

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
- \Box You need to gain weight or prevent further weight or muscle loss
- $\hfill\square$ 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.



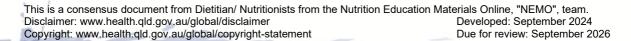
Cook large meals and freeze leftovers in single serves to reheat when you are too tired to cook, busy or not feeling well.



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

Breakfast	 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
Lunch and	<u>Packet or Tinned Foods</u> : Have with breads/crackers/microwave rice or pasta. Try adding
Dinner	cream, cheese or protein powder
	 Tinned tuna/sardines/salmon
1135	 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)
	French ar Chilled Beach, Made Meeler
	Frozen or Chilled Ready-Made Meals: 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 [™] .
	Make a meal from frozen and/or fresh chilled deli items:
	Frozen crumbed fish, chicken, meat or plant-based burger
	patty, spring rolls, dumplings
	 Ready-made fresh lasagne, quiche, pies, pizza, pasta including ravioli

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•	Barbeque chicken/pork, pre-cooked deli meat, smoked
	salmon, lentil patties
	Plus
•	Frozen potato wedges, chips, hash browns, noodles, rice
•	Fresh, boiled or mashed potato, corn, ready-made salads
•	Cheesy garlic bread, naan, chapati, roti
	Plus
F	rozen vegetables or fresh salad kits (leave these out if you're too
fu	ull to eat all your meal).

Snacks	<u>Sweet</u>
	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
	<u>Savoury</u>
	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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Drinks

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

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