

'SUPER FOODS' VS SUPERHERO FOODS

You can't escape hearing about 'super foods' such as cacao, acai, coconut oil, chia etc. These foods are cleverly marketed as being high in a nutrient and therefore better than other foods. These 'super foods' are expensive and there often isn't enough evidence to show they live up to their health claims. It's also important to not focus just on a certain nutrient or food, as nutrients from a variety of foods are needed to work in combination. By eating a range of **SUPERHERO** foods, which are everyday foods from the five core food groups, we can get all our nutrients and achieve the best health, without the superfood price tag.



- **BANANAS**
- **LOW FAT GREEK YOGHURT**
- **FROZEN VEGIES**
- **SPINACH**
- **EGGS**



- **REDUCED SALT BAKED BEANS**
- **OATS**
- **CHICKEN BREAST**
- **FROZEN BERRIES**
- **LOW FAT MILK**

UPCOMING FOOD SENSATIONS PUBLIC PROGRAMS

DATE	LOCATION	TIME
Tuesdays October 11 th , 18 th , 25 th & November 1st	Armadale Community and Family Centre, 101 Challis Rd, Seville Grove	12:00-2pm
Thursdays October 13 th , 20 th , 27 th & November 3rd	Foodbank Peel, Mandurah	10:00-12:30pm
Wednesdays November 9 th -, 16 th , 23 rd & 30th	Connolly Community Centre, 5 Glenelg Place, Connolly	10:30-1pm

[BOOK ONLINE NOW](#) or call 9463 3231

RECIPE OF THE MONTH: LEAN MEAN CHICKEN CURRY

Equipment:

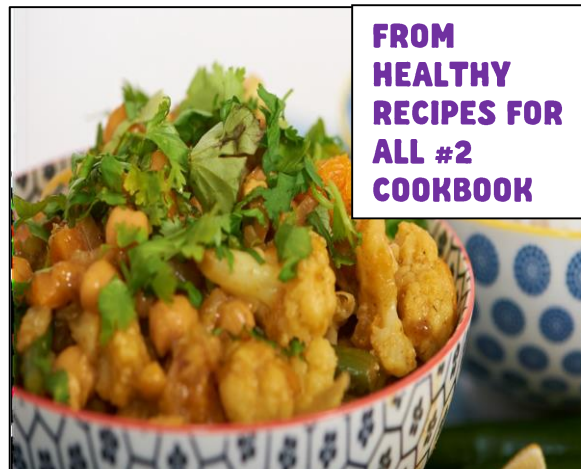
Fry pan, Can opener, Chopping board, Cup, Mixing spoon, Knife, Tablespoon

Ingredients:

- 1 brown onion
- ½ small pumpkin
- ½ cauliflower
- 2 chicken breasts
- 400g tin chickpeas
- 2 cups frozen peas or green beans
- 400ml light coconut milk
- 2 tablespoons curry powder
- 1 tablespoon chicken stock powder
- Small bunch coriander

What to do:

1. Dice onion and chop pumpkin into cubes (skin off). Break cauliflower into small florets. Chop any other vegetables.
2. Cut chicken into bitesize pieces.
3. Place onion in frypan, cook until brown. Add chicken to frypan with onion. Chicken is cooked when completely white.
4. Add pumpkin, cauliflower, can of chickpeas (drained) to frypan. Add 1 cup of water and bring to the boil.
5. Add coconut milk & bring to boil. Add curry powder and stock. Stir to combine. Chop coriander & stir into curry. Serve with rice.



FROM
HEALTHY
RECIPES FOR
ALL #2
COOKBOOK

HOT HINT:

USE THE HEALTH STAR RATING ON FOOD PACKETS TO HELP YOU MAKE A HEALTHIER CHOICE BETWEEN TWO OF THE SAME FOODS. CHOOSE FOODS WITH 4 - 5 STARS.



BUDGET TIP

Compare price per kg to find the best value



FOOD FUNNIES



What happened to the baked beans who went on holiday to QLD?

THEY ENDED UP IN CAIRNS!!



Food Sensations for Adults is a program funded by the Department of Health.

