

# 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  |        | %DI* Per Serving | Quantity Per 100g |
| Energy                | 1740kJ | 20%              | 441kJ             |
|                       | 417Cal |                  | 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

