









Joe's food choice Superhero Foods or Zombie Foods



- A rationale for Teachers and Health Professionals



Food	Category		Rationale/Talking Points
	Superhero	Zombie	
			
	Food	Food	
Breakfast Battle			
Natural muesli Porridge/oats Wheat biscuits e.g. VitaBrits, Weet-Bix			<ul style="list-style-type: none"> • High in fibre for long lasting energy and a healthy digestive system. • Source of iron and folate for vitality and peak performance. • Low in added sugars. Some varieties will have dried fruit that contain natural sugars. • Try eating in a variety of ways, e.g. added to a smoothie, topped with, fruit or soaked in milk.
Baked beans on toast Tinned spaghetti on toast			<ul style="list-style-type: none"> • Provides long lasting energy, especially if eaten with wholegrain/wholemeal toast. • Packed full of fibre for a healthy digestive system. • Baked beans can be high in salt. Too much salt is not healthy for your heart. Aim for a “no added salt” variety.
Tinned Fruit Fresh Fruit			<ul style="list-style-type: none"> • Bursting with vitamins and minerals help fight off illness. • Contains natural sugars to energise the body and brain. • High in fibre for a healthy digestive system. • Contain lots of water to keep you hydrated. • When selecting canned fruit, those in natural juice are a better choice avoid added sugars.
Low Fat milk Yoghurt Fruit yoghurt			<ul style="list-style-type: none"> • High in calcium which is good for building healthy bones and teeth. • High in protein to build strong muscles. • A great snack or can be added to smoothies and breakfast cereals. • Some yoghurts may contain added sugars; check to see if the fruit is from whole fruit which has more fibre.
Poached eggs on wholegrain toast with avocado, tomato, spinach Boiled egg			<ul style="list-style-type: none"> • Eggs are a great source of protein and are packed with vitamins and minerals to keep the body strong. • Wholegrain toast provides the body with long lasting energy and improves concentration. • Avocado contains good types of fats to keep your heart strong and healthy.
Home-made savoury pancakes with zucchini			<ul style="list-style-type: none"> • Home-made is a better choice to take-away as you can add in extra vitamin and minerals by including vegetables, use wholemeal flours, reduce added fats (butter, oil). • Make a sweet variety by adding fresh, frozen or tinned whole fruit for extra nutrients.
Fried eggs, bacon and sausages			<ul style="list-style-type: none"> • Fried foods are high in unhealthy fats (saturated fat). Eating too much saturated fat is not healthy for your heart.



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			<ul style="list-style-type: none"> By removing fat from meat, choosing low fat varieties and/or cooking with little/no oil, this food becomes less of a Zombie Food.
Milo made with low fat milk			<ul style="list-style-type: none"> Low fat milk is high in protein and calcium for building strong bones and muscles. One serve of Milo (3 heaped teaspoons) provides the body with iron, B-vitamins to give you longer lasting energy. Milo is approx. 50% sugar.
Deep-fried vegetable roll e.g. Chicko Roll			<ul style="list-style-type: none"> Deep fried foods are cooked in unhealthy fats (saturated fats). Saturated fats are not healthy for your heart. Try swapping for healthy cereal (porridge, wheat biscuits), with milk and whole fruit.
Breakfast biscuits e.g. BelVita			<ul style="list-style-type: none"> High in added sugars and fat which can lead to unhealthy weight gain. Try swapping for a wholegrain cereal with whole fruit and yoghurt.
Home-made smoothie			<ul style="list-style-type: none"> A great liquid breakfast that can be made by adding yoghurt, low fat milk for building strong bones, fresh or tinned fruit for extra vitamins and minerals, Wheat-Biscuits for long lasting energy and some peanut butter for extra healthy fats.
Home-made noodles			<ul style="list-style-type: none"> Noodles give you energy to fuel your brain and body. Make noodles at home and add plenty of colourful vegetables for extra vitamins and minerals.
Coco Pops Fruit Loops Cornflakes with sugar			<ul style="list-style-type: none"> Sugar and salt content is high, fibre is low in comparison to other Superhero cereals e.g. wheat biscuits, oats, natural muesli. Try swapping for a wholegrain cereal with whole fruit and yoghurt.
Take-away breakfast e.g. hash brown with bacon and egg muffin Ham and cheese croissant Take-away ham, cheese and tomato, toasted sandwich Pancakes with butter and syrup Doughnut			<ul style="list-style-type: none"> High in unhealthy fats (saturated fats), which are not healthy for your heart. Eating too much of these the body stores extra fat. Try making at home where you can add less sauces, add extra vegetables and/or fruit for extra vitamins and minerals.
Sports drink e.g. Powerade			<ul style="list-style-type: none"> High in sugar which can lead to rotting teeth Gives you a large surge of energy from caffeine and sugar - shortly after can make you feel tired and lack concentration.



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			<ul style="list-style-type: none">Used to replace salts lost by sweating after a long time of exercising (e.g. running a marathon) for athletes.Swap for water instead
Energy drink e.g. Red Bull			<ul style="list-style-type: none">Contains caffeine which can make strong bones, weak.Gives you a large surge of energy from caffeine and sugar - shortly after can make you feel tired and lack concentration.Swap for water instead
Bread with vegemite			<ul style="list-style-type: none">Choose high fibre/wholemeal/Wholegrain bread to provide long lasting energy for your brain and body.Vegemite contains B vitamins which improve energy levels.Vegemite is high in salt so use in small amounts, try adding low fat cheese to boost calcium intake.
Peanut butter Bush tucker			<ul style="list-style-type: none">High in magnesium to support muscles and Vitamin E for shiny hair and strong nails.High in “good fats” (unsaturated fats) for a healthy heart.With Peanut butter, aim for no added sugar, no added salt options.
Low fibre white toast with butter			<ul style="list-style-type: none">Low in fibre compared with wholemeal/wholegrain varieties (although some white varieties of bread have added fibre)Butter provides the body with zero vitamins and minerals, and lots of energy per serve. Try using avocado, peanut butter, Vegemite or light cream cheese instead.
Zombie Food or Superhero Food? Foods that commonly cause debate...			
Liquid breakfast e.g. Up&Go	<ul style="list-style-type: none">A good alternative if you are short of time to prepare breakfast.“Up&Go” contains the same vitamins and minerals, protein and calcium as two Weet-Bix and milk.”Does contain some added sugars. Try swapping for a wholegrain cereal with whole fruit and yoghurt.		
Raisin Toast	<ul style="list-style-type: none">High in energy to fuel your brain and body.Dried fruit has lots of vitamins and minerals, and natural sugar.Try adding fresh fruit to toast eg banana and cinnamon for extra vitamin and minerals		
Jam spread	<ul style="list-style-type: none">Contains sugar but if eaten in small amounts (e.g. scraping on toast) it can be considered part of a healthy balanced diet.A healthier choice may be; Vegemite, avocado, or cottage cheese/cream cheese, banana and peanut butter.		
Nutrigrain	<ul style="list-style-type: none">Sugar and salt content is high, fibre is low in comparison to other Superhero cereals e.g. wheat biscuits, oats, natural muesli.By adding yoghurt, low fat milk and topped with fruit these cereals become less of a Zombie Food.		
Lunchtime hurdle			



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Wholegrain roll with ham and salad Ham and salad wrap Home-made pizza Home-made fried rice Home-made mini-quiches Home-made rice paper rolls Home-made pasta Greek salad Pasta with beef and vegetables Tinned kidney bean salad Home-made lentil soup			<ul style="list-style-type: none"> All are filling lunch options high in fibre, energy and protein and low in sugar, to keep your energy levels and concentration high throughout the day. By making at home you can add in extra vegetables/salads which contain vitamins, minerals to help with vitality and strengthen the immune system. Try using wholegrain varieties of bread, wraps, pasta and bases to add more filling fibre. Add in extra low fat dairy such as cheese, milk and yoghurt.
Take-away burger or nuggets Take-away pizza Cheese and ham toasted sandwich from a bakery Sausage roll, pie or pastries Takeaway pasta			<ul style="list-style-type: none"> Take away options contain lots of hidden fats and salt in cheese, with added creamy sauces and fatty cuts of meat which are cooked in oil. These unhealthy fats - and eating too much salt are not good for our heart, and store body fat. Try making the same meal at home, where you can add in many other healthy ingredients e.g. oven-baked potato chips with little oil, extra vegetables/salad, but reduce creamy sauces - switch to tomato based or make these at home.
Home-made fruit smoothie			<ul style="list-style-type: none"> A great liquid lunch if you are busy on the run - which can be made to your liking by adding yoghurt, low fat milk to build strong bones, fresh/tinned fruit for vitamins and minerals, Weet-Bix for long lasting energy. Try adding peanut butter for some healthy fats for a healthy heart.
Take-away milkshake			<ul style="list-style-type: none"> High in added sugar from ice cream, and with added sugar such as sweet sauce, or fruit syrup which is unhealthy for your teeth. Take away contains unhealthy fats which stores extra body fat.

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			<ul style="list-style-type: none"> A healthier everyday milkshake could be made at home with low fat milk, malt (e.g. Milo) and whole fruit.
Store-bought chocolate chip muffin			<ul style="list-style-type: none"> High in unhealthy (saturated) fats which can lead to unhealthy weight gain. High in added sugars which can cause tooth decay.
Healthy lunchbox			<ul style="list-style-type: none"> Has lots of bright coloured vegetables and fruit, which provides the body with vitamins and minerals to boost your immune system and improve your vitality. Wholegrain/wholemeal varieties of breads, pastas provide long lasting sustained energy, improve your concentration and keep your digestive system healthy. Water keeps you hydrated. Cheese, yoghurt and milk provide calcium and protein - to build muscles and build strong bones.
Unhealthy lunchbox			<ul style="list-style-type: none"> High in unhealthy fats, added sugar and low in fibre. Likely to make you feel tired and lacking energy for many hours after eating. Can lead to storing extra body fat. Aim for a healthier lunch box (see above for alternatives)
Witchetty grub			<ul style="list-style-type: none"> High in protein for building strong muscles. Has a small amount of Vitamin C which helps to boost your immune system.
Flavoured rice crackers			<ul style="list-style-type: none"> Rice cakes provide the body with energy and can be topped with other healthy ingredients, such as cheese and tomato, lean meats, spinach - or eaten with dips such as low fat cream cheese or hummus.
Rice cake with added cheese and tomato			
Snacks e.g. Twisties, crisps			<ul style="list-style-type: none"> High in unhealthy fats (trans fats), and salt and if eaten in large quantities can make you store extra body fat. Try swapping for Rice cake with added cheese and tomato, or air popped popcorn
Fruit and yoghurt			<ul style="list-style-type: none"> Yoghurt and custard are high in calcium and protein which is good for building healthy bones and strong muscles and regulating your heart beat Some yoghurts may contain added sugars; ensure the fruit is from whole fruit where possible.
Home-made muffin			<ul style="list-style-type: none"> Home-made versions you can add less salt, sugar and fat added. Healthy savoury muffins can be made with low fat cheese, zucchini, and carrot. Or, try a sweeter version with low added sugar and plenty of whole fruit pieces. Try adding in oats, or bran, to increase the fibre content for a healthy digestive system.
Water			<ul style="list-style-type: none"> Water is the best choice to keep you hydrated throughout the day - it contains no extra energy and can quench your thirst.

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			<ul style="list-style-type: none"> Try adding in lemon or strawberry pieces to add extra flavour.
Fresh fruit e.g. watermelon, peach, apple			<ul style="list-style-type: none"> Has lot of in vitamins, minerals to help fight off illness. Contains natural sugars. High in fibre for a healthy digestive system. Largely made of water - to keep you hydrated.
Milk			<ul style="list-style-type: none"> Cow's milk and soy milk are great sources of protein, B vitamins and contain calcium which your body can easily use. Calcium is an essential mineral which builds and maintains strong bones and teeth. Preferred milks are Hi-Lo or skim varieties as full cream contain unhealthy fats. If choosing alternative sources of milk (i.e almond milk, coconut milk) ensure they are have added calcium.
Dried fruit			<ul style="list-style-type: none"> Most of the water is taken out dried fruits and so their nutrients are condensed into a small package. They have a high amount of fibre, vitamins and minerals which is great for growing bodies. Contains natural sugars to fuel your body and brain. Try adding small amounts to breakfast cereals, and/or salads.
Mixed nuts			<ul style="list-style-type: none"> Have lots of healthy fats for a healthy heart. High in protein to keep you feeling full for longer. Some contain Omega-3 for brain boosting power. Aim for no added salt varieties
Sauces e.g. tomato sauce, chutney, BBQ-sauce			<ul style="list-style-type: none"> Some are high in fat, sugar and/or salt with little vitamins and minerals. Try adding herbs and spices to foods instead, to make food taste extra delicious.
Cheese and crackers			<ul style="list-style-type: none"> Cheese has lots of high calcium and protein for growing bodies. Whole-grain crackers give you lasting energy and fibre for a healthy digestive system.
Corn			<ul style="list-style-type: none"> Corn has a high amount of potassium a healthy heart.
Air popped popcorn			<ul style="list-style-type: none"> Air-popped popcorn is a healthy "on-the-go" snack. Aim for no added butter, salt or sugar varieties to keep this an everyday food.
Vegetable sticks and cream cheese			<ul style="list-style-type: none"> Vegetables give the body with vitamins, minerals which protect the body and fight off illness. Try adding lots of different coloured vegetables.
Celery with cream cheese and raisins			<ul style="list-style-type: none"> Cream cheese has protein and calcium, to build strong bones and teeth.
Zombie Food or Superhero Food? Foods that commonly cause debate...			
Instant noodles	<ul style="list-style-type: none"> The noodles by themselves give the body with lots of energy and can be considered an Everyday Food. The flavour sachet has a high amount of salt which can make you extra thirsty - extra salt does not promote a healthy heart. By discarding the flavour sachet, and adding lots of fresh vegetables such as lean meat and home-made sauce instant noodles can be considered an Everyday Food. 		

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Luncheon meat e.g. Ham, Chicken, polony, salami			<ul style="list-style-type: none"> Generally these are high in saturated fats which are not healthy for your heart. May contains added sugars and preservatives such as nitrates which are difficult for your body to digest. Aim for lean cuts of meat eg. Light ham - and add extra vegetables/salad.
100% fruit juice			<ul style="list-style-type: none"> 100% juice has 100% fruit, which is high in natural sugars to provide the body with energy, vitamin and minerals, in particular vitamin C to boost the immune system. Some juices are juice “concentrate” which contains less fruit and more added sugar. In small amounts juice is nutritious (Suggested serving size is ½ cup) An alternative is to consume real whole fresh or tinned fruit that contains a higher amount fibre which will help you keep fuller for longer.
Fruit and Custard			<ul style="list-style-type: none"> Custard, if eaten in large amounts, does contain added sugar. Suggestions is to add to whole fruit - to provide the body with natural sugars, with the added benefits of calcium from the custard.
Home-made scones			<ul style="list-style-type: none"> If added with lots of butter, cream and jam tend to consider as a Zombie Food. Making home-made version, you can add wholemeal flours and extra nutrient packed ingredients such as puree pumpkin to make pumpkin scones, low fat cheese and chives. This would make for an Everyday Food.
Dinner			
Vegetable soup			<ul style="list-style-type: none"> Can be filled with variety of coloured vegetables that are high in vitamins and minerals to boost the immune system. Lentils and kidney beans can be added to provide the body with lots of protein for strong muscles, fibre for a healthy digestive system, iron and folate for vitality - and energy to keep you alert and active throughout the day. Try with wholegrain/wholemeal bread or toast for an extra energy boost.
Home-made muesli bar			<ul style="list-style-type: none"> Home-made versions can be packed full of vitamins and minerals, fibre and long lasting energy, depending on your ingredients. Healthy everyday muesli bars can be made with nuts, seeds, dried fruit and plenty of oats with little added extra sugar.
Baked beans			<ul style="list-style-type: none"> Provides long lasting energy, especially if eaten with wholegrain/wholemeal toast. Packed full of fibre for a healthy digestive system. Baked beans can be high in salt. Aim for a “no added salt” variety.
Home-made curry and rice			<ul style="list-style-type: none"> All are filling meal options high in fibre, energy, and protein and low in sugar to keep energy levels and concentration high throughout the day. By preparing these meals at home, add less fat into cooking (eg. Butter/oil) You can add extra vitamins and minerals by adding lots of vegetables and salad. Use wholegrain varieties of bread, wraps, pasta and bases for long lasting energy and a healthy digestive system. Choose low fat options for cheese and milk, yoghurt for strong bones and teeth. Try picking lean/low fat cuts of meat for a healthy heart and strong blood.
Home-made burgers			
Chicken and veg stir fry			
Vegetable frittata			
Grilled fish and salad			
Home-made burritos			

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Mixed beans eg. Four bean mix Shepherd's pie Home-made vegetable lasagne Home-made baked potato Meat and vegetables BBQ vegetable kebabs Beef and vegetable stew with rice Sushi			
Fruit salad			<ul style="list-style-type: none"> Bursting with vitamins, minerals to help fight off illness. Contains natural sugars which fuel the brain. High in fibre for a healthy digestive system. Largely made of water to keep you hydrated. When choosing canned, those in natural juice are a better option to avoid added sugars.
Kangaroo meat Goanna meat Beef steak			<ul style="list-style-type: none"> Red meats are particularly high in iron for a healthy immune system and strong blood Try removing visible fat off the meat before cooking.
Deep-fried chicken Deep-fried fish and chips Take-away hot dog Take-away lasagne Creamy salad e.g. potato salad made with mayo Garlic bread Spring rolls			<ul style="list-style-type: none"> Take away food have added fats and salt in cheese, added creamy sauces and fatty cuts of meat which are cooked in lots of oil. Eating too much can make you store excess body fat. Try cooking the same meal at home, where you can limit the above and add in many other healthy ingredients such as, grilled fish with little oil, and extra vegetables/salad.

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Meat pie with tomato sauce			
Mixed lollies			<ul style="list-style-type: none">Has a lot of added sugar and little fibre, vitamins and minerals.Swap for some wholegrain crackers and dip, home- made healthy muffin, or air popped popcorn which has less sugar, more fibre and packed full of vitamins and minerals.
Sausages			<ul style="list-style-type: none">High in fat and salt and eating too much can make you an unhealthy weight and is not healthy for your heart.Has lots of iron for improved concentration, muscle building, and strengthen your immune system.Select low fat versions, and low salt varieties - and cook with little oil.
Cola drink			<ul style="list-style-type: none">Contains zero vitamins and minerals and all added sugars that can cause tooth decay.Aim to have water instead of soft drink and or other drinks which have added sugars.
Ice cream			<ul style="list-style-type: none">Contains Added sugars, fat and low in fibre.An alternative could be to make at home adding in natural fruit for added sweetness, using low fat varieties of cream, milk and smaller amounts of butter/oil.
Frozen yoghurt			
Cake			
Food to Debate			
Coleslaw	<ul style="list-style-type: none">Can be considered an Everyday Food if made with vegetables and dressing is a low fat variety of mayonnaise/low fat yoghurt.Could be considered a Zombie Food if little vegetables are used and full fat dressing i.e. oil and mayonnaise.		
Tinned Corned Beef eg. SPAM	<ul style="list-style-type: none">Very high in salt which is not healthy for your heart.High in iron and protein for improved concentration, muscle building, and strengthen your immune system.Try choosing low fat versions, and low salt varieties, cook with little fat (eg. Butter, oil) and this food could be less of a Zombie Food.		
Instant noodles	<ul style="list-style-type: none">The flavour sachet contains a high amount of salt which is not good for your heart health.By discarding the flavour sachet, and adding in lots of fresh vegetables such as lean meat and home-made sauce, instant noodles can be considered an Everyday Food.		
Frozen yoghurt	<ul style="list-style-type: none">Take away version can be high in salt, sugar and fat which can promote weight gain and tooth decayTry making at home with lots of whole fruit and low fat milk for a nutritious snack/dessert. This will have added fibre for a healthy digestive system and calcium for building strong bones.		