

Convenience meals

While many convenience meals are unhealthy, choosing healthy convenience meals is possible. Many convenience foods contain more saturated fat, salt, sugar and energy (kJ) compared with home cooked meals. Use this guide to choose healthier convenience meal choices.

Take a balanced approach

Prioritise vegetable — aim for half of your plate to be vegetables. If you need to top up the veg, use prepared salad packs, pre-chopped vegetable packs, frozen or fresh vegetables.



Healthy protein options

Choose lean proteins — aim for around a quarter of your plate to be protein food. Options can include refrigerated, canned and frozen choices. Some healthy choices include:



See the [Supermarket shopping guide](#) for more options.

Healthy carb options

Choose an appropriate portion of low GI carbohydrates — aim for around a quarter of your plate to be carbohydrate food.

Some healthy choices include:



See the [Supermarket shopping guide](#) for more options.

How to choose healthy ready meal options

Reading labels

There are some convenience meals that are healthy choices. Use the below criteria to choose the healthiest options. Aim to choose meals:

- ✓ 1700kJ or less per serve.
- ✓ 30–50g carbohydrate per serve — preferably low-GI carbohydrate.
- ✓ 2g saturated fat or less per 100g.
- ✓ 400mg sodium or less per 100g.
- ✓ At least 2.5 serves of vegetables per meal.

Some meals will list the serves of vegetables on the front of the pack. If this is not listed you can read the ingredient list to work out the vegetable serves in your meal.



Step 1

Meal is 53% vegetables from the ingredients list.



Step 2

The serving is 395g

Step 3

$395 \times 0.53 = 209\text{g}$ of vegetables in the meal.

1 serve of vegetables = 75g of vegetables (approx. 1/2 cup cooked).

$209 \div 75 = 2.79$ serves of vegetables

| NUTRITION INFORMATION | | | |
|-----------------------|------------------------------|---------------------|----------------------|
| Serves Per Pack: 1 | | | |
| Serving Size: 395g | | | |
| | Quantity Per Serving 395g | %DI* Per Serving | Quantity Per 100g |
| Energy | 1740kJ 417Cal | 20% | 441kJ 105Cal |
| Protein | 32.0g | 64% | 8.1g |
| Fat, Total | 17.8g | 25% | 4.5g |
| - Saturated | 5.1g | 21% | 1.3g |
| - Trans | < 0.1g | - | < 0.1g |
| Carbohydrate | 27.6g | 9% | 7.0g |
| - Sugars | 12.6g | 14% | 3.2g |
| Dietary Fibre | 8.7g | 29% | 2.2g |
| Sodium | 691mg | 30% | 175mg |

Ready meal options

Shelf soups

Amy's Kitchen — Organic Soup range

Campbell's — Country Ladle range, Simply Soup range (except Creamy Mushroom), Chunky range, Manu range (except Pumpkin and Smoky Bacon), Fully Loaded range

Fodmapped For You — Soup range

Hansells — All Natural Soup: Chicken and Corn, Vegetable Tagine, Miso

Hart and Soul — Pouch: Mexican Bean, Pho

Heinz — Classic range (except Spiced Lentil and Tomato), Single Serve range, Soup of the Day range, Big n Chunky range (except Ravioli, Beef Bolognese)

La Zuppa — Soup Bowl range, Soup Pouch range (except Tom Yum with Konjac Noodles)

Coles — Pouch Soup range (except Laksa with Konjac Noodles)

Woolworths — Australian Chunky Soup: Beef Stockpot, Chicken and Veg; Homestyle Soup: Chicken and Sweet Corn, Sweet Potato and Pumpkin

Refrigerated soups

Pitango — Soup range (except Creamy Carrot and Coconut)

Woolworths — Low Fat range (300g) range



Tip: Add extra vegetables by adding a sachet of frozen vegetables or stir through baby spinach leaves.

Shelf meals

Edgell — Bean Salad range | add vegetables

John West — Tuna and Beans range, Protein+ range | add vegetables

Safcol — Salmon Ready Meal range, Tuna Ready Meal range | add vegetables and carbohydrate food



Sirena — Tuna and Beans range, Ready to Eat: Brown Rice and Quinoa with Tuna, Sicilian Style Pasta with Tuna, Kale and Quinoa Salad with Tuna | add vegetables

St Dalfour — Healthy French Bistro range | add vegetables

Tasty Bite — Bombay Potatoes, Channa Masala, Jodhpur Yellow Dal | add vegetables





Convenience meals available in supermarkets


| Brand | Better choices |
|---|--|
| <p>ALDI</p>  | <p>Add vegetables:</p> <p>International Cuisine Health and Vitality range</p> <ul style="list-style-type: none"> ✓ Green Chicken Curry ✓ Satay Chicken with Noodles ✓ Basil Chicken with Spaghetti ✓ Beef Stroganoff ✓ Lamb Hot Pot ✓ Chicken Risotto ✓ Vegetable Cannelloni ✓ Salmon and Herb Fettuccini |
| <p>Amy's Kitchen</p> | <p>Add vegetables:</p> <ul style="list-style-type: none"> ✓ Black Bean and Vegetable Enchilada |
| <p>Delicious Nutritious</p>  | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Salmon Fishcakes ✓ Beef and Tomato Casserole ✓ Mild Massaman Beef ✓ Asian Style Chicken ✓ Chicken Pesto Pasta ✓ Creamy Cauliflower Cheese Chicken ✓ Spinach and Ricotta Chicken Pasta |
| <p>McCain</p>    | <p>Add vegetables:</p> <p>Healthy Choice range</p> <ul style="list-style-type: none"> ✓ Honey Mustard Chicken ✓ Butter Chicken ✓ Chinese Chicken and Cashews ✓ Creamy Chicken Carbonara ✓ Thai Green Curry <p>Wholegrains range</p> <ul style="list-style-type: none"> ✓ Italian Beef and Chia Meatballs ✓ Chicken and Roasted Cherry Tomato ✓ Slow Cooked Beef Ragu <p>Simply Steamed range</p> <ul style="list-style-type: none"> ✓ Creamy Carbonara <p>Meals range</p> <ul style="list-style-type: none"> ✓ Roast Chicken, Beef, Lamb and Turkey <p>Slow Cooked range</p> <ul style="list-style-type: none"> ✓ Beef ✓ Pulled Pork |


| Brand | Better choices |
|--|---|
| <p>Lean Cuisine</p>     | <p>Complete meals:</p> <p>Wholegrain range</p> <ul style="list-style-type: none"> ✓ Ricotta and Spinach Cannelloni ✓ Rich Beef Lasagne <p>Add vegetables:</p> <p>Balance range</p> <ul style="list-style-type: none"> ✓ Lamb Rosemary Hot Pot ✓ Beef in Red Wine Sauce with Garlic Mash ✓ Beef Teriyaki Noodles ✓ Chicken and Chorizo Risotto ✓ Chicken Florentine Linguine ✓ Classic Beef Stroganoff with pasta ✓ Creamy Chicken and Basil Spaghetti ✓ Creamy Chicken and Vegetable Risotto ✓ Creamy Salmon and Dill Linguine ✓ Creamy Tuna Pasta Bake ✓ Honey Soy Beef with Wholemeal Noodles ✓ Lamb Rosemary Hotpot ✓ Malaysian Chicken Curry with Rice ✓ Mongolian Beef with Wholemeal Noodles ✓ Peri Peri Chicken and Couscous ✓ Satay Chicken Noodles ✓ Classic Spaghetti Bolognese ✓ Thai Dumpling Noodle Soup <p>Classic Range</p> <ul style="list-style-type: none"> ✓ Chicken and Spinach Risotto ✓ Chilli Con Carne with Rice ✓ Vegetable Cannelloni <p>Steam range</p> <ul style="list-style-type: none"> ✓ Chicken Cheese and Pepper Pasta ✓ Creamy Atlantic Salmon Pasta ✓ Spicy Meatball Arabiata Spaghetti ✓ Slow Cooked Beef Pasta <p>Wholegrain range</p> <ul style="list-style-type: none"> ✓ Chicken and Vegetable Pasta Bake |

| Brand | Better choices |
|---|--|
| <p>Pitango</p>  | <p>Add vegetables:</p> <ul style="list-style-type: none"> ✓ Chicken and Garlic Risotto <p>Meal for 1</p> <ul style="list-style-type: none"> ✓ Mexican Bean and Pulled Pork Chilli ✓ Japanese Miso Chicken and Soba Noodles <p>Mealpots</p> <ul style="list-style-type: none"> ✓ Lamb Casserole with Cous Cous ✓ Chicken Noodle Stirfry ✓ Pasta Bolognese ✓ Cauli Mac and Cheese |
| <p>On The Menu</p>  | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Beef in Belgian Ale ✓ Slow Cooked Lamb |
| <p>Quorn</p>  | <p>Add vegetables:</p> <ul style="list-style-type: none"> ✓ Tikka Masala |
| <p>Super Nature</p>    | <p>Add vegetables:</p> <p>Meals</p> <ul style="list-style-type: none"> ✓ Slow Cooked Lamb Ragu Wholemeal Pappardelle ✓ Mediterranean Polenta <p>Super Pulses Meals</p> <ul style="list-style-type: none"> ✓ Chinese Chia Chicken ✓ Creamy Chicken Carbonara ✓ Slow Cooked Rosemary Lamb Hot Pot ✓ Vegan Bolognese ✓ Pasta with Beef and Chia Meatballs ✓ Thai Green Chicken Curry <p>Wellness Bowls</p> <ul style="list-style-type: none"> ✓ Creamy Chicken and Mushroom Wholemeal Pasta ✓ Slow Cooked Lamb with Chickpea, Amaranth and Sweet Potato Mash ✓ SriLankan Root Vegetable and Ancient Grain Curry with Cauliflower and Brown Rice mix ✓ Super Nut Satay Chicken with Quinoa, Chickpea and Wild Rice mix ✓ Green Chickpea Curry with Quinoa and Brown Rice ✓ Butter Chicken with Freekeh and Ancient Grain Mix ✓ Chicken Porcini Mushroom and Truffle Risotto ✓ Korean BBQ Beef with Teff and Wild Rice ✓ Lemon Tahini Hummus Chicken with Red Quinoa and Vegetable Mix |

| Brand | Better choices |
|--|--|
| <p>Weight Watchers</p>  | <p>Add vegetables:</p> <p>Meals</p> <ul style="list-style-type: none"> ✓ Creamy Tuna Bake ✓ Beef Cottage Pie ✓ Chicken and Vegetable Risotto ✓ Chicken and Mushroom Fettuccine ✓ Mango Coconut Chicken |
| <p>Woolworths (Fridge meals)</p>  | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Roasted Vegetables, Penne Pasta and Parmesan <p>Add vegetables:</p> <ul style="list-style-type: none"> ✓ Chicken, Miso Rice, Asian Greens and Pickled Onions ✓ 10 Hour Slow Cooked Lamb Shanks add rice or potato |

Convenience meals available online

| Brand | Better choices |
|--|---|
| <p>Dineamic</p>  <p>dineamic.com.au</p> <p>Frozen meals delivered or from selected retail outlets</p> | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Cauliflower and Chickpea Curry with Basmati Rice ✓ Creamy Atlantic Salmon With Leek, Spinach and Feta ✓ Lamb and Rosemary Ragout with Mashed Potatoes, Carrots and Peas ✓ Oven Roasted Barramundi with Vegetable Paella ✓ Roasted Grass Fed Beef Fillet and Root Vegetables with Mushroom Sauce ✓ Tuna Napoli with Pasta ✓ Vegetable Lasagna <p>Add sides:</p> <ul style="list-style-type: none"> ✓ Free Range Chicken Burrito Mix add Barley+ wrap and salad ✓ Grass Fed Beef Bolognese add pasta and vegetables/salad ✓ Grass Fed Beef Bolognese with Pasta add vegetables/salad ✓ Grass Fed Beef Chilli Con Carne add rice and vegetables ✓ Grass Fed Beef Meatballs with Napoli Sauce add pasta and vegetables/salad ✓ Korma Lamb Curry add rice ✓ Lamb and Rosemary add sweet potato ✓ Low FODMAP Butter Chicken add rice ✓ Low FODMAP Grass Fed Beef Bolognese add pasta ✓ Low FODMAP Korma Lamb Curry add rice and vegetables ✓ Low FODMAP Lamb Tagine add quinoa ✓ Low FODMAP Moroccan Grass Fed Beef Tagine add quinoa ✓ Low FODMAP Moroccan Lamb add quinoa and vegetables ✓ Low FODMAP Slow Cooked Mediterranean Grass Fed Beef add rice and vegetables ✓ Moroccan Chicken Tagine add quinoa and vegetables ✓ Moroccan Lamb Tagine add quinoa ✓ Pork San Choy Bow add bean shoots ✓ Red Lentil and Kale Dahl add rice and vegetables ✓ Slow Cooked Mediterranean Grass Fed Beef add sweet potato ✓ Soy Ginger Beef add noodles or rice and vegetables ✓ Spicy Bean Burrito Mix add Barley+ wrap ✓ Thai Green Free Range Chicken Curry add rice or noodles ✓ Thai Red Free Range Chicken Curry add rice or noodles ✓ Thai Red Free Range Chicken Curry with Brown Jasmine Rice add veg ✓ Tuscan Free Range Chicken add pasta and vegetables <p>Soups</p> <ul style="list-style-type: none"> ✓ Broccoli, Spinach and Kale Soup add 1 slice bread ✓ Cauliflower and Cheese Soup add 1 slice bread ✓ Pumpkin and Red Lentil Soup add 1 slice bread ✓ Rustic Tomato and Ancient Grain Soup add 1 slice bread ✓ Sweet Potato, Coconut and Turmeric Soup |

| Brand | Better choices | |
|--|---|--|
| <p>Diabetes Meals Online diabetesmealsonline.com.au Shelf stable meals</p> | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Aromatic Bean and Vegetable Cassoulet ✓ Chilli Con Carne <p>Add vegetables:</p> <ul style="list-style-type: none"> ✓ Chunky Italian Meatballs ✓ Creamy Mushroom Risotto ✓ Tender Beef and Vegetable Hot Pot | |
| <p>Lite 'n Easy</p>  <p>liteneasy.com.au Frozen meals delivered</p> | <p>Complete meals:</p> <ul style="list-style-type: none"> ✓ Crumbed Fish ✓ Corned Beef ✓ Hearty Beef Casserole ✓ Roast Beef ✓ Roast Chicken ✓ Savoury Beef Rissoles ✓ Lasagne ✓ Beef Korma ✓ Curried Beef Sausage ✓ Beef with Mushrooms and Red Wine ✓ Shepherd's Pie ✓ Roast Chicken Breast in Mushroom Sauce ✓ Spaghetti Carbonara ✓ Chicken and Cashews ✓ Chargrilled Steak and Pepper Sauce ✓ Chargrilled Steak and Mushroom Sauce ✓ Slow Cooked Lamb Shanks ✓ Lamb Roast | <ul style="list-style-type: none"> ✓ Every Day Christmas Dinner ✓ Creamy Chicken Pasta with Broccolini ✓ Creamy Peppercorn Chicken ✓ Pork Scallopini ✓ Flame Grilled Meatballs with Mushroom Gravy ✓ Creamy Pesto Fettuccine ✓ Thai Yellow Beef Curry ✓ Crumbed Fish with Salad and Caesar Dressing ✓ Crumbed Fish and Greek Salad ✓ Spinach and Ricotta Ravioli with Greek Salad ✓ Three Cheese Ravioli and Greek Salad ✓ Chargrilled Lamb with Spinach and Pine Nut Salad ✓ Steak Diane ✓ Turkey, Cranberry and Walnut Salad ✓ Creamy Chicken Scallopini ✓ Apricot Chicken |



THRIVE



As these meals change regularly we are unable to recommend specific options.

We suggest you use the label reading criteria to assess meals to choose the healthiest options available.

Ingredients provided meals

These brands provide the ingredients and recipes to make meals at home.

As the menu changes seasonally, we are unable to recommend specific recipes. We suggest you use the plate guide and label reading criteria for meals to assess your meal and adjust as needed.



Need more information?

Refer to additional Baker Institute resources:

- To help guide your selection of healthy ingredients, refer to the [Supermarket shopping guide](#).
- For detailed portion size suggestions, refer to the [Plating it up: the portion guide](#).



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