



**STRESS  
LESS  
WEEK**

**HEALTHY FOOD SWAPS**  
**EAT WELL FOR WELLBEING**

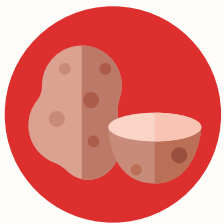
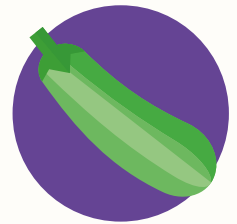
# 10 EASY & HEALTHY FOOD SWAPS

FOR THE UNI STUDENT THAT MAKE A DIFFERENCE



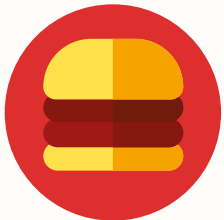
## PASTA → ZUCCHINI NOODLES

Get yourself a spiraliser (you can get a simple one for around \$10) and instantly create ribbons of zucchini. Lightly fry them in a little olive oil, and you've got a deliciously low carb alternative for all of your favourite noodle dishes.



## MASHED POTATOES → CAULIFLOWER MASH

Transform your favourite side dish into something a lot healthier by using cauliflower instead of white potatoes. Make it creamy with almond milk, nut butter, and Himalayan Sea salt. Cauliflower has an abundant amount of vitamins & minerals.



## HAMBURGER BUNS → FIELD MUSHROOMS

If you're a fan of mushrooms, try using Portobello mushrooms as buns. They work really well in place of hamburger buns and are super healthy. For those not into shrooms, try using iceberg lettuce as your bun.



## SWAP CHIPS → POPCORN

Craving some salty goodness? Air pop some popcorn and add a dash of salt. Three whole cups is only about 100 calories. That's way more enticing than six greasy chips. #nobrainer



## SUGARY CEREALS → OATS

Options like Coco Pops, Fruit Loops, and Frosted Flakes are filled with sugar, while oatmeal boasts heart-healthy benefits.



What if we told you that improving your health could be easily done, by making a few simple tweaks to your daily diet? Here are some easy swaps to make our favourite meals a little healthier.



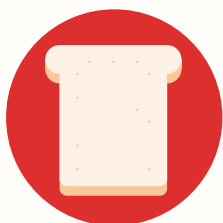
### ENERGY DRINKS → COCONUT WATER

While sports energy drinks work, they are artificial and loaded with sugar. Swap it with nature's very own sports drink: coconut water. It's loaded with high levels of electrolytes like, and is also very low in calories and sugar.



### WHITE RICE → BROWN RICE

Choose brown rice over white, as it's stripped of many essential nutrients, like fibre. For a lighter meal, sub out rice altogether for cauliflower. Process cauliflower in your food processor until it becomes rice texture. Voila!



### WHITE BREAD → WHOLEMEAL BREAD

Wholemeal, rye, or seeded bread is healthier than white bread, due to the high fibre levels. The sugars present in wholemeal and rye breads are digested much more slowly, giving you a stable energy release, rather than a sugar rush.



### SALAD DRESSING → OIL AND BALSAMIC

Have you ever flipped the salad dressing bottle around and seen a million ingredients listed? Think 'less is more' & lightly dress your salad with olive oil and balsamic vinegar! If you're after a dressing with a bit more punch, add Dijon mustard.



### SOUR CREAM → GREEK YOGURT

Crave sour cream in your burritos? To get that same creamy coolness, add a dollop of plain Greek yogurt instead. You'll slash the fat AND amp up the protein.

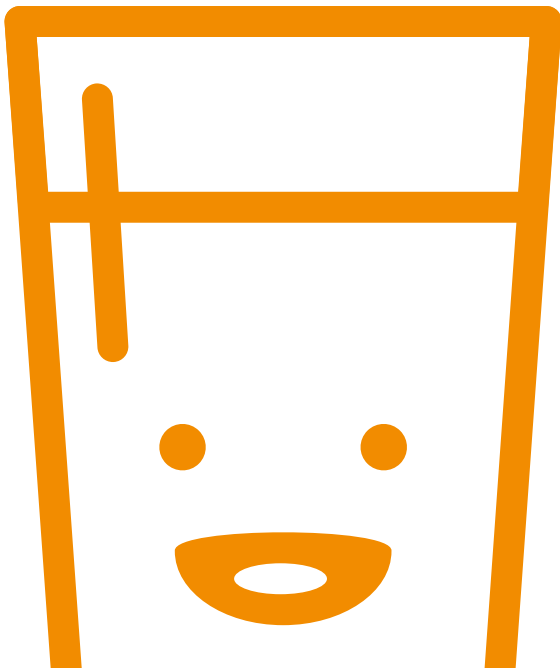


# Oxymoron Breakfast

## A healthy fry up

	TRADITIONAL	HEALTHIER
<b>TOAST</b>	Toasted and buttered or if truly a dirty fry up cooked in the leftover bacon/sausage grease in the fry pan	Toast under grill, rub with garlic and lightly brush with olive oil
<b>BACON</b>	Fried limp or crispy depending on preference—rind and fat left on	Trim off rind and excess fat, use only short cut bacon, not middle (more fat), and grill under griller. Alternatively use low fat/low salted shaved ham
<b>EGGS</b>	Fried	Poach, boil or scramble (without too much butter, milk or cream, obviously)
<b>SAUSAGE</b>	Pork sausages traditionally, fried	Skipping the extra meat serve is best, otherwise go for lower fat, leaner sausages such as chicken, turkey or veg
<b>MUSHROOM</b>	Fried probably in butter	Grill brushed with olive oil
<b>TOMATO</b>	As above	As above – add herbs before grilling for extra yum
<b>BAKED BEANS</b>	Straight out of a tin and heated and stirred until mush.	The biggest problem with baked beans is the high sugar and salt content in the sauce Two options 1. Buy low salt, reduced sugar varieties 2. Make your own – really easy, taste great and going to contain heaps less sugar.
<b>HASH BROWN</b>	Out of a freezer bag and into a deep fryer	Again making your own if you must have one is the best. Simply grate a potato, wrap in a clean tea towel to remove as much water as possible, mould into a ball and cook in pan- squishing it down as you go.
<b>OJ</b>	Concentrate	Freshly squeeze your own and drink with the pulp for extra fibre
<b>TEA</b> (or coffee for cosmopolitan types)	Milky and lots of sugar	Try it without the sugar! Or go for herbal tea

# UNI LIFE AND HEALTHY EATING. CAN THE TWO CO-EXIST?



The prospect of having to feed and take care of yourself everyday can be pretty daunting for a new university student. As you immerse yourself into university life, good eating habits can easily fall through the cracks, especially with all the temptations around like student takeaway deals and cheap fast food options. It however doesn't take very long for this diet to take its toll on your body. When classes start and all the assignments begin to roll in, eating this way just isn't effective. That's why it's so important to eat right to fuel your body!

We get it though, easier said than done, right? It can be hard to find good habits without the guidance or routine of home life. So with that in mind, here are our top **8 nutrition tips for the busy university student...**



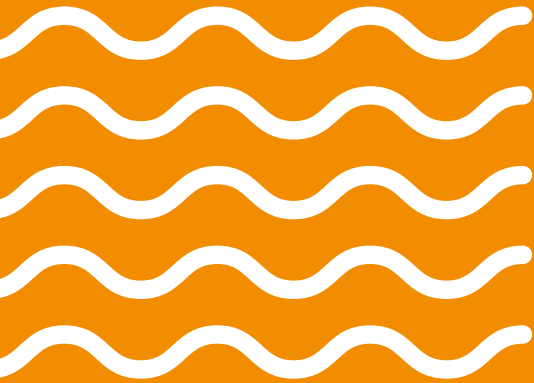
## PLAN AND MEAL PREP

Take some time every week to plan out what your main meals will be for each day of the week ahead. This will definitely give you some structure and allow you to stick to the meal plan you've created. For more awesome information on meal prepping + recipes, check out our article on page 8.

## DRINK WATER

Let's face it, your body needs water! It's not rocket science – if you get dehydrated, you aren't going to feel so good. Health authorities commonly recommend eight 8-ounce glasses of water a day, which equals about 2 litres. Drinking enough water during the day can help boost your concentration and also keep you from overeating, so make sure you keep hydrated throughout the day. For those of you who find water a bit boring (it can be sometimes, we know), try adding flavour by adding in sliced fruit or cucumbers. Problem solved!

# 2



## KEEP HEALTHY SNACKS AROUND

It's nice to have something to snack on while you're on campus or in-between classes, and it can be a great way to get more nutrition into that body too! That is.....as long as you choose snacks that are good for you. You may be tempted to buy candy, ramen noodle cups, chips, and foods that can sit on your shelf for a long period of time. The problem with these snacks is that they aren't good for you- they are high in excess fats, added sugars, preservatives, and calories.

# 3

### Try these snacks instead...

**Rice Cakes and Rice Crackers** keep well and are very low in calories. Try some flavoured rice cakes/crackers or even add nut butter for extra flavour and goodness.

**Nuts and seeds** are packed with a powerful punch of minerals, vitamins, and fats. They keep easy at room temperature and are easy to munch on on-the-go.

**Dried fruits** (like raisins, dried apricots, and other dehydrated fruits) are another great snack option. Just make sure to check the packet for any added sugars or preservatives.

Did someone say, Pop?! **Popcorn** is another excellent go-to snack. Air-popped is best, but regular popcorn is fine as well- just make sure to hold the extra butter.

**Vegetable sticks** (carrots, celery, cucumber, etc) with either peanut butter or hummus. Because let's be honest, who doesn't love hummus? #eatsthewhole tub #infiveminutes #noregrets

# 4

## ADD ONE PIECE OF COLOURFUL FRUIT OR VEGETABLES TO EVERY MEAL

In this day and age, most people don't get enough fruits and vegetables. Which we think is super sad, as they are so good for your health and also oh so delicious! Our tip would be to add a fruit or veggie to every single meal that you can. It's super easy! For instance, add sliced fruit to your breakfast or fresh berries to your bowl of cereal. Aim for 2-3 cups of veggies and a serving or 2 of fruit every day.



# 5

## SNEAK FITNESS IN

Sometimes hitting the gym is hard to do with a busy uni schedule. If you're finding it hard to work out, try sneaking fitness into your daily routine. For instance, ride your bike instead of driving; take the stairs instead of the elevator; park farther away in the parking lot if you drive, or get off the bus or tram at an earlier stop and walk the extra distance. It all adds up!



## JUST BREATHE

Feeling overwhelmed? Stressed? Anxious? Try deep breathing. It's one of the best ways to lower stress in the body. When you breathe deeply, you send a message to your brain to calm down and relax- and then the brain then sends this message to your body. Try this basic exercise anytime you need to relax or relieve stress:

- Sit or lie flat in a comfortable position
- Put one hand on your stomach (just below the ribs) and the other hand on your chest
- Take a deep breathe in through your nose, allowing your stomach to push your hand out. Your chest should not move.
- Then breathe out through your mouth. Feel the hand on your belly go in and use it to push all the air out.
- Do this breathing 3-10 times. Take your time with each breath.

## SLEEP

As Uni students have a lot to focus on, it's important for you to get a good night's sleep and be well rested on a daily basis. If you can, try creating a healthy sleeping environment: it's important for the space where you sleep to be uncluttered and comfortable. Make sure you use your bed for sleeping, not studying.

Another great way to improve your sleeping routine is to give your brain time to relax and switch off before heading to bed. You know what that means....Unplugging! Lights from phones, computers, and TV's can make it more difficult for your body to recognise that it's time to rest. Put away or turn off those devices for 30 minutes before you try to sleep. Sweet dreams!

## INDULGE EVERY ONCE IN A WHILE

Look, we don't have to be perfectly healthy 100% of the time. A little treat now and then is absolutely fine! Give yourself a break from time to time and indulge in the foods you love but can't eat all the time (chocolate cake, we are lookin' at you!)



# Want to eat more vegetables & plant based meals?

Here's exactly what to do...

We all know that we're supposed to eat our greens.....but eating the recommended amount of veggies and fruits is hard for many of us. Some people might be scarred from childhood memories of soggy, over-boiled Brussels sprouts (um, gross)! Or maybe you just don't know how to include enough plant-based foods into your diet without having to eat a boring salad everyday (who has time for that? Not us)!

However, eating more veggies and plant-based foods has a HUGE amount benefits for the body, takes a lesser toll on the environment, and invites a whole range of nutrients into your diet that will help support your busy life at university.

Some notable physical and mental benefits of a plant-based meals are:

- **Helps promote mental health**
- **Helps you live longer and healthier**
- **Helps prevent diseases such as type 2 diabetes, heart disease, and some cancers**
- **Helps keep your bowels healthy (and movements regular)**
- **Gives your body the vitamins and nutrients it needs to function optimally**
- **Helps reduce obesity and maintain a healthy weight**
- **Lowers blood pressure and cholesterol**

But we know the hard part isn't knowing how important our veggies are- it's knowing how to include these healthy foods into our diet in a simple yet achievable way.

And that's where we make it easy for you. Here are 10 simple ways to integrate more plant-based foods into your diet. You're welcome.

1

## Make Small Changes

Word to the wise: start small. Take it easy and don't put too much pressure on yourself. You can change one meal at a time, or even one ingredient at a time (yes, it's that easy)! A great example would be to eat a slice of seeded multi-grain bread with avocado for breakfast instead of your usual white toast with Vegemite.

Eating fresh is definitely the best option, so try to start with one meal or snack a day that incorporates a whole, unrefined fresh food ingredient. For instance, you could take a carrot, seasonal fruit or a handful of natural nuts in a small container with you to uni, and make it your goal to eat it by the end of the day. Totally doable #KickingGoals



2

## Aim for Variety

For a lot of us who don't eat heaps of veggies, perhaps it's because we don't have a lot of variety, or didn't have a lot of variety growing up. If your mum served you soggy Brussels sprouts or plain broccoli, it's no wonder you'd end up hating eating plant-based foods.

And that's why variety is so important when starting out! Try new, different fruits and vegetables! Be open to experimenting with foods that you might not have necessarily liked as a kid, and perhaps try preparing it in a different way.

Another hot tip is to shop for your fruit and veg at your local farmer's market (or local fruit and veg shop) instead of Woolies or Coles. If you see the fruits and veggies in the environment of a farmer's market, they can be a lot more enticing because they do look so fresh, beautiful, and colourful. These are the things we are naturally drawn to eat! Head on over to page 34 to find out where your closest farmers market is.

3

## Seize the Veggie Day!

Start your day out right with veggies for breakfast. That's right, you heard us! You CAN incorporate veggies into your morning routine. And no, we aren't crazy. Hear us out: think about your favourite breakfast or brunch dish to get out at a café on the weekend. Chances are it comes with poached eggs, avocado, roasted tomatoes, and wilted spinach (and OK, haloumi). WELL, that's a few serves of veggies right there, ladies and gentleman, and you didn't even know it! And if you're doing that on the weekends, there's no reason why you can't incorporate it during the week. Amirite? A downright easy way to do this would be to chuck some spinach and tomato onto your toastie: et voila! – You have just increased your vegetable intake! Other easy options could be to have a big green smoothie, oatmeal with walnuts and berries, a bean and veggie burrito, or an omelette loaded with broccoli, mushrooms, and peppers.

4

## Shop the produce aisle first

Start planning your meals around what vegetables you will be eating instead of what protein. Making this the focus instantly changes how you view your plate and what you are putting into your body. What vegetables are in season? What looks fresh? What's on sale? What are you craving or what looks good to you? Start filling up your trolley and meal plan around it. For example, if onions, bok choy, and mushrooms are hitting all the right spots, use these to make an Asian stir-fry and pile it on top of quinoa or brown rice for a delicious plant-based meal. This will also help you resist the temptation to fill your trolley with less nutritious foods (all that pre-packaged stuff) because your cart is already filled with delicious and nutritious vegetables, and your mind is focused on healthy eating!

## 5 Have plant-based choices in your pantry

Chances are, if your pantry has it, you will cook it. But if you have to constantly run out to the grocery store because you don't have an ingredient, chances are your plant-based changes will never stick. Many plant-based foods including beans, lentils, quinoa, millet, olive oil, spices, and canned tomatoes are shelf stable, convenient, and economical.

## 6 Do a 50/50 swap for Legumes

Cutting back on your meat portion and topping it up with legumes is a great alternative to adding in more plants to your diet. Not only that, but it's great for your wallet, the environment, and your waistline. Try swapping 50% mince for 50% lentils when making spaghetti bolognese or lasagne.....or make black bean (or red kidney bean) and beef patties as opposed to 100% beef patties. By making these small swaps, your meal suddenly becomes cheaper and is also a lot more nutritionally dense.

## 7 Discover new plant-based proteins

One thing everyone can do for better health is to eat more plant-based proteins. Animal sources of protein (like meat and cheese) tend to be high in unhealthy saturated fat. Plus there are so many good environmental reasons to cut out animal sources of food. Not sure what vegan sources of protein are? Start with tofu, tempeh, edemame (soybeans), lentils, chickpea, and beans. Nuts, like almonds and walnuts, and seeds, like sunflower and pumpkin seeds, also deliver high contents of protein. The average recommended intake of protein is 42 grams of protein a day, which is pretty easy to reach. For instance:

- ½ Cup of dry oatmeal = 5 grams protein
- 2 Tablespoons of natural peanut butter = 8 grams protein
- ½ Cup chickpeas = 5 grams
- 1 Cup quinoa = 8 grams protein
- 24 almonds = 6 grams
- 1 Cup cooked whole wheat spaghetti = 7 grams
- ½ Cup tofu = 10 grams
- 1 Cup cooked lentils = 9 grams

You could even make meatless Mondays a thing in your house and experiment with different meat alternatives. Try tofu or tempeh in your stir fry in place of chicken. Or swap beans for chicken or salmon in your salad at lunch.

The background of the entire page is a close-up photograph of fresh vegetables. In the foreground, there are several dark-skinned potatoes. Behind them, there are bunches of leafy greens, likely chard or Swiss chard, with vibrant green leaves and thick, reddish-purple stems. The lighting is soft, highlighting the textures of the vegetables.

8

## Choose the right carbs

We hear you: you love (and need) carbs! They are our body's favourite choice for fuel. But here's the thing: it doesn't have to be pasta ALL the time (although sometimes we wish it could be)! You'll find quality carbs in all sorts of grains like quinoa, rice, potatoes, and yes, in VEGGIES. Whole grains are almost always the best choice, compared to refined grains (like white flours). Whole grains are made from the entire grain and provide you with nutritious B vitamins, iron, magnesium, selenium and fibre- all of which are stripped during the refining process. The fibre in the whole grains also keeps you feeling fuller for longer, thanks to its awesome ability to slow digestion.

9

## Don't assume vegan food products are healthier

Living in Melbourne, we are spoiled for choice with the vegetarian and vegan options available to us. #blessed

But don't automatically assume that the vegan food products you see on the shelves are healthier or better for you. For instance, vegan cookies loaded with sugar aren't necessarily any healthier for you or your waistline compared to regular cookies. Processed vegan foods often contain saturated fat-laden-palm oil and coconut oil. We would recommend sticking to whole, nutritious foods that just happen to be vegan, like carrots and hummus, nuts and dried food, or whole-grain tortilla chips with guacamole. Don't get us wrong, having vegan treats every often is more than fine. I mean, #YOLO. Just don't justify them as 'healthy' simply because they are vegan.

10

## Get inspiration

Ask your closest friends and family for their favourite veggie recipes. This may seem obvious- but some people don't ask for help or get ideas when they are first trying something new. Don't be afraid to ask - you will be amazed at the wonderful ideas you can get from what other people prepare for their meals. Or perhaps you've heard of a little thing called the internet?? Pinterest, Instagram, food blogs or cooking websites can be a great tool in helping you come up with awesome food ideas. Our current obsession on Instagram is @bosh.tv - follow them for videos featuring simple yet amazing food recipes. #foodinspo #foodgoals



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