy: A slice of cheese, yoghurts and custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg, roast meat, or legumes such as red kidney beans and chickpeas.

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The simplest way

...to create a simple spring meal.

This easy and delicious vegetable frittata can be enjoyed hot for dinner, with leftovers served cold in kids’ lunch boxes!

Ingredients (serves 4)
- 1/3 cup pasta (penne/bow ties/risoni)
- 100g mushrooms, sliced
- 1 medium onion, chopped
- 1 tbsp olive oil
- 1 medium tomato, chopped
- 6 eggs, whisked
- 1 medium zucchini, sliced thinly
- 2 tbsp parsley

Method
- Preheat oven to 180°C. Grease 20cm cake pan.
- Boil pasta in water until tender. Drain.
- Heat oil in large frying pan, cook onion, zucchini and mushrooms until just tender.
- Combine all ingredients in large bowl. Mix well.
- Pour mixture into prepared pan, bake for 45min.

Serve with a side salad.

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