

KCV Nutrition Magazine



Healthy living at any age



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GPV/KCV acknowledges the peoples of the Kulin nation as the traditional owners of our great land and offers respect to Elders, past and present.

GPV/KCV acknowledges that Aboriginal culture existed in Australia before European settlement and consisted of many community groups. Further, we acknowledge the Indigenous peoples of this land as the oldest continuing cultures in human history.

GPV/KCV acknowledges that laws and policies of the past have inflicted grief and suffering on our fellow Australians and regrets the removal of Aboriginal and Torres Strait Islander children from their families.

GPV/KCV believes that a society that is inclusive of all is crucial to individual and community wellbeing and will behave with respect towards all irrespective of their race, religion, sexuality, gender or socio-economic background.

GPV/KCV acknowledges 13th of February as National Apology Day, the anniversary of then Prime Minister, Kevin Rudd, delivering the National Apology to Australia's Indigenous Peoples in 2008. GPV/KCV will take steps that promote a happier and healthier future for Indigenous Australians, particularly the children and young people.

Healthy living at any age

A photograph of two women sitting at a wooden table, eating a meal. The woman on the left has long, wavy brown hair and is wearing a brown sweater. She is smiling and looking towards the woman on the right. The woman on the right has short, light-colored hair and is wearing a white sweater and a black and white striped headscarf. They are both holding forks with food on them. In the foreground, there is a glass bowl filled with a salad of lettuce, tomatoes, and other vegetables. The background is a kitchen with white cabinets and a brick wall.

Healthy ageing follows a cumulative effect: the foods you eat, how active you are, how well you sleep, and whether you continue learning and connecting will all influence quality of life. Recent studies consistently show that midlife is a critical window: steps taken now have a long-term payoff.



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Eating for energy: Nutrition tips for feeling your best

Life after 45 often comes with more responsibilities — work, family, and community — and many people notice that their energy doesn't stretch as far as it once did. Feeling exhausted before the day even begins is a common complaint. Your nutrition can play a powerful role in restoring and maintaining energy.

WHY ENERGY DECLINES WITH AGE

After midlife, metabolism naturally slows, and muscle mass decreases unless actively maintained. Hormonal shifts — particularly in women during and after menopause — can affect sleep quality, blood-sugar balance and energy regulation. Add to this the pressures of daily life, and it's no wonder many people feel depleted.

Many women are confused about what to do with reduced energy, stress and the typical aches and pains that can arise at this stage of life.

Some of the biochemical factors affecting energy levels:

- Resting metabolic rate declines with age, especially if muscle mass decreases.
- Hormonal shifts — lowered oestrogen in women, changes in growth hormone and testosterone can affect sleep, mood and how the body handles blood sugar.
- Appetite and digestion secretions change, making it harder to take in sufficient nutrients.



Hormonal changes as we age can affect energy regulation.

LATEST RESEARCH ON PROTEIN, ENERGY AND QUALITY OF LIFE

- A 12-year prospective Australian study (AusDiab) followed adults aged 60+ and examined their habitual protein intakes versus health-related quality of life (HRQoL). Interestingly, total protein intake was not strongly linked with change in HRQoL; however, high intake of processed and refined foods or red meat protein was associated with declines in physical functioning over time. [BioMed Central](#).

I recommend a mediterranean-style diet with a mix of colourful vegetables, legumes, olive oil, chicken and fish and seasonal fruit.

- Another recent study found in middle-older adults (50-75 yrs) that supplementing with ~20 g whey protein did not negatively affect appetite or reduce energy intake (outside of supplement) and can help boost protein intake without risk of 'crowding out' other needed foods. [MDPI](#).

In my clinic, I suggest annual check-ups with your GP to test your blood levels so you can be ahead of any health issues that may arise. Prevention is MUCH BETTER than cure.

FOODS THAT BOOST STAMINA

- **Protein power:** Lean meats, fish, eggs, dairy, legumes, nuts and seeds are essential. Protein stabilises blood sugar and helps preserve muscle, keeping you strong and energised.
- **Complex carbohydrates:** Wholegrains, sweet potato, oats and quinoa release energy steadily instead of causing spikes and crashes.
- **Magnesium and B vitamins:** Vital for energy metabolism. You'll find them in leafy greens, legumes, seeds and whole grains.
- **Iron and zinc:** Deficiencies are common in midlife and can leave you feeling flat. Red meat, shellfish, pumpkin seeds and legumes are excellent sources.
- **Calcium:** requires strong digestive function to break down and be utilised. This can also be very difficult if you are taking a PPI such as Somac, Nexium, Omeprazole, Pantoprazole (you may need to supplement with B12).



Beans (or legumes), nuts and seeds are good sources of protein and can help boost stamina and energy levels.

SMART SNACKS TO AVOID THE CRASH

Instead of biscuits or sugary treats, try:

- Apple slices with almond butter.
- Greek yoghurt with berries.
- A boiled egg and veggie sticks.
- A handful of trail mix with nuts and seeds.

MEAL PREPPING MADE SIMPLE

One of the best time-saving strategies is to cook once and eat twice. A roast chicken, for example, can serve as dinner, then become salad wraps for lunches, and finally transform into a hearty soup with the leftover bones.

Your energy levels should not depend on caffeine or sugar hits — it's about steady fuel, good hydration and balanced meals. Nourishing yourself consistently helps you feel more resilient day to day.

Try snacking on Greek yoghurt with berries instead of biscuits or sugary treats.



Bone health and vitality over 50

Strong bones are the structural foundation for mobility and vitality. After age 50, bone density naturally declines, especially in women post-menopause. Fracture risk rises, but dietary and lifestyle strategies can make a big difference.

To understand better how to support bone health, you need to understand some of the finer details. Throughout our lifespan, our bones are consistently remodelling themselves based on our unique genetic blueprint. In a way you can think of it like a 3D printer. Given the right information and building blocks, our bones are printing themselves out all the time using osteoblasts and osteoclasts which are bone-specific cells programmed to do this job.

We need to provide these cells with the right materials in the right quantities to support this process.

THE NUTRITIONAL BUILDING BLOCKS OF BONE HEALTH

- **Calcium & Vitamin D:** Essential for bone formation and calcium absorption.
- **Vitamin K:** The lesser-known kid on the block also known as menaquinone. Vitamin K is like the conductor of the orchestra — it guides the nutrients where to go and is VITAL when supporting bone building.
- **Protein:** Supports bone matrix and muscle; helps prevent falls and fractures. This one is also VITAL to support the fragility of bones.
- **Other nutrients:** Magnesium, phosphorus also contribute — helping guide calcium and proteins to support the bones.

RECENT TRIALS & GUIDELINES


- A large cluster randomised controlled trial in Australia (residential aged-care settings) provided additional milk, yoghurt, cheese to increase calcium and protein intakes. The intervention led to about 33% reduced risk of all fractures, 46% reduced risk of hip fractures, and 11% fewer falls over two years among older adults in care. [BMJ](#).
- Healthy Bones Australia (formerly Osteoporosis Australia) supports the NHMRC recommendations of 1000-1300 mg calcium/day for most older men and women, plus adequate vitamin D (with serum 25(OH)D >50 nmol/L). [Healthy Bones Australia](#).
- In my practice I recommend vitamin D levels to be above 100nmol/L
- A narrative review of recent trials (last ~5 years) also suggests that vitamin D plus calcium increases bone mineral density (BMD), though results for falls and fracture prevention are more mixed. Vitamin D alone tends to improve serum vitamin D status but not always hard outcomes like fractures in general population without deficiency. [MDPI+1](#). This is where Vitamin K comes in!

LIFESTYLE STRATEGIES

- Weight-bearing and resistance exercise help maintain bone and muscle. It is recommended to do some form of resistance exercise 2-3 times weekly for about 30 minutes. This can be lifting weights, yoga, pilates and even dancing!!
- Sun exposure for vitamin D and when levels are low, supplementation under guidance. I recommend 10 minutes of arms and face in the direct sun daily throughout the year.
- Moderate restriction of caffeine and alcohol, avoiding smoking. These can reduce absorption of calcium from the bones and alter bone formation patterns, leading to more boney spur production and calcification.

BONE-FRIENDLY MEALS

- Dairy (milk, yoghurt, cheese), oily fish, leafy greens, fortified plant milks.
- Vitamin K foods: Natto, animal meats.
- Balanced meals with protein + calcium sources throughout the day.



Maintaining bone strength after 50 involves eating adequate protein, and including weight-bearing activity 2-3 times per week. Recent high-quality trials show that dietary interventions (e.g. adding vitamin K foods and protein) can substantially reduce fractures and falls.

The stress–nutrition connection

Stress is a physiological as well as psychological state, affecting digestion, hormone balance, appetite and nutritional requirements. As people move into mid-life, stressors often multiply (work, family, health), and stress can compound with age-related declines if not managed.

HOW STRESS AFFECTS THE BODY AND NUTRITION

- The stress hormone cortisol influences blood sugar regulation and appetite: often increasing cravings for high sugar/high fat ‘comfort’ foods.
- Chronic stress increases demand for nutrients like vitamin C, B vitamins, magnesium.
- Sleep disturbed by stress reduces recovery; poor sleep worsens appetite, insulin response.

EVIDENCE FROM RESEARCH

- Though specific long-term RCTs (randomised control trials) are scarcer, observational studies link low magnesium intake with higher stress and poor mood. Ensuring sufficient magnesium (from leafy greens, legumes, nuts) is emerging in nutrition-for-stress literature.
- Studies examining protein supplementation in older adults (50-75 yrs) found that moderate protein increase did not reduce appetite or displace other needed nutrients — meaning it’s possible to boost protein without adding stress around meal sizes or digestion. [MDPI](#).

NUTRITIONAL TO SUPPORT STRESS BALANCE

- Include magnesium-rich foods, omega-3 fatty acids (fish, flax, walnuts).
- Herbal teas such as chamomile or lemon balm; avoid excessive caffeine.
- Mindful eating: slowing down, focusing on the meal.

We know how simple it can sound to say ‘reduce your stress levels’, so overleaf are some simple tips for the most basic stress relief techniques that are free and easy to do.

Stress-reduction lifestyle habits

1. BREATHE WITH INTENTION

Take 3–5 slow, deep breaths when you feel tension rising. Breathing calms the nervous system and lowers stress hormones.

2. PRIORITISE SLEEP

Aim for 7–9 hours per night. Keep a consistent bedtime routine — dim lights, avoid screens, and try a calming tea or warm shower.

3. MOVE EVERY DAY

Gentle exercise like walking, yoga or swimming reduces stress and releases endorphins. Even 10–15 minutes helps.

4. EAT FOR BALANCE

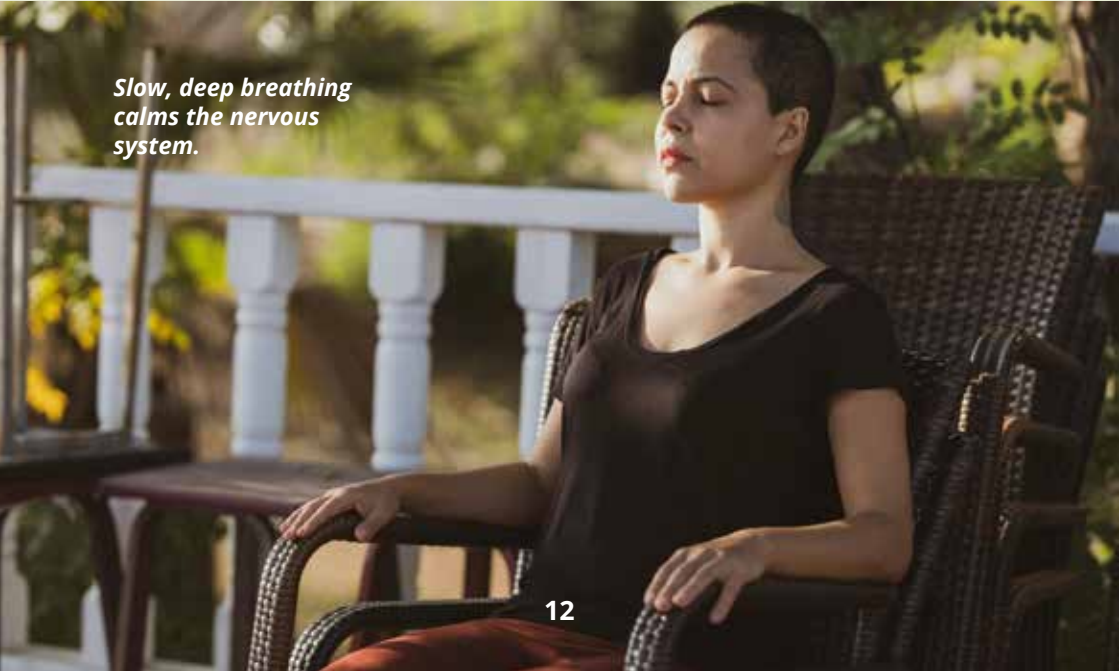
Stable blood sugar = stable mood. Include protein and fibre at meals, reduce caffeine and processed sugar.

5. PRACTICE MINDFULNESS

Spend a few minutes each day in meditation, prayer or simply noticing your surroundings without distraction.

6. STAY CONNECTED

Regular social contact protects against loneliness and lowers stress. Phone a friend, share meals, or join a local group.



*Slow, deep breathing
calms the nervous
system.*



Journalling can help clear your mind.

7. CREATE TECH BOUNDARIES

Switch off devices an hour before bed. Schedule 'screen-free' times to allow the mind to reset.

8. GET OUTDOORS

Sunlight, fresh air and time in nature reduce cortisol and improve mood. Aim for 20 minutes outside daily.


9. JOURNAL OR REFLECT

Writing down worries or gratitude each evening helps clear the mind and shift focus.

10. ASK FOR HELP WHEN NEEDED

Stress multiplies when carried alone. Reach out to health professionals, counsellors or support groups when you need guidance.

Stress is inevitable, but its negative nutritional impacts are modifiable. With intentional food choices and small habits (protein timing, magnesium, mindful eating), people in mid-life can buffer stress's toll on the body.



Fruit, vegetables and nuts can help reduce the risk of chronic disease.

Avoiding chronic disease for a healthy life

Research suggests we are currently living longer, yet at the same time our quality of life is reducing, and chronic diseases are on the rise.

These chronic diseases are a new phenomenon to humanity. In the natural world, animals don't experience chronic diseases such as heart disease, diabetes and autoimmune disease. These conditions are very new in the evolution of humans. We can attribute these disease states to current lifestyle habits, toxins and stress.

Healthy ageing means maintaining strength, mobility, energy, mental clarity and overall wellbeing. Nutrition and lifestyle in midlife set the stage for how well later decades unfold.

We all have a choice about the way we live out our lives, but we are not often told the keys to making this happen.

CORE NUTRITION FOR AGEING WELL

- **Anti-inflammatory foods:** fruits, vegetables, whole grains, nuts, fatty fish help reduce risk of chronic disease.
- **High fibre:** supports digestion, reduces risk of cardiovascular disease.
- **Adequate protein:** helps prevent sarcopenia (loss of muscle mass).
- **Hydration:** often overlooked; dehydration can lead to fatigue, confusion, reduced kidney function.

RECENT RESEARCH

- A study of ‘midlife protein intake’ has shown associations between higher protein intake in midlife and better outcomes in older age across multiple health domains — including mobility, musculoskeletal health and reduced frailty. [American Journal of Clinical Nutrition](#).
- Another narrative review of RCTs (2016-2022) summarised vitamin D + calcium supplementation effects: increases in bone mineral density, reductions in PTH (parathyroid hormone), but less consistent evidence on actual fracture prevention in populations without pre-existing deficiency. [MDPI](#).

LIFESTYLE FACTORS THAT MATTER

- Weight-bearing/resistance exercise helps maintain muscle and bone.
- Sleep hygiene: consistent bed times, reduce screen time before bed.
- Social connection, purpose, mental health all feed into physical health.

REDUCING CARDIOVASCULAR DISEASE RISK IN OUR MODERN WORLD

Cardiovascular disease (CVD) remains the leading cause of death worldwide, but the good news is that most risk is **modifiable**. In practical terms: the choices you make each day — what and how you eat, how much you move, your sleep, stress, and substances like alcohol — add up. Overleaf is a simple, science-backed list for adults to reduce risk, feel better and stay active for years to come.

You can modify most risk of cardiovascular disease with your life choices.



1) CHOOSE PATTERNS, NOT PERFECTION

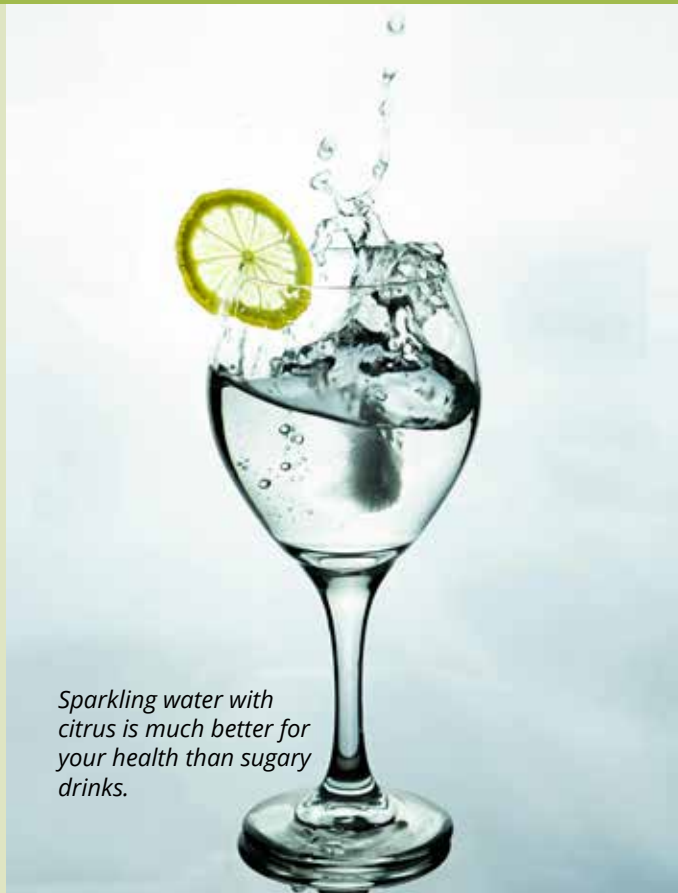
Rather than chasing single 'superfoods', aim for a pattern that consistently supports metabolic, vascular and gut health. Among studied dietary patterns, the Mediterranean-style diet (vegetables, fruit, legumes, whole grains, extra-virgin olive oil, nuts, seafood, minimal processed meats and refined sugars) has the strongest clinical outcome signal: a large network meta-analysis of randomised trials found it was the only diet that reduced cardiovascular deaths and major events compared with usual diets. [Oxford Academic](#).

- Build meals around plants: half your plate colourful veg; add legumes or whole grains.
- Prioritise healthy fats: extra-virgin olive oil, nuts, seeds, oily fish.
- Make red/processed meats 'sometimes' foods; choose fish, legumes and poultry more often.


2) CUT BACK ULTRA-PROCESSED FOODS

A 2024 umbrella review pooling nearly 10 million participants linked higher UPF intake with worse health across 32 outcomes — including CVD. While mechanisms vary (added sugars, sodium, refined starches, emulsifiers and low fibre), the real-world takeaway is simple: shift from packets to minimally processed foods most of the time. [BMJ](#).

- Swap sugary drinks for water or sparkling water with citrus.
- Trade processed meats for tinned salmon/sardines, eggs, beans or roast chicken.
- Keep fast, real-food 'convenience': frozen vegetables, pre-washed salad, micro-steam rice, tinned legumes.



Sparkling water with citrus is much better for your health than sugary drinks.



Cook with olive oil rather than inflammatory seed oils like canola and sunflower oils.

3) NUDGE YOUR FATS: REPLACE, DON'T JUST REMOVE

It's not about ultra-low fat; it's about which fats. I emphasise balancing saturated fats (fatty meats, butter, coconut oil in excess) with mono- and polyunsaturated fats (olive oil, nuts, seeds, avocado, fish) to lower LDL-cholesterol and improve cardiometabolic risk. [AHA Journals](#). And remember to minimise seed oils such as canola, sunflower and vegetable oils — these have been found to be highly inflammatory.

- Cook with extra-virgin olive, avocado or macadamia oils.
- Snack on a small handful of nuts.
- Choose fish 2–3×/week; include plant-based omega-3s (chia, flax, walnuts).
- Avoid deep fried food.

4) MOVE YOUR BODY — MIX CARDIO WITH STRENGTH

Physical activity is non-negotiable heart medicine. Alongside aerobic activity, muscle-strengthening exercise is independently linked with lower CVD and all-cause mortality; combining strength + aerobic work appears best. Aim for at least 2 days/week of strength training using bodyweight, bands or weights, and build toward **150–300 minutes/week** total movement. [British Journal of Sports Medicine](#).

- 'Snack' on movement: 10–15 minute walks after meals to blunt glucose spikes.
- Twice weekly: sit-to-stand, wall push-ups, resistance band rows, loaded carries.
- Protect joints with good form; start light and progress slowly.

5) SLEEP IS HEART HEALTH

Sleep is now officially part of the American Heart Association's **Life's Essential 8** — poor sleep drives hypertension, weight gain, inflammation and dysglycaemia. A 2024 contemporary review reinforces that **short, irregular or poor-quality sleep** correlates with higher CVD incidence and mortality; **target 7–9 hours** with consistent timing.

- Regular bedtime/wake time; morning light exposure.
- Caffeine curfew after midday; alcohol disrupts sleep architecture.
- Wind-down: screen-off 60 minutes before bed; stretch, read or take a warm shower.

6) BE ALCOHOL-AWARE

The old 'a little red wine is heart-protective' story hasn't held up under modern analysis. A 2023 WHO statement and a 2023 JAMA umbrella review indicate **no safe level** for overall health, and no convincing cardioprotective effect once confounders are properly handled. If you drink, less is better — and many feel better fast when they cut back. [World Health Organization+1](#).

- Try alcohol-free days each week; alternate with sparkling water and lime.
- If using alcohol for stress relief, replace the cue: walk, journal or make a herbal tea.

Red wine being good for your heart is a myth.



7) MANAGE STRESS AND CONNECTION

Chronic stress affects blood pressure, lipids, glucose and sleep; social isolation independently raises CVD risk. You don't need a 'perfect' routine — small daily practices earn compounding benefits.

- Five-minute breathing (4 seconds in, 6 seconds out) lowers sympathetic drive.
- Connect daily: a quick call, shared meal, short walk with a friend.
- Consider mindfulness, tai chi, or yoga — especially if joint pain limits higher-impact exercise.

8) KNOW YOUR NUMBERS — AND PERSONALISE

Prevention becomes powerful when you **know your baseline** and tweak over time:

- **Blood pressure:** ideal is <120/80 mmHg at rest; home monitoring catches masked hypertension.
- **Lipids:** ask for an updated panel (non-HDL-C, ApoB if available).
- **Glucose:** fasting glucose and HbA1c; consider a post-meal check if you're curious about foods that spike you.
- **Waist circumference:** track alongside weight a waist circumference no more than 80cm for women and for men 94cm — central adiposity is a key risk marker.
- **Medications:** nutrition and exercise complement and can reverse this disease, but always check up with your doctor. Use shared decision-making with your GP.



Home monitoring of your blood pressure is easy these days.

Budget-friendly nutrition for families

Eating nutritiously can seem expensive, but much is possible with planning, smart shopping, and using whole, less processed foods. Budget constraints are common, but your nutrition doesn't have to suffer. My clients often find that once they swap to a simpler wholefood diet, their budget is happier and they have plenty of food available.

You can create fast meals with wholefoods and reap the benefits of feeling much better.

RECENT DATA ON DIETARY TRENDS & RISKS

- A recent CSIRO study projects that without intervention, Australian diets will continue to drift further from national health targets by 2030: fruit intake declining, vegetable intake stagnating, and a push toward more discretionary (processed, less nutritious) foods. [CSIRO](#).



- There is also evidence in older adult populations that many people are not meeting minimal protein and energy needs: malnutrition or 'protein-energy insufficiency' is an underappreciated issue. [Wiley Online Library](#).

AFFORDABLE SOURCES OF PROTEIN & NUTRIENT DENSITY

- Eggs, legumes, canned fish, cheap cuts of meat.
- Using pulses and beans to extend more expensive proteins.

Eggs are a great source of protein.

MENU PLANNING AND FOODS TO INCLUDE:

- Make simple wholefood meals including rice, stir-fried vegetables and meats.
- Include simple cuts of animal protein such as minced meat to make Shepherd's Pie with vegetables cooked in the sauce for fussy eaters.

SMART SHOPPING STRATEGIES

- Plan ahead, buy seasonal produce.
- Use frozen fruits and vegetables — they are often just as nutrient-rich.
- Bulk cooking and freezing portions.

MEAL STRETCHERS & TRICKS

- Soups, stews, casseroles with leftover, cheaper protein sources.
- Use fortified foods (e.g. fortified cereals, plant milks).

Evidence shows Australians are at risk of drifting further from key dietary targets. But with smart choices — focusing on nutrient-dense foods, planning and inexpensive protein sources — you can meet nutritional needs on a budget.

A ONE-WEEK “HEART-HEALTHY RESET”

Use this as a gentle circuit-breaker—simple, budget-friendly, and family-friendly.

Breakfasts (rotate):

- Greek yoghurt, berries, chia plus a drizzle of EVOO or flaxseed oil.
- Overnight oats with cinnamon, walnuts, and pear.
- Veggie omelette plus wholegrain toast.

Lunches:

- Lentil-olive-tomato salad with feta and herbs.
- Tinned salmon plus avocado on wholegrain crackers with salad.
- Leftover roast veg plus chickpeas tossed with olive oil and lemon.

Dinners:


- Tray-bake salmon (or tofu) with potatoes, capsicum, onions.
- Chickpea/veg curry with brown rice.
- Mediterranean pasta: wholegrain spaghetti, EVOO, garlic, cherry tomatoes, olives, basil, parmesan.
- Chicken plus bean burrito bowls (lots of salsa/slaw).
- Friday 'DIY pizzas' on wholemeal wraps with veg plus mozzarella.

Daily habits:

- Walk 10–15 minutes after your largest meal.
- 2×/week strength: 2–3 sets each — sit-to-stand (10), wall push-ups (8–12), band rows (10–12), farmer’s carry (30–60 seconds).
- Aim for 7–9 hours sleep; dim lights after dinner.
- Reduce salt intake — add acids such as lemon or herbs to compensate.

PUTTING IT TOGETHER

Think compounding, not perfection. Each small change — an olive-oil-dressed salad, a post-meal stroll, lights out a bit earlier — nudges risk downward. Over months, these nudges add up to lower blood pressure, healthier lipids, steadier glucose, better sleep and more energy. That’s prevention in action.



Get into the habit of walking 10-15 minutes every day after your largest meal.

Budget recipe ideas for families

EGG & VEGGIE MUFFINS

- **Ingredients:** 6 eggs, ½ cup milk, 1 cup grated zucchini or spinach, ½ cup grated cheese, pepper.
- **Method:** Whisk eggs and milk, stir in veggies and cheese, pour into muffin tin, bake at 180°C for 20 minutes.
- **Why it works:** Great grab-and-go snack or lunchbox filler. Protein + hidden veggie.
- Colourful — fun for kids, nourishing for adults.



DIY BURRITO BOWLS



- **Ingredients:** Cooked brown rice or quinoa, black beans or minced meat, corn, cherry tomatoes, avocado, shredded cheese, lime.
- **Method:** Serve all ingredients in separate bowls and let kids build their own burrito bowls.
- **Why it works:** Interactive and fun, while encouraging kids to eat a variety of foods.

FRUIT & YOGHURT PARFAITS

- **Ingredients:** Greek yoghurt, fresh or frozen berries, low-sugar granola.
- **Method:** Layer yoghurt, berries and granola in a glass or jar.
- **Why it works:** Quick breakfast or dessert that feels like a treat but packs protein and antioxidants.



BANANA OAT PANCAKES



- **Ingredients:** 1 banana, 2 eggs, ½ cup rolled oats, 1 tsp cinnamon.
- **Method:** Blend all ingredients until smooth. Cook small pancakes in a non-stick pan. Serve with yoghurt and berries.
- **Why it works:** Naturally sweet, no added sugar, full of fibre and protein — loved by both kids and adults.

HIDDEN VEGGIE SPAGHETTI BOLOGNESE



- **Ingredients:** Beef or chicken mince, onion, carrot, zucchini, canned lentils, canned tomatoes, pasta.
- **Method:** Grate or finely chop veggies and cook with mince and lentils, simmer with tomatoes, serve over pasta.
- **Tip:** Blend half the sauce smooth for fussy kids who don't like 'bits'.
- **Budget trick:** Stretch mince by adding lentils or extra veg.

CHEESY VEGGIE FRIED RICE

- **Ingredients:** Leftover rice, frozen peas/corn/carrots, eggs, soy sauce, sprinkle of cheese.
- **Method:** Fry rice with veggies, stir through scrambled eggs and cheese for creaminess.
- **Tip:** Keep veggies small or grated to 'hide' them.
- **Budget trick:** Use whatever frozen veg you have — it's cheaper and reduces waste.



POTATO & VEGGIE FRITTATA

- **Ingredients:** Eggs, leftover cooked potato, grated zucchini, onion, cheese.
- **Method:** Fry onion/ zucchini, add potato, pour over whisked eggs, sprinkle cheese, bake or cook on stove until firm.
- **Tip:** Serve warm or cold — great for lunchboxes too.
- **Budget trick:** Works with any leftovers in the fridge.



HOMEMADE CHICKEN NUGGETS WITH VEGGIE CHIPS



- **Ingredients:** Chicken breast, breadcrumbs (or crushed cornflakes), egg, sweet potato/carrot cut into chips.
- **Method:** Coat chicken pieces, bake with veggie chips at 200°C until golden.
- **Tip:** Serve with tomato sauce or yoghurt dip to make it familiar for kids. Add a salad on the side for extra green vegies
- **Budget trick:** Make a big batch and freeze extras.

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