



GOOD HEALTH

THE \$2 LUNCHBOX  
diet for the whole family



CRUNCH TIME SWAPS

The credit crunch is harming more than our pockets ... it's harming our health too. In these hard economic times, many fast food outlets are offering super-value meals that are hard to resist, resulting in one popular chain announcing a whopping 80 per cent profit rise. But good value doesn't necessarily equal wise food choices.

"Upsizing, fatty fast food deals and two-for-one offers might sound appealing to our hip pockets," says dietitian Susie Burrell, "but we need to eat for nutrition, not just economics."

"Eating fast food all the time can have devastating health consequences for obesity, also keeping in mind Australian kids are not eating enough fruit and vegetables."

The good news, says Susie, is that eating healthily doesn't have to cost a fortune. "When times are tough, the tough need to get growing their own vegies, or else get going to the frozen and canned vegetable sections of the supermarket."

Here are three healthy lunch boxes for around \$2, that can be prepared in two minutes. And if you substitute these for a \$7 bought lunch each weekday, you'll save around \$1300 a year for every person in your family.



**CRUNCHBOX 1**  
4 corn thins = 35c  
140g tin baked beans = 85c  
2 slices 25% reduced-fat cheese = 60c  
kJ = 1400



**CRUNCHBOX 2**  
2 Mountain Bread wraps = \$1  
1 boiled egg = 70c  
1 tablespoon low-fat mayonnaise = 15c  
1 lettuce leaf = 10c  
1 orange = 60c  
kJ = 1410



**CRUNCHBOX 3**  
1 potato cooked in microwave in jacket = 30c  
95g tin of tuna = \$1.65  
1 tablespoon sweet chilli sauce = 10c  
(Tuna can be replaced with salmon, cottage cheese or leftover mince)  
kJ = 1400



**SWAP THIS JUICE FOR THIS ORANGE.** An 18-year study of 71,000 people found that three serves of fruit a day lowers the risk of diabetes by 18 per cent, but an additional serving of fruit juice increases it by 18 per cent. Why? There are up to six oranges in a glass of juice and that's a much higher sugar load.



**SWAP THIS BOUGHT LOAF FOR THIS BREAD MAKER LOAF.** Most supermarket breads contain hidden salt - up to five times the recommended 120mg per 100g serve. Home bread mixes, like Laucke, are cheaper and have 30 per cent less salt. Also, most bought breads contain preservatives while home-baked breads don't.



**SWAP THESE FRESH BLUEBERRIES FOR FROZEN.** Blueberries are known as a superfood, but are expensive, so try canned or frozen. Canning seals in nutrients which can be lost when fruit is exposed to air and light. For optimal health, eat a mix of frozen, tinned and fresh.

PICTURES: GETTY IMAGES; PRICES ARE APPROXIMATE.