

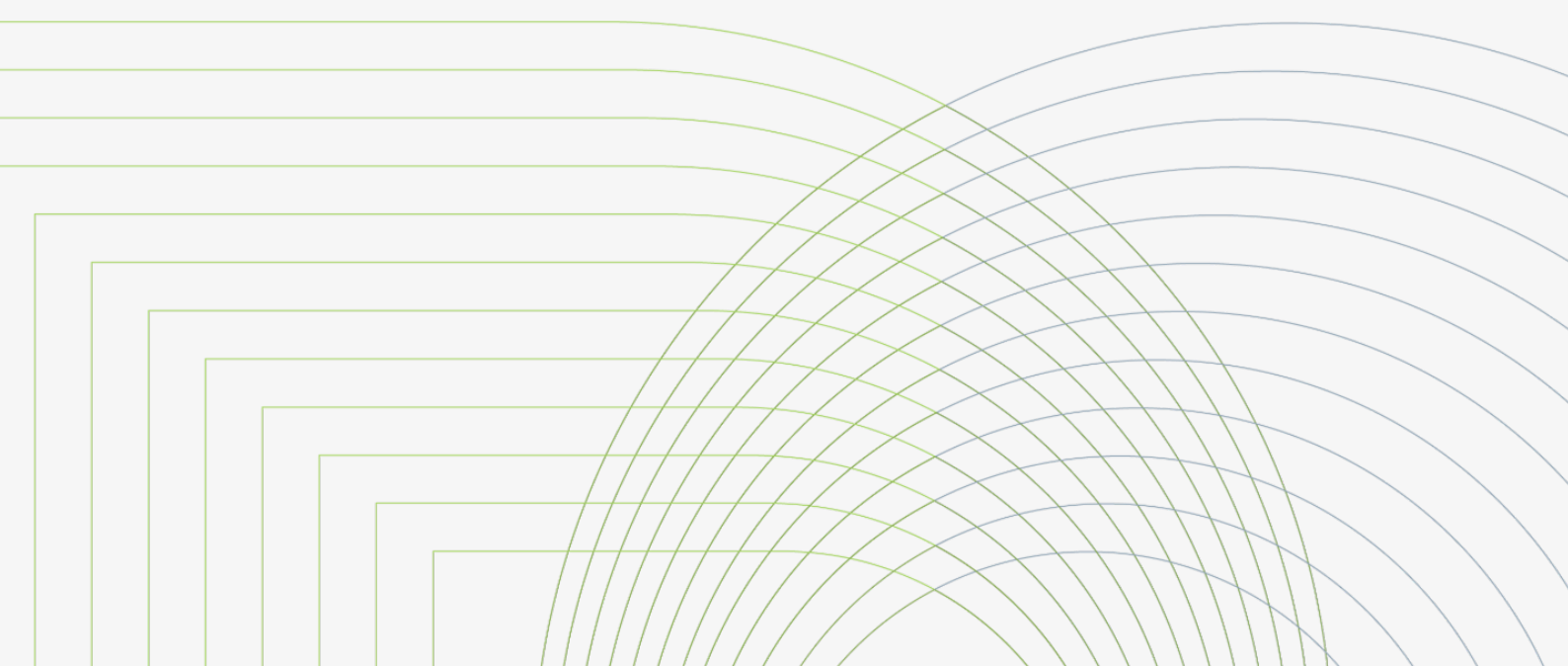
Module 2.1

Nutrition:

Healthy Eating

Keeping the Body in Mind – Resources

Consumer Learning Module



Module 2.1: Healthy Eating

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Healthy Eating



Activity: Food Diary

Write down everything you ate and drank yesterday. Be specific such as: ½ cup rice or 2 tablespoons of yoghurt. This will help you answer future questions in this module.

Breakfast

Morning Tea

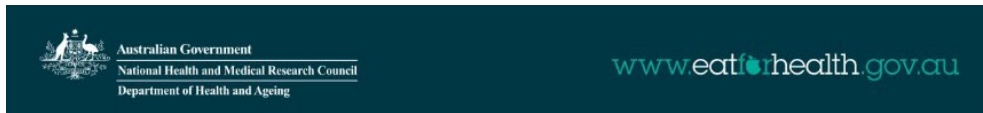
Lunch

Afternoon Tea

Dinner

Australian Guide to Healthy Eating

The [Australian Guide to Healthy Eating](http://www.eatforhealth.gov.au) describes 5 core food groups. When you eat from each group every day, you give your body the nutrients it needs to keep you healthy and feeling good.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day. Drink plenty of water.



Use small amounts



Only sometimes and in small amounts



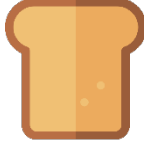








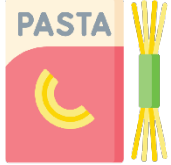


Grains and Cereals

Grain foods, like bread, wraps, oats, and polenta, give you energy. Without them you will feel tired and find it hard to concentrate. Wholegrains contain fibre, which will keep you full and prevent constipation.















Serve recommendations – by age and gender

	14-18 years	19-50 years	51-70 years	70+ years
Men	7	6	6	4 ½
Women	7	6	4	3

Food	Serve size	Dietitian tips
Bread	 1 Slice  	Eat multigrain, whole meal or high fibre bread and pitas.
Noodles and rice	 1/2 Cup Cooked  	Eat brown rice and noodles and try couscous or quinoa.
Cereal	 2/3 Cup  	Eat wholegrain cereals like All Bran for extra fibre.
Pasta	 1/2 Cup Cooked  	Try whole meal high fibre pasta or legume-based pasta.

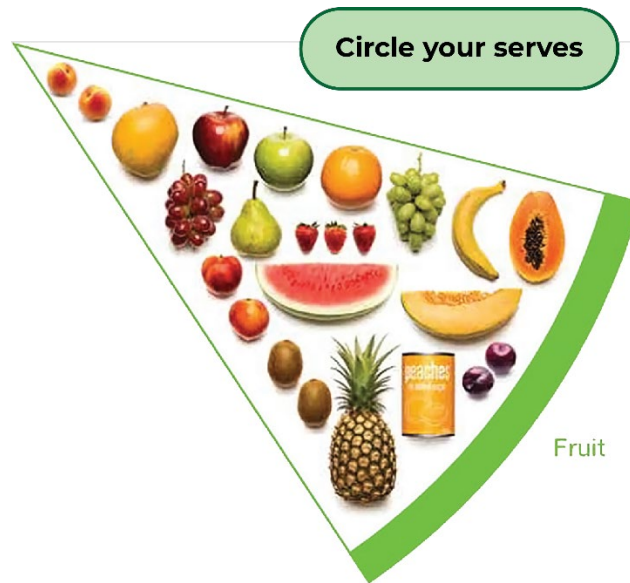
Serve recommendations – by age and gender

	14-18 years	19-50 years	51-70 years	70+ years
Men	5 ½	6	5 ½	5
Women	5	5	5	5

Food	Serve Size	Dietitian tips
Cooked vegetables	 1/2 Cup  	Eat a variety of colours for extra vitamins and minerals.
Raw/salad vegetables	 1 Cup  	Eating a range of colours can support a healthy immune system.
Canned vegetables	 1/2 Cup  	Try no added salt, salt reduced or less salt varieties. Too much salt can raise your blood pressure.
Legumes	 1/2 Cup  	Legumes include lentils, kidney beans, chickpeas, edamame beans. Eat a variety for more fibre.






Fruit

High in nutrients and fibre, fruits can help reduce your risk of constipation, cardiovascular disease, and cancer.



Serve recommendation – by age and gender

	14-18 years	19-50 years	51-70 years	70+ years
Men	2	2	2	2
Women	2	2	2	2

Food	Serve size	Dietitian tip
Medium-sized fruit	 <p>1 Medium</p>	Eat fruit as a snack or dessert.
Small-sized fruit	 <p>2 Small</p>	Buy in season for more value for money.
Tinned fruit	 <p>1 Cup</p>	It is better for you to drain juices to reduce the sugar content.
Fruit salad	 <p>1 Cup</p>	Eat a variety of colours for more nutrients.
Dried fruit	 <p>1/4 Cup</p>	Eat naturally dried fruit (without added sugar) in small amounts.


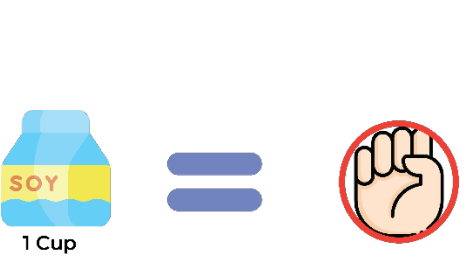
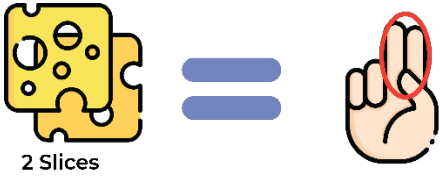
Dairy and Alternatives

These foods will give you lots of calcium which your body needs to build and maintain strong and healthy bones.



Serve recommendations – by age and gender

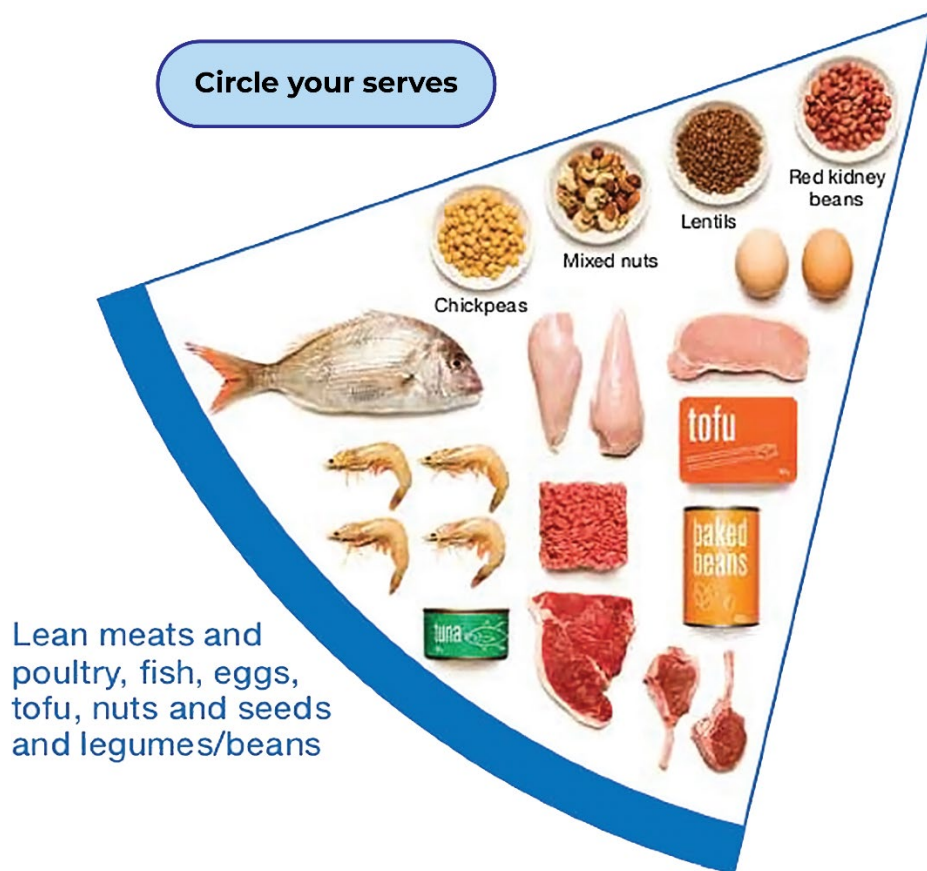
	14-18 years	19-50 years	51-70 years	70+ years
Men	3 ½	2 ½	2 ½	3 ½
Women	3 ½	2 ½	4	4

Food	Serve size	Dietitian tips
Cow's milk		<p>Try skim or lite milk.</p>
Milk alternatives		<p>Alternatives include soy, almond, oat, rice and cashew milks. Check the back of the product to make sure it has added calcium (aim for 300mg/serve).</p>
Cheese		<p>Eat lower fat options such as ricotta and cottage cheese.</p>

Lean Meats and Alternatives




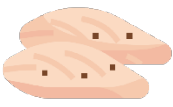





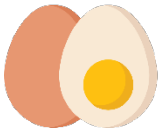





Protein foods have lots of vitamins and minerals to repair and grow your muscles.

This group of foods also keeps you feeling full for longer.



Serve recommendations – By age and gender

	14-18 years	19-50 years	51-70 years	70+ years
Men	2 ½	3	2 ½	2 ½
Women	2 ½	2 ½	2	2

Food	Serve size	Dietitian tip
Red meat	 65 grams  	Buy meat that says, 'heart smart' or 'lean'.
Chicken	 80 grams  	Remove the skin from chicken.
Fish	 100 grams  	Aim for 2 serves of fish a week.
Eggs	 2 Large  	Keep boiled eggs in the fridge for snacks throughout the day.
Legumes	 1/2 Cup  	Legumes are low in fat and high in fibre, so they help you poo.

Fats and Oils

Fats are an essential part of our diet and are important for good health. When eaten in large amounts, all fats can contribute to weight gain. However, some fats are healthier than others. Healthy fats have many benefits, so it is important to eat more of these than other fats.

Eat more healthy fats: Oily fish, nuts, avocados, canola oil and olive oil









Circle your serves

Use small amounts



Serve recommendations for healthy fats – by age and gender

	14-18 years	19-50 years	51-70 years	70+ years
Men	4	4	4	2
Women	2	2	2	2

Food	Serve size	Dietitian tip
Oily fish	  <p>1/2 Small Tin</p>	Try to eat fish about 2 times a week.
Nuts	  <p>15 almonds OR 7 macadamias OR 7 cashews</p>	Nuts are full of the good fats you need.
Avocados	  <p>1/4 Acovado</p>	Use lemon juice to stop the avocado turning brown.
Oils	  <p>1/2 Tablespoon</p>	Try to choose olive oil, canola oil or sunflower oil.



Activity: Let's review

Write down how many serves you should eat daily. Compare this to your Food Diary. How did you do?

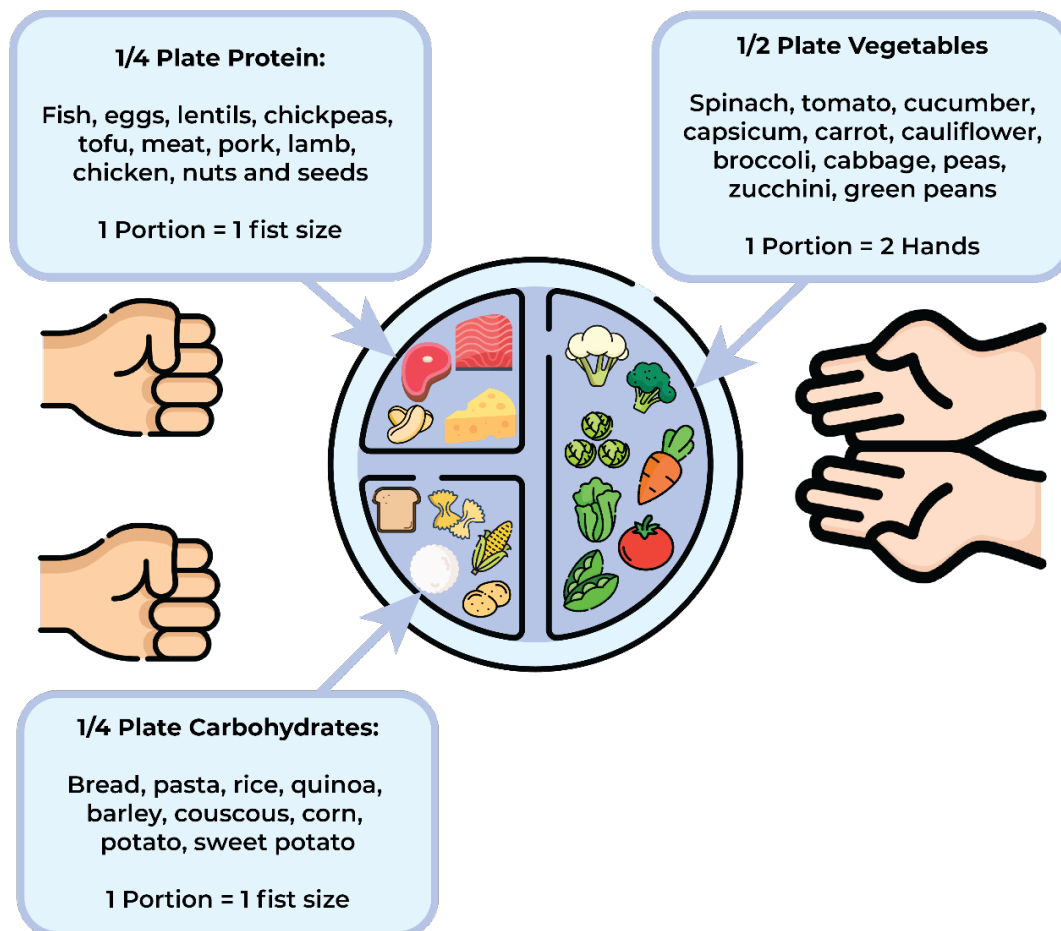
Food group	My serves	Food Diary serves
Grains		
Vegetables		
Fruit		
Dairy and alternatives		
Lean meat & alternatives		

Portion Size

Eating a balanced diet is important for good health. The amount and type of food affects how you feel, how your body works and the types of diseases that can develop.

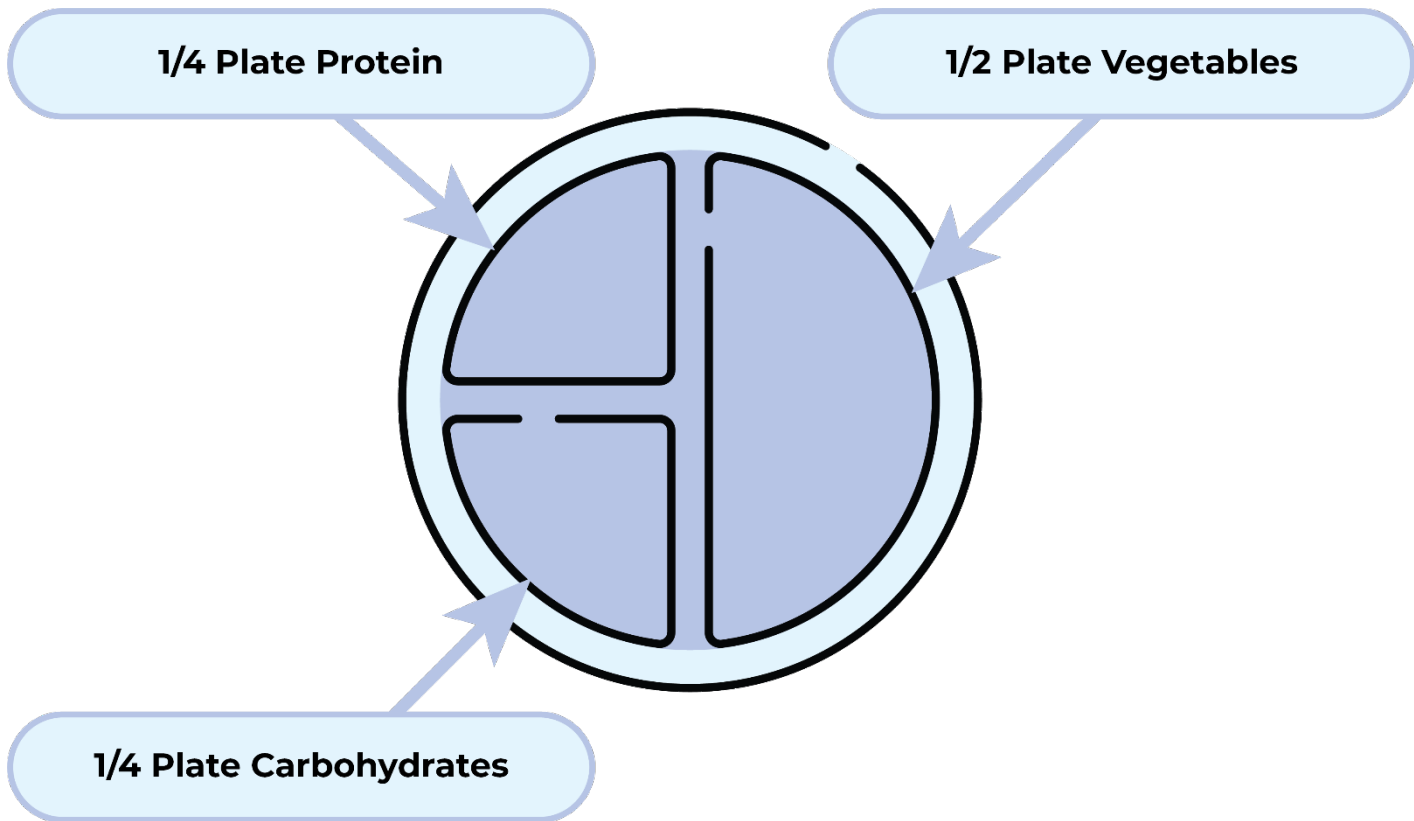
- **Protein** helps you stay full longer and is important for muscle growth and repair.
- **Carbohydrates** are your main source of energy. Choose the high fibre options such as wholegrain bread and brown rice.
- **Vegetables** will keep your stomach full, so you do not still feel hungry after eating.

Let's build your plate:





Draw your next meal on the plate below.



Circle the balanced meal with correct portion serves



You can find out more about healthy eating at www.eatforhealth.gov.au

Lisa's Story

Lisa is a 35-year-old woman who lives with bipolar disorder. She wants to eat healthier and feel better. Here is what she does:

1. She learns about the five food groups and how much she should eat from each group every day. She also learns about the foods that are not good for her health, such as salt, fat, and alcohol.
2. She drinks more water every day. She carries a water bottle with her wherever she goes. She drinks water before and after meals, and whenever she feels thirsty. She avoids drinking soft drinks, energy drinks, or juice, because they have a lot of sugar and calories.
3. She limits her intake of “sometimes foods” and high sugar drinks. She only eats or drinks these things once in a while, as a treat.
4. She chooses healthy snacks between meals. She eats fruits, vegetables, nuts, or yoghurt instead of chips, biscuits, or lollies. She finds that these snacks make her feel full and give her energy.
5. She pays attention to her portion size. She uses a smaller plate and fills half of it with vegetables or salad. She eats slowly and stops when she is full.
6. She plans her meals ahead of time. She makes a list of what she wants to eat for breakfast, lunch, and dinner for the week. She buys the ingredients she needs and cooks at home as much as possible.

Lisa feels happier and healthier. She notices that her mood is more stable, and she has more energy. She also loses some weight and feels more confident about her body. She decides to keep eating healthily and enjoy the benefits.



Review Questions

What are the 5 core food groups?

1

2

3

4

5

True or false

Processed meats like bacon and salami are discretionary foods

True

False

You should drink about 2 litres of water daily

True

False

Meal planning is good for a budget

True

False

Coke is a sugar-sweetened beverage

True

False

Whole fruit is healthier than juice

True

False

Hint: they are all true.

Source: <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Summary

There are 5 core food groups:

- Grains
- Vegetables
- Fruits
- Dairy
- Protein

Eating healthy food and drinking water has many benefits for your physical and mental health.

Discretionary foods are not necessary for nutrition and are bad for your health if you have too much. Discretionary foods can be ok occasionally in small servings.

Some drinks are high in added sugar, you might be surprised how much.

Planning your meals helps you maintain healthy eating habits and manage your budget.

Congratulations! You've now completed module 2.1 Nutrition – Healthy Eating



Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:

mindgardens.org.au/KBIMResources



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