

EASY FAMILY FOOD FOR EVERY DAY OF THE WEEK

AUSTRALIAN

TABLE

100+
superfood
facts

JUNE 2006

eat well, feel great
80+ healthy recipes

low-fat
pumpkin soup
only 2g fat

fill up &
slim down
low-GI dinners

grains
of life
16 easy
rice dishes

make
fresh pasta
at home

yummy
kids meals
(we hide the vegies!)



\$3.95 (inc GST) NZ \$4.95 (inc GST)

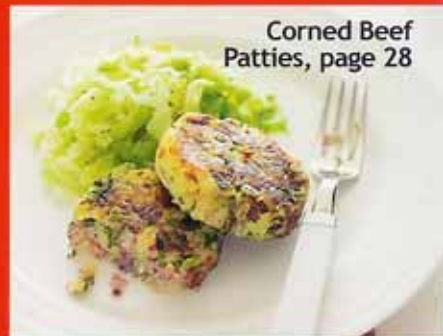
acp
magazines



Linguine with Ricotta, page 30



Braised Orange Chicken, page 34



Corned Beef Patties, page 28

PLUS! We find the best foods to help you look gorgeous



breakfast fun

Bring health and fun to the family breakfast table with a bowl of Weet-Bix KIDS, new from Sanitarium. Specially developed for children aged between one and five, Weet-Bix KIDS has the right balance of nutrients for growing bodies, and each brightly coloured pack has a bonus Wiggles storybook and stickers.

sleeping beauties

Rug up your little ones this winter with the too-cute range from Snugglebun. Available in a variety of prints from size 00 up to five years, the winter styles include two-piece longjohn sets and footed all-in-one sleepers. Check out www.snugglebun.com.au for the full range.



"Jesus was a person, not just a swear word." Speedo, 6
From *Kids' View of God* by Candice Dunn & Rebecca Mann (Murdoch Books, \$16.95)

snack attack

Snacks provide more than 25% of the total kilojoules consumed over a toddler's day – more than any single meal – according to a US study of over 3000 toddlers. But most contain little fibre or whole grains and are full of sugar and fat. Ensure your little ones have healthy options on hand, such as fresh fruit cut into bite-sized pieces.



adventure planet

Planet Cook, the UK kids' cooking adventure TV series, is set to launch worldwide, encouraging kids around the globe to have fun with cooking while learning about healthy eating. Take a celebrity chef, add a few colourful characters and a sprinkling of adventure, and you've got an entertaining DVD for kids. Available from ABC shops for \$19.95.

hey big spender!

It's official: pregnancy loosens the purse strings. According to a survey commissioned by Tommee Tippee and conducted by parenting website motherinc.com.au, 40% of mums spend between \$1000 and \$3000 on new baby items, 15% fork out \$3000 to \$5000, and a few max out the cards with \$5000 to \$10,000.



supernanny to the rescue

Pick up a copy of new *Supernanny* magazine, \$5.95, on sale in Coles Supermarkets and newsagents from 2 June. Packed with news and advice on all aspects of your child's life – including health, play and bedtime – Jo Frost (aka Supernanny) guides you through parenting with her no-nonsense approach. From fussy eating to tweenage tantrums, *Supernanny's* got it all covered.