

Healthy food

Venture into the great outdoors and boost your health and vitality

Picnics are a great way to enjoy a healthy lifestyle. You can take along some delicious home-cooked treats and get the whole family to join in some exercise. **Sally Symonds**, weight loss coach, author, motivational speaker and author of *50 Ways To Weight Loss That Actually Work*, shares her fun picnic ideas



GOING on a picnic is an easy way to stick to your healthy lifestyle. Apart from the benefits of the fresh air and sunshine (with shade and sunscreen, of course), a little preparation goes a long way to ensuring you come home after a fun-filled day knowing you have eaten well and had your daily dose of exercise.

Apart from the obvious food and drinks, don't forget to take along a few necessities such as sunblock, insect repellent, a bottle opener and plenty of cold bottled water.

An old tablecloth will jazz up any picnic table you find, and in the absence of a table, can be spread on the ground to sit on.

Take along some hand sanitiser and wet wipes in case there aren't any washing up facilities.

Picnics are a great way to throw in a little incidental exercise.

Take along the cricket set, frisbee or

soccer ball and get everyone moving before you tuck in to the food.

Young and old alike can join in to whatever version of a particular game you decide on.

There's nothing better for kids than seeing the adults in their lives running around like lunatics, and even grandad can get involved as the designated umpire.

And when everyone has had their fill, get them all up for a slow meander around the local area.

Kite flying is also a great way to get moving and have some fun.

Leave behind all of the usual picnic fare such as oily potato crisps and fattening dips.

Here are a few recipes to make your picnic a deliciously healthy experience for the whole family

□ Sally Symonds is a weight loss coach, motivational speaker and author of several best selling weight loss books. For further information visit www.sallysymonds.com.au

Turkey and Sweet Potato Roll Ups

500g roast turkey breast, chopped into cubes

2 cups warm cooked sweet potato, chopped into cubes

3 tablespoons pine nuts

Cracked black pepper to taste

Lettuce

Roughly combine turkey, sweet potato, pine nuts and pepper.

Spoon tablespoons of the mixture into lettuce leaves and roll up and secure with a toothpick if necessary. This mixture can also be served in lettuce cups like San Choy Bow.



Salmon and Chickpea Patties

415g can salmon, drained

410g can chickpeas, drained and rinsed

410g can kidney beans, drained and rinsed

1 carrot, grated

1 onion, finely diced

2 tablespoons tahini

1 clove garlic, chopped

Handful fresh coriander

Preheat oven to 220C.

Place all ingredients in a food processor and blend until mixture is fairly coarse.

Shape mixture into 20 small balls.

Place on an oven tray lined with baking paper and flatten slightly.

Bake in oven for 15-18 minutes or until golden.



Mango Smoothie

Serves one

½ cup natural low-fat yoghurt

½ mango peeled, seeded and pureed

½ cup chilled mineral or soda water

Nutmeg

Sprig of mint

Blend ingredients together and serve.



Pork and Pumpkin Salad

Serves one

200g roast pork, cut into strips

1 cup pumpkin, cubed

200g fresh baby spinach

1 tablespoon low-fat feta

½ teaspoon dukkah or pine nuts

Preheat oven to 180C.

Roast pumpkin on an oven tray lined with baking paper for 20 minutes or until cooked through.

Place spinach in a large bowl.

Add pork and pumpkin.

Top with feta and dukkah or pine nuts.

