



WHOLEMEAL VEGETABLE AND PUMPKIN SEED MUFFIN

Makes: 6 large muffins (2 per serve)

Cost per serve: \$2.40

Preparation Time: 15 mins

Cooking Time: 25 mins

Ingredients

½ cup pumpkin, roughly chopped in 1cm dices

½ cup zucchini, roughly chopped in 1cm dices

½ cup spring onions, sliced

1 large handful baby spinach leaves

1 cup skim milk

2 eggs

A pinch pepper to taste

2 cup wholemeal flour

1 tsp baking powder

2 tbsp pumpkin seeds

Method

1. Preheat oven to 180°C.
2. Place pumpkin into a microwave-safe bowl, cover with water and cook in the microwave for 3 minutes or until slightly softened. Drain and add zucchini, spring onions and spinach.
3. Lightly beat eggs and milk, pour over the vegetables and season with pepper.
4. Sift flour and baking powder over the top and stir until just combined.
5. Spoon mixture into baking paper lined, non-stick muffin trays, sprinkling with pumpkin seeds, and bake for 25 minutes or until done.

Cooking tips: For the more mature palate, crumble low fat feta and chopped sundried tomatoes into the mix.

Serve with: Reduced fat cream cheese.

RECOMMENDED AVERAGE DAILY NUMBER OF SERVES FROM EACH OF THE FIVE FOOD GROUPS DAILY

	Vegetables and legumes/beans	Fruit	Grains	Meat, poultry and meat alternatives	Dairy
Pregnant women (19-50 years)	5 serves	2 serves	8 ½ serves	3 ½ serves	2 ½ serves
Lactating women (19-50 years)	7 ½ serves	2 serves	9 serves	2 ½ serves	2 ½ serves
What does a serve look like?	<ul style="list-style-type: none"> • ½ cup green or orange cooked vegetables • 1 cup raw leafy vegetables • ½ cup legumes • 1 medium tomato 	<ul style="list-style-type: none"> • 1 medium apple or banana • 2 small apricots • 1 cup diced or canned fruit 	<ul style="list-style-type: none"> • 1 slice of bread • ½ cup cooked rice, pasta, noodles • ½ cup cooked porridge • ¼ cup muesli 	<ul style="list-style-type: none"> • 65 g cooked lean meat • 80g cooked lean chicken • 1 cup cooked (dried) or canned beans; • 100g cooked fish • 2 large eggs • 30g nuts 	<ul style="list-style-type: none"> • 250 ml (one cup) fresh, long-life or reconstituted dried milk • 1/2cup evaporated milk cheese • 200g (1 small carton) yoghurt

Source: The Australian Guide to Healthy Eating 2013. NHMRC 2013.

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For more delicious, healthy recipe ideas, visit www.eggs.org.au



Eggs have the Tick because they are a nutritious food. The Tick helps all Australians make healthier food choices.

The Tick is not designed for the treatment of health issues. People with health concerns should seek dietary advice from their doctor or dietitian



EATING WELL FOR YOU AND YOUR BABY



Pregnancy is a time when your diet is more important than ever. Not only are you nourishing yourself, it is also vital that you are getting all of the right nutrients needed for your growing baby.

You may be asking yourself questions like “What foods are good for my baby?” or “How much do I need to eat to support my baby’s growth and development?”. This leaflet has been developed to help answer these questions.

Before answering your questions let’s look at the nutrients that are important for your baby’s development.

VITAL NUTRIENTS FOR YOUR BABY’S DEVELOPMENT

Vitamin / mineral	How it helps your baby	Foods found in
Calcium	<ul style="list-style-type: none"> • Development of bones • Function of muscles, nervous system and heart 	<ul style="list-style-type: none"> • Dairy foods like milk, cheese and yoghurt • Bony fish like sardines and salmon
Omega-3 fatty acids	<ul style="list-style-type: none"> • Brain development • Visual development 	<ul style="list-style-type: none"> • Oily fish • Eggs • Canola oil, macadamia oil and olive oil • Linseeds and walnuts
Iron and folate	<ul style="list-style-type: none"> • Growth and development, especially in the early stages 	<ul style="list-style-type: none"> • Lean meat • Eggs • Dark green leafy vegetables
Iodine	<ul style="list-style-type: none"> • Brain and nervous system development 	<ul style="list-style-type: none"> • Eggs • Seafood • Bread (except organic)
Choline	<ul style="list-style-type: none"> • Growth and development of cells especially in the third trimester 	<ul style="list-style-type: none"> • Eggs • Fish • Liver • Soy • Wheat germ (whole cereal and bread)

Source: NHMRC – Nutrient Reference Values for Australia and New Zealand

What foods can I eat and what foods are good for my baby?

Eating a balanced diet with a mix of vegetables, fruit, grains, dairy, meat, poultry and meat alternatives is a good way to make sure you are doing what is best for you and your baby.

How can I make sure I don’t over or under eat during my pregnancy?

The Australian Guide to Healthy Eating provides you with a handy reference to the foods and serving sizes that provide a healthy and well-balanced diet during pregnancy and when you are breast-feeding.

What foods should I avoid when I am pregnant?

Some foods can contain the listeria bacteria, which is harmful to you and your baby. High risk foods include:

- X Soft white cheeses
- X Cold meats
- X Cold cooked chicken
- X Pate
- X Oysters and raw fish
- X Pre-packed salads
- X Soft serve ice cream
- X Unpasteurised dairy products



Safer food alternatives include hard cheese, home cooked chicken and meat (eaten within one day of cooking), pasteurised dairy products and canned foods. The National Health and Medical Research Council recommends you avoid drinking alcohol during pregnancy and while breast-feeding, as well as reducing your intake of caffeine.

SIMPLE STEPS TO EATING WELL DURING PREGNANCY

Eating well during pregnancy is simple...

1. Visit the Australian Guide to Healthy Eating serving size table to help you make healthy eating choices during your pregnancy

- A mix of fruit and vegetables provides a wide range of important vitamins and minerals, and are important for maintaining your fibre intake.
- Breads, cereals and grains, particularly wholegrains, are an important source of energy, fibre and B vitamins, which are important for the healthy growth of your baby.
- Lean red meat, white meat, fish, eggs, legumes and plain, unsalted nuts are good sources of protein, iron, zinc, omega-3 fatty acids and other key nutrients that are essential for the healthy growth and development of your baby.

2. Keep active, to maintain you and your baby’s health and wellbeing during and after pregnancy

- Speak to your doctor or other healthcare practitioner about the types of exercise that are safe for you to do during your pregnancy.

3. Drink plenty of water

- Make sure you stay hydrated during your pregnancy.

PREGNANCY AND THE GOOD EGG

Eggs are packed full of nutrients that are good for you and your baby. Eggs are a natural source of 11 different vitamins and minerals, including folate, iron, iodine and vitamin A. They also contain useful amounts of omega-3s and choline. The protein in eggs is high quality and good for your baby’s growth and development. The *Australian Dietary Guidelines* maintain that the everyday consumption of eggs is not associated with an increased risk of coronary heart disease. You can safely consume eggs provided they are hard-boiled, baked or scrambled. It is important that the yolk is well-cooked.

For more information about good nutrition and delicious, healthy recipe ideas, visit www.eggs.org.au

Please visit the National Health and Medical Research Council (NHMRC) Australian Dietary Guidelines¹, Nutrition Australia and Food Standards Australia New Zealand² for additional information.