



## A Teaspoon Guide to Lite n' Easy Meals

The following lists set out the meals delivered by Lite n' Easy that have the least sugar (the Best 10), those that have the most sugar (the Worst 10) and a complete listing of all of them. The complete listing also includes a handy teaspoon reckoner so you can see how many spoonfuls of sugar you will get in a standard serve of that meal.

The data used to prepare this guide is publicly available on the Lite n' Easy web site: [http://www.liteneasy.com.au/nova/nutrition\\_analysis.html](http://www.liteneasy.com.au/nova/nutrition_analysis.html)

Most of the other teaspoon guides prepare the best and worst ten based on the percentage sugar. This guide is different in that each of these is delivered as a complete meal and you are presumably intended to eat all of it. So these lists are ranked on the basis of the total sugar content in one serving of the meal in question. I've also noted the percentage sugar alongside, so that you can still do like-for-like comparisons. The number in brackets after the name of the meal is the Lite n'Easy meal number (on their order form).

### *The Best 10*

		Sugar	%
1	Chicken with Cream Pasta #147	5.7g	1.5%
2	Beef Korma #82	6.1g	1.4%
3	Rigatoni #86	6.1g	1.5%
4	Tandoori Chicken #112	6.8g	1.5%
5	Baked Chicken and Mushroom Sauce #133	6.9g	1.6%
6	Crumbed Fish #2	6.9g	1.8%
7	Crumbed Chicken #161	7.0g	2.0%
8	Steak with Creamy Mushroom Sauce #154	7.2g	1.6%
9	Homestyle Macaroni Bake #54	7.5g	1.7%
10	Chicken and Prawn Pad Thai #145	8.0g	1.9%

**The Worst 10**

		<b>Sugar</b>	<b>%</b>
<b>1</b>	Beef with Satay Sauce #124	<b>29.9g</b>	<b>7.1%</b>
<b>2</b>	Apricot Chicken #9	<b>26.1g</b>	<b>6.4%</b>
<b>3</b>	Honey Soy Chicken #125	<b>25.0g</b>	<b>5.7%</b>
<b>4</b>	Chicken with Satay Sauce #96	<b>24.8g</b>	<b>6.0%</b>
<b>5</b>	Sweet and Sour Chicken #10	<b>23.7g</b>	<b>5.6%</b>
<b>6</b>	Teriyaki Salmon #115	<b>22.2g</b>	<b>5.1%</b>
<b>7</b>	Baked Turkey #38	<b>20.6g</b>	<b>4.4%</b>
<b>8</b>	Pasta Marinara with Napoli Sauce #134	<b>19.4g</b>	<b>4.4%</b>
<b>9</b>	Chicken Tikka Masala #83	<b>19.4g</b>	<b>4.1%</b>
<b>10</b>	Crumbed Beef Sausage #119	<b>18.3g</b>	<b>3.8%</b>

**The Complete List**

Here's the complete menu (in menu number order) with the amount of sugar in each serve, and the equivalent number of teaspoons that represents. I've also included the percentage sugar so you can compare on a per 100g basis if you wish.

Teaspoons	Meal #	Dinner Name	Sugar (g) per serve	Sugar %
●●	1	<a href="#">Spaghetti Bolognese</a>	8.8	1.9
●●	2	<a href="#">Crumbed fish</a>	6.9	1.8
○●●	4	<a href="#">Corned Beef</a>	10.7	2.2
○●●	8	<a href="#">Beef Casserole</a>	9.2	1.8
○●●●●●	9	<a href="#">Apricot Chicken</a>	26.1	6.4
●●●●●●	10	<a href="#">Sweet &amp; Sour Chicken</a>	23.7	5.6
●●●	12	<a href="#">Beef n Black Bean</a>	12	2.9
○●●●	14	<a href="#">Roast Beef</a>	13.2	2.7
○●●	16	<a href="#">Peppered Steak</a>	9.4	1.9
●●●	18	<a href="#">Roast Chicken</a>	11.6	2.4
○●●	21	<a href="#">Steak Parmigiana</a>	10.1	2.5
●●●	24	<a href="#">Chicken Schnitzel</a>	12.8	2.9
○●●	25	<a href="#">Roast Lamb</a>	10.9	2.4
○●●	27	<a href="#">Braised Chicken &amp; Almonds</a>	10.7	2.5
○●●	29	<a href="#">Savoury Beef Rissoles</a>	10.6	2.4
○●●●	31	<a href="#">Special Lasagne</a>	13.2	3.2
●●●	34	<a href="#">Cottage Pie</a>	11.8	2.3

●●●●●	38	<a href="#">Baked Turkey</a>	20.6	4.4
●●	49	<a href="#">Chicken Dijon</a>	8.7	2
●●●	50	<a href="#">Sausages/Onion Gravy</a>	12.3	2.6
●●	54	<a href="#">Homestyle Macaroni Bake</a>	7.5	1.7
●●●	57	<a href="#">Tortilla Stack</a>	12.8	3
●●●	68	<a href="#">Fettucine Provincale</a>	12.1	2.4
●●	70	<a href="#">Fishermans Pie</a>	8.6	1.7
○●●●	72	<a href="#">Spinach &amp; Ricotta Tortellini</a>	10	2.3
●●●	73	<a href="#">Beef Stroganoff</a>	12	2.7
○●	82	<a href="#">Beef Korma</a>	6.1	1.4
○●●●●●	83	<a href="#">Chicken Tikka Masala</a>	19.4	4.1
●●●●●	84	<a href="#">Meatloaf</a>	15.8	3.6
○●	86	<a href="#">Rigatoni</a>	6.1	1.5
●●	90	<a href="#">Seafood Pasta</a>	8.8	1.9
●●●●●●	96	<a href="#">Chicken with Satay Sauce</a>	24.8	6
○●●●●	106	<a href="#">Thai Style Green Chicken Curry</a>	14.3	3.4
○●	112	<a href="#">Tandoori Chicken</a>	6.8	1.5
○●●	113	<a href="#">Roghan Josh</a>	9.7	2.3
○●●●●●	115	<a href="#">Teriyaki Salmon</a>	22.2	5.1
○●●●●	117	<a href="#">Chicken Enchilada</a>	15	3.7
○●●●●●	119	<a href="#">Curried Beef Sausage</a>	18.3	3.8
●●●	121	<a href="#">Porcupines</a>	12.6	2.8
●●●●●●●	124	<a href="#">Beef with Satay Sauce</a>	29.9	7.1
●●●●●●	125	<a href="#">Honey Soy Chicken</a>	25	5.7
○●●	128	<a href="#">Braised Lamb Shanks</a>	9.5	2.1
●●	133	<a href="#">Baked Chicken &amp; Mushroom Sauce</a>	6.9	1.6
○●●●●●	134	<a href="#">Pasta Marinara with Napoli Sauce</a>	19.4	4.4
●●	138	<a href="#">Coq au Vin</a>	8.4	1.7
●●	140	<a href="#">Greek Lamb Casserole</a>	8.2	1.6
○●●●●	143	<a href="#">Ricotta &amp; Lentil Lasagne</a>	13.7	2.9
○●●	144	<a href="#">Spinach &amp; Ricotta Cannelloni</a>	10.4	2.7
●●	145	<a href="#">Chicken &amp; Prawn Pad Thai</a>	8	1.9
○●	147	<a href="#">Chicken with Creamy Pasta</a>	5.7	1.5

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●●	149	<a href="#">Beef Kofta</a>	8.3	1.8
●●●	153	<a href="#">Chilli Con Carne</a>	12.6	3.1
●●	154	<a href="#">Steak with Creamy Mushroom Sauce</a>	7.2	1.6
○●●	155	<a href="#">Russian Beef Stroganoff with Rice</a>	9.9	2.1
○●●●	156	<a href="#">New Thai Curry with Chicken</a>	14.5	3.1
●●●	157	<a href="#">Chicken with Ratatouille &amp; Polenta</a>	12	2.6
●●●	158	<a href="#">Beef Bourguignon</a>	12.7	2.4
●●●●	160	<a href="#">Malay Beef Curry</a>	16.5	3.9
●●	161	<a href="#">Crumbed Chicken</a>	7	2
○●●	163	<a href="#">Braised Asian Lamb Shanks</a>	10.9	2.6

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