

Healthy Eating Explained

► What does healthy eating mean?

- Plenty of plant foods!
Lots of colour and variety = Lots of nutrients
- Carbohydrates (unrefined)
- Protein
- Fats and oils

► The Standard Australian diet

Most Australians eat too much

- Highly processed foods – refined carbohydrates
- Trans and saturated fats
- High in sodium
- Refined sugar
- Lack of variety, diversity and fibre
- Chemicals, colours, emulsifiers, flavours

Australian Dietary Guidelines suggest the following:

- **Eat Most:** Fruit, vegetables, bread, cereals, rice, pasta, noodles
- **Eat Moderately:** Dairy, meat, fish, eggs, nuts
- **Eat Occasionally:** Chocolate, ice-cream, baked goods, soft drinks, butter, margarine



Powered by:

healthworks®

Healthy Eating Explained



► Five ways to improve your diet

1. Eat more vegetables and fruit

- The recommended amounts are 5 servings of vegetables and 2 of fruit, every day.
- Research shows that regular fruit and veg eaters have a lower risk of type 2 diabetes, stroke, cardiovascular disease, some forms of cancer, and high blood pressure (a risk factor for stroke, heart disease and kidney disease).

2. Limit added sugars

- Cut back on sugary drinks where possible
- Pick healthier desserts

3. Fill up on fibre

- Sources include fruits, vegetables, oat bran, barley, seed husks, flaxseed, psyllium, dried beans, lentils, peas, and soy products. It also extends the time you feel 'full' so you won't be as tempted to snack.

4. Shrink the fat

- Reduce saturated fats by trimming fat from meat before cooking, removing the skin from chicken, and eating low fat dairy products.
- Sources of good fats – avocados, nuts and seeds, olive oil, macadamia oil, grapeseed oil, fish & seafood.

5. Eat meat - not too much!

- Meat isn't an essential, but trimmed of excess fat it is a healthy food, providing a concentrated source of many vital nutrients, including readily available iron and zinc, often lacking in Western diets, as well as Omega 3, B vitamins and protein.
- Aim for about 3 servings of red meat a week, and try to fit in at least 2 non-meat meals a week. A serve of meat is about the size of the palm of your hand.

