



FROZEN & READY MEAL

Frozen meals can be healthy and nutritious frozen foods retain most of their nutrients if used soon after they are thawed. There is a wide selection of frozen meals available in supermarkets, but the nutritional value of the meals varies greatly. When choosing from the freezer, you should look for foods that are low in fat and saturated fat, low in refined sugars, low in salt (sodium) and high in fibre.

Tips for choosing healthy frozen meals

- Look for the meals with preferably less than 5g of fat per 100g (and no more than 10g of fat per 100g).
- Compare the saturated fat of the meals per 100g. Aim for the lowest.
- Choose meals that are lower in salt (aim for less than 400mg sodium per 100g).
- Choose meals that contain between 30g – 45g of carbohydrate *per serve*. If the carbohydrate is much lower than this, you may need to add a slice of bread or piece of fruit with the meal. Speak with your dietitian if you are unsure.
- Look for meals that contain plenty of vegetables.

Many frozen meals are low in their vegetable portions, so you may need to add an extra serve or two of your own vegies.

Examples of suitable choices are shown below.

Lean Cuisine Frozen Meals

McCain Healthy Choice

Kantong Rice Bowls

Domino Frozen Pasta Meals

Ingham Lite Meals

Coles Farmland Healthy Eating Meals

Weight Watchers Frozen Meals

Birds Eye Create-A-Meal

Maggi Sensations Stir Fries

