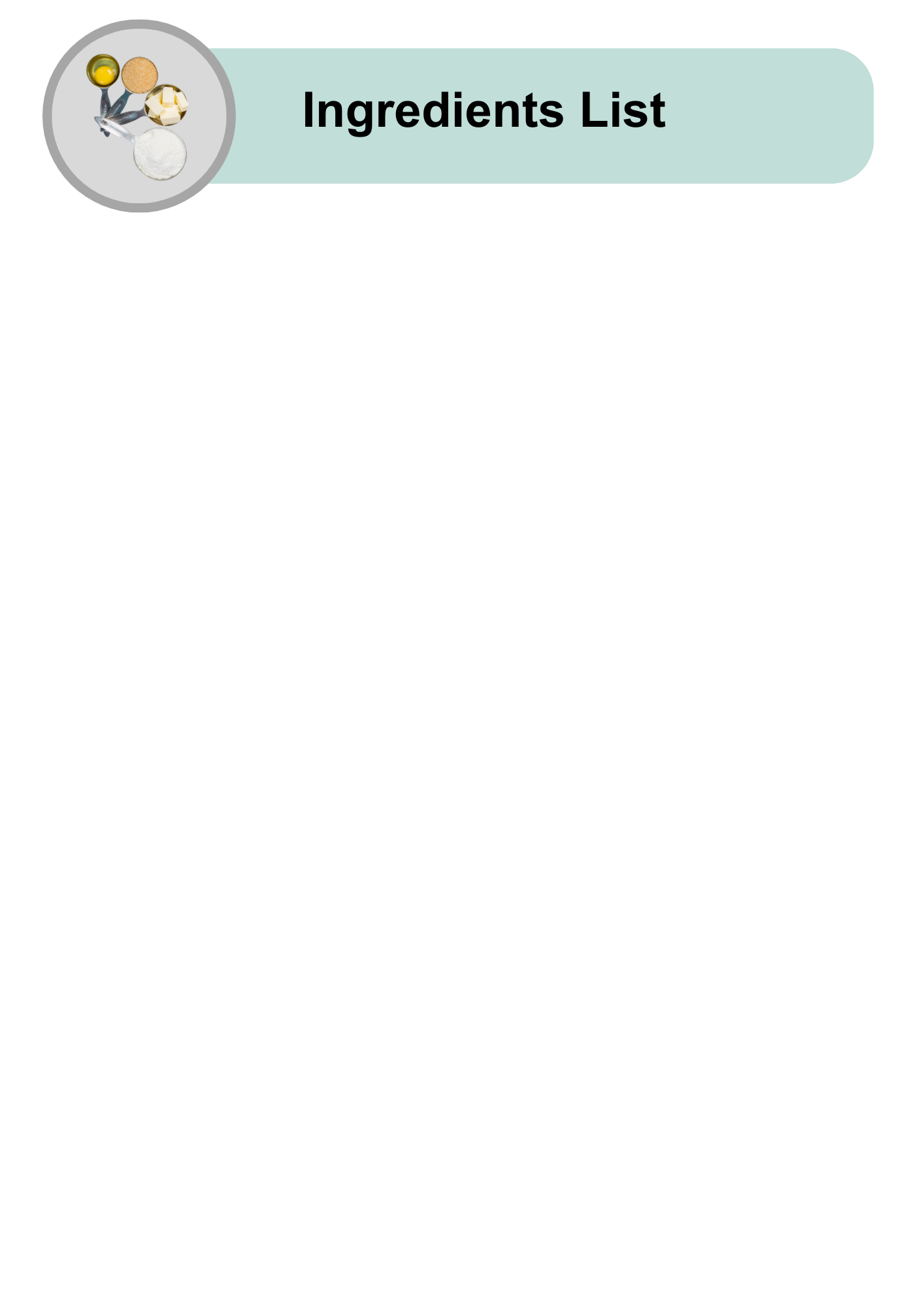
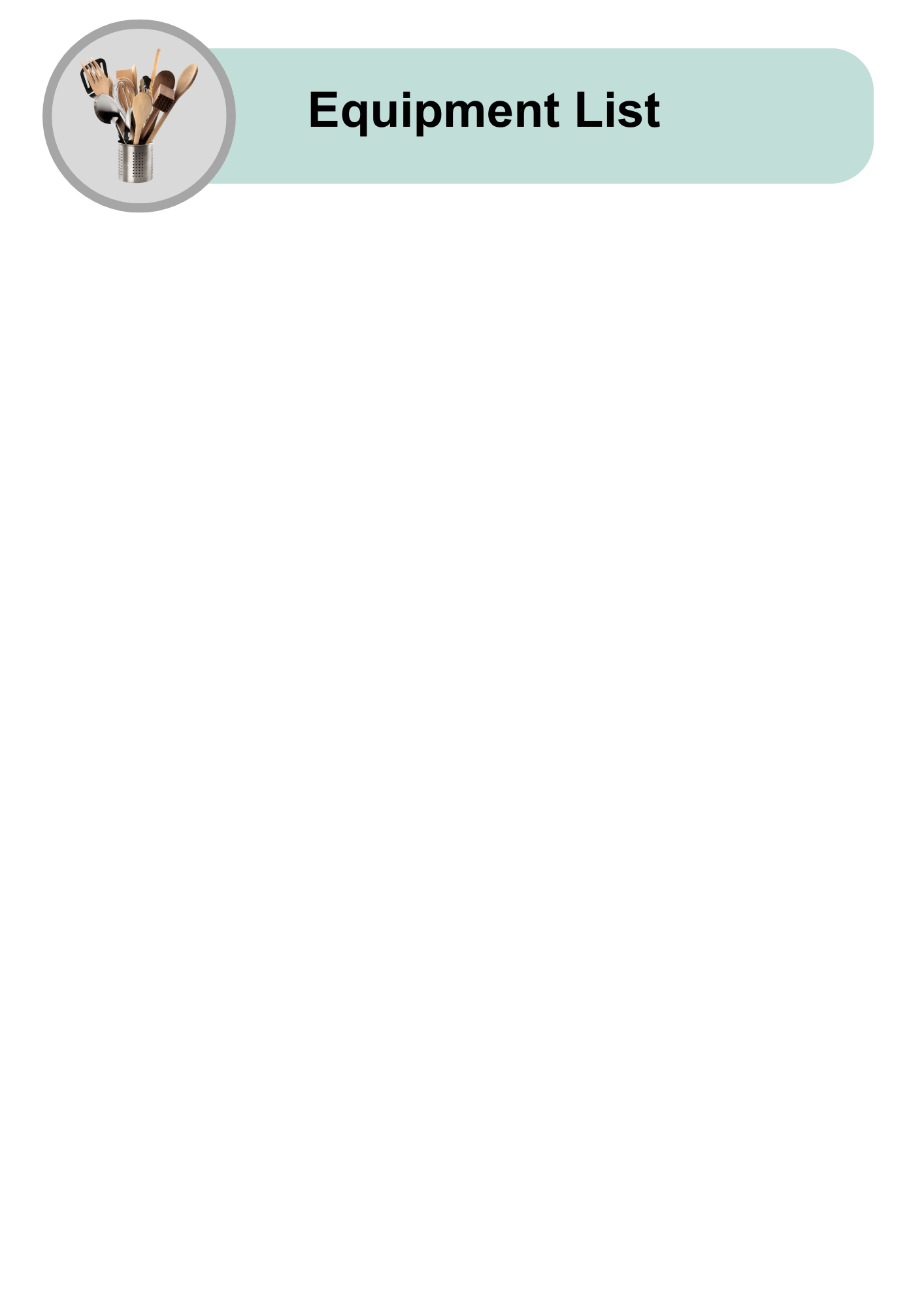


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| A hand giving a thumbs up next to a nourish bowl filled with colourful vegetables, corn, guacamole, and diced protein on rice. | A nourish bowl is a healthy meal. |
| A four-part circle showing cartoon-style food icons: bread, meat, fruit/vegetables, and dairy/oil, each in a different colour quadrant. | It has different foods on one plate. |
| A nourish bowl with a hand giving a thumbs up and a red heart with a white checkmark, symbolising a healthy, approved meal. | You can choose foods that are good for you and that you like to eat. |
| A black and white image of a traditional alarm clock showing the time as 10:10. | This recipe takes some time to make. |
| A nourish bowl above six black human stick figure icons, representing that the recipe serves six people. | It will serve 4 to 6 people. |
| A red plastic measuring cup shown from the top, used for measuring ingredients. | 1 cup is 1 serving. |



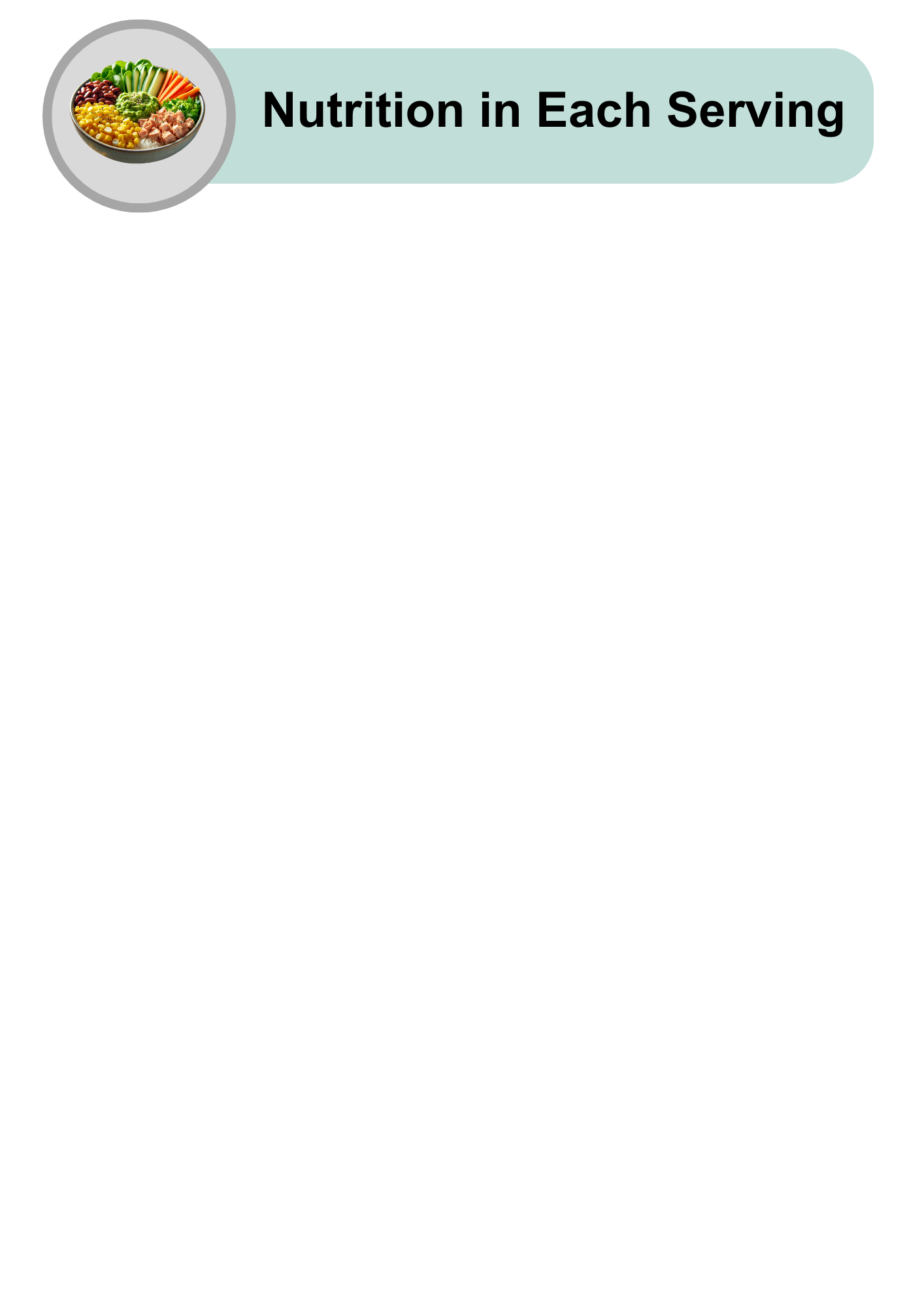
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| Two fresh, whole carrots with green tops on a light grey background. | 2 carrots |
| A silver tin can with the lid removed, filled with bright yellow corn kernels on a light grey background. | 1 tin of corn (400g) |
| A white bowl filled with crisp green lettuce leaves on a light grey background. | 3 cups of lettuce |
| A cucumber with part of it sliced into round pieces, showing the fresh, pale green interior. | 1 cucumber |
| A bunch of fresh coriander leaves with jagged edges and bright green colour, viewed from above. | A handful of coriander leaves |
| A small brown bowl filled with green pumpkin seeds (pepitas) on a light grey background. | 3 tablespoons of pepitas |
| A brown resealable packet labelled "Brown Rice" with an image of a bowl of cooked brown rice on the front. | 1 packet of cooked brown rice |
| A plate with roasted sweet potato wedges, lightly seasoned and arranged neatly on a wooden surface. | Herby Potatoes |
| A bowl of spicy beans with visible whole beans, diced vegetables, and garnished with parsley. | Spicy Beans |
| A terracotta bowl filled with chunky guacamole made from mashed avocado and finely chopped vegetables. | Guacamole |
| A round cracker topped with chunks of tuna, red chilli slices, and a lime wedge, with a red chilli pepper placed beside it. | Chilli and Lime Tuna |



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| A small rectangular wooden cutting board with a hand grip slot on the left side. | Chopping board |
| A kitchen knife with a silver blade and a brown wooden handle. | Large knife |
| A standard metal spoon with a reflective surface. | Tablespoon |
| A white ceramic mixing bowl placed on a light background. | Large bowl |
| A manual can opener with white and grey handles and metal cutting components. | Can opener |
| A woman wearing a red striped apron stirring food in a pot, surrounded by fresh vegetables including capsicum, cabbage, and tomatoes. | A support person to help |



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| A plate with roasted sweet potato wedges, lightly seasoned and arranged neatly on a wooden surface. | **Make the Herby Potatoes.**  Follow the [Herby Potatoes Recipe here.](https://dietitiansaustralia.org.au/sites/default/files/2025-02/Herby%20Potato%20Recipe%20-%20Easy%20Read.pdf) |
| A bowl of spicy beans with visible beans, diced vegetables, and garnished with parsley. | **Make the Spicy Beans.**  Follow the [Spice Beans Recipe here.](https://dietitiansaustralia.org.au/sites/default/files/2025-02/Spicy%20Beans%20Recipe%20-%20Easy%20Read.pdf) |
| A terracotta bowl filled with chunky guacamole made from mashed avocado and finely chopped vegetables. | **Make the Guacamole.**  Follow the [Guacamole Recipe here.](https://dietitiansaustralia.org.au/sites/default/files/2025-02/Guacamole%20Recipe%20-%20Easy%20Read.pdf) |
| A round cracker topped with chunks of tuna, red chilli slices, and a lime wedge, with a red chilli pepper placed beside it. | **Make the Chilli and Lime Tuna.**  Follow the [Chilli and Lime Tuna Recipe here.](https://dietitiansaustralia.org.au/sites/default/files/2025-03/Chilli%20and%20Lime%20Tuna%20Recipe%20-%20Easy%20Read.pdf) |
| Chopped carrot sticks above a knife and cutting board, showing the tools used to cut the carrots. | Cut the carrots into small sticks. |
| A silver tin can tipped over, spilling bright yellow corn kernels onto the surface. | Drain the corn. |
| A pair of hands rinsing fresh green lettuce under running water from a kitchen tap. | Wash and dry the lettuce leaves. |
| A cucumber partly sliced into round pieces, with a knife and wooden chopping board below, showing the tools used. | Slice the cucumber. |
| Fresh coriander above a knife and wooden chopping board, showing ingredients and tools needed for chopping. | Chop the coriander. |
| Hands holding a clear rice packet with an overlay of a checklist icon, symbolising checking cooking instructions. Below is a woman in a red striped apron preparing food. | Follow the instructions on the packet to cook the brown rice.  Ask your support person for help if you need it. |
| A filled nourish bowl arranged with colourful ingredients including kidney beans, corn, tuna, carrot sticks, cucumber, lettuce, wild rice, cherry tomatoes, and guacamole. | **Put the Nourish Bowl together.** |
| **Two circular images - one of shredded tuna and one of bean stew - above an empty white bowl with an arrow pointing down, suggesting adding one protein choice.** | * **Add some protein:** Spicy Beans or Chilli and Lime Tuna. |
| Two images - one bowl of cooked brown rice and one plate of roasted sweet potato - above an empty white bowl with an arrow pointing down, indicating adding one carb option. | * **Add some carbohydrates:** Herby Potatoes or rice. |
| Chopped lettuce, carrot sticks, corn, and cucumber slices arranged above an empty white bowl with a down arrow, indicating they are to be added. | * **Add lots of salad:** Lettuce, carrots, corn, and cucumber. |
| Guacamole, coriander, pumpkin seeds, and olive oil above a white bowl with an arrow pointing down, showing they are final toppings to add. | **On top:** Add guacamole, coriander, seeds, or a little olive oil. |



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| Illustrated icons of a chicken drumstick, fish fillet, carrot, and egg under a lightning bolt symbol, representing energy-giving foods. | Quite high in energy |
| A wide variety of high-protein foods including salmon, chicken, beef, cheese, eggs, tofu, legumes, broccoli, and whole grains arranged together. | Quite high in protein |
| A selection of healthy fats including salmon, avocado, nuts, and a small bowl of oil. | Low in fat |
| A group of refined carbohydrate foods such as pasta, white bread, cookies, cereal, marshmallows, orange juice, and soft drink. | High in carbohydrates |
| A central bowl of white sugar surrounded by lollies, chocolates, cookies, and sweets. | Quite high in sugars |
| A variety of whole grain breads, seeds, nuts, and cereals arranged with small bowls of grains and crackers. | High in fibre |
| A tipped-over glass salt shaker with a small pile of white salt next to it. | Low in salt |
| A nourish bowl with vegetables, beans, corn, and protein above a hand giving a thumbs-up sign, indicating a healthy meal choice. | A nourish bowl easy to make and good for you! |
| A colourful nourish bowl featuring kidney beans, corn, rice, tuna, guacamole, cucumber, carrot sticks, lettuce, and cherry tomatoes, arranged neatly in sections. | Try making this recipe at home.  Enjoy it with your favourite meals. |
| A hand holding a smartphone displaying the Dietitians Australia website with the text: “The leading voice in nutrition and dietetics.” | For more recipes and tips, visit the Dietitians Australia website. |

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