

Choosing Nourishing Convenience Foods

This resource will help you choose convenience foods that are nourishing - high in protein and energy (kilojoules). Nourishing convenience foods are useful when:

- ☐ Your health professional has recommended a high protein/high energy diet
- ☐ You need to gain weight or prevent further weight or muscle loss
- ☐ You are not able to prepare your own meals

Convenience foods are ready-made meals or foods that are quick to make. You can find convenience foods at supermarkets, convenience stores and online.

Convenient ways to prepare food



Use your microwave or air-fryer to defrost, reheat or cook convenient foods.



Cook large meals and freeze leftovers in single serves to reheat when you are too tired to cook, busy or not feeling well.





Cook simple meals such as porridge or scrambled eggs in the microwave.





Use a toasted sandwich maker to cook a quick and easy cheese sandwich.

Convenient meal & snack ideas

<p>Breakfast</p> 	<ul style="list-style-type: none">• Cereal with milk and yoghurt• Yoghurt with muesli/nuts/seeds• Muesli and nut bars• Bakery items - add peanut butter, avocado and seeds, cottage or cheddar cheese• Ready-made smoothies• Ready-made frozen omelettes or scrambled egg mixes• Marinated tofu• Congee (add meat/fish/soy beans/tofu/eggs)• Ready-made dahl with chapati
<p>Lunch and Dinner</p> 	<p><u>Packet or Tinned Foods:</u></p> <p>Have with breads/crackers/microwave rice or pasta. Try adding cream, cheese or protein powder</p> <ul style="list-style-type: none">• Tinned tuna/sardines/salmon• Tinned chicken/beef/devon• Tinned legume salad• Tinned soup with meat or legumes• Baked beans/tinned spaghetti• Instant packet pasta or curry• Instant rice, noodles (add meat/fish/soy beans/tofu/eggs) <p><u>Frozen or Chilled Ready-Made Meals:</u></p> <p>Choose meals that have meat, fish, poultry or meat alternatives in them. Brands include McCain™, Birds Eye™, On the Menu™, Plantry™, Quorn™, YouFoodz™, My Muscle Chef™, Aldi™, Coles™ and Woolworths™.</p> <p><u>Make a meal from frozen and/or fresh chilled deli items:</u></p> <ul style="list-style-type: none">• Frozen crumbed fish, chicken, meat or plant-based burger patty, spring rolls, dumplings• Ready-made fresh lasagne, quiche, pies, pizza, pasta including ravioli

	<ul style="list-style-type: none"> • Barbeque chicken/pork, pre-cooked deli meat, smoked salmon, lentil patties <p style="text-align: center;">Plus</p> <ul style="list-style-type: none"> • Frozen potato wedges, chips, hash browns, noodles, rice • Fresh, boiled or mashed potato, corn, ready-made salads • Cheesy garlic bread, naan, chapati, roti <p style="text-align: center;">Plus</p> <p>Frozen vegetables or fresh salad kits (leave these out if you're too full to eat all your meal).</p>
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<p style="text-align: center;">Snacks</p> 	<p><u>Sweet</u></p> <ul style="list-style-type: none"> • Dried fruit • Yoghurts - dairy, coconut protein or soy • Custard, rice pudding, junket, high protein puddings or high protein ice cream sticks • Ice cream with milo on top • High protein jelly • High protein bliss balls or cookies • High protein bars – muesli, nut, collagen • Hot cross bun, pikelet or scone with sweetened ricotta cheese <p><u>Savoury</u></p> <ul style="list-style-type: none"> • Nuts, seeds, high protein crisps • 'Grab&Go' cracker packs with cheese, tuna, dip or deli meats • Corn chips with avocado dip, sour cream and grated cheese • Beef jerky or Biltong • Pre-cut vegetable sticks - spread with peanut butter or cottage cheese • Cheese or pizza scroll • Sushi or rice paper rolls
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<p>Drinks</p> 	<ul style="list-style-type: none"> • Milk – add Milo™/malted milk • Flavoured milk or milk bubble tea • Breakfast drinks eg. Up&Go Energize™ • Ready-made smoothie or milkshake eg. Rokeby Farm™ • Nutritional supplements – powder or poppers. (Talk to your dietitian about choosing a nutrition supplement right for you). • Protein water
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Tips for handling food safely

- Before freezing leftover meals, write the type of meal and date it was cooked on the container. Use small containers so the meal freezes quickly.
- Use frozen meals within three months of freezing.
- Reheat food until piping hot and never reheat more than once.
- Do not re-freeze meals that have already defrosted.
- Eat chilled foods within two hours of buying it or taking it out of the fridge.
- If your immune system is weak, you could be more at risk of food poisoning so you may need to avoid certain foods. Check with your doctor or dietitian.

Summary

There are many convenience foods available from food stores. Choose options that are high in protein and energy while you are not able to prepare meals yourself.

For further information, contact your dietitian or nutritionist _____