

Healthy Burger & Sausage Sizzle

GUIDE

Go whole grain

Swap white bread for wholegrain or wholemeal brown bread and buns.

No need for margarine or butter.



Veggie it up

Try fresh vegetables such as mushrooms, onions, capsicums, carrots, tomatoes, lettuce and beetroot. Serve them in a variety of ways grated, diced and sliced.



Swap the sauce

Low salt and sugar tomato sauce & mustard. Avoid creamy or oily sauces.



Cut the fat

Provide low fat and low salt sausages & patties.



What do I look for?

NUTRITION INFORMATION

Servings per can: 2
Serving Size: 210g

| | Average Quantity Per serving | Average Quantity Per 100g |
|---------------|------------------------------|---------------------------|
| ENERGY | 895kJ | 425kJ |
| PROTEIN | 10.8g | 5.1g |
| FAT: TOTAL | 1.2g | 0.6g |
| - SATURATED | 0.2g | 0.1g |
| CARBOHYDRATE | 33.7g | 16.1g |
| - SUGARS | 15.5g | 7.4g |
| DIETARY FIBRE | 11.9g | 6.7g |
| SODIUM | 1300mg | 390mg |
| POTASSIUM | 650mg | 310mg |
| IRON | 2.7mg | 1.3mg |

Always use the 100g column

SAUCES

10g or less of sugar and less than 400mg sodium

MEAT

10g or less fat and 4g or less saturated fat.
600mg or less sodium

BREADS

6g or more of fibre and less than 400mg sodium (salt)