

# Module 2.2

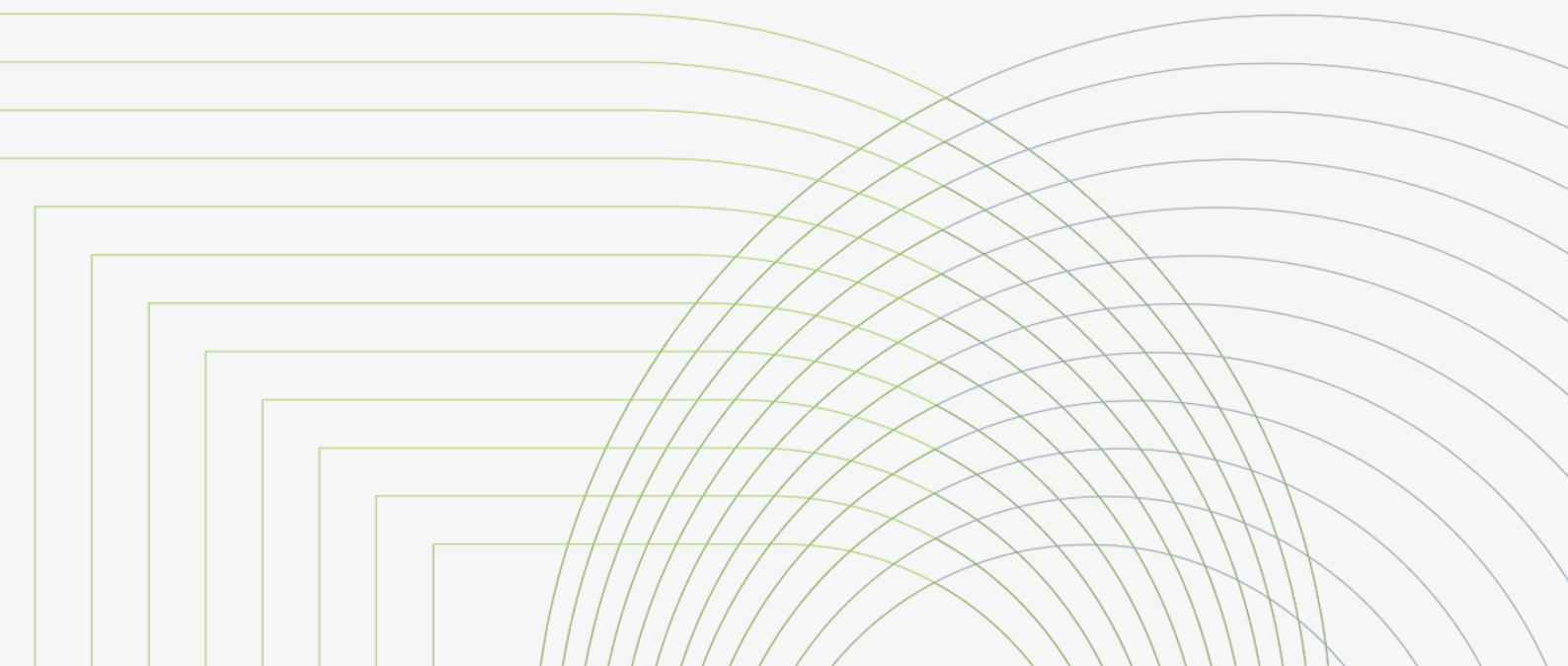
# Nutrition:

# Making Healthier

# Choices

Keeping the Body in Mind – Resources

Consumer Learning Module



# Module 2.2: Making Healthier Choices

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## Making Healthier Food and Drink Choices

Not all the food and drink we consume are good for us. That doesn't mean we can never have food and drink from this group, it means that we should only have these things sometimes. It's why this group is called 'sometimes (or discretionary) foods'

### “Sometimes foods” and high sugar drinks (discretionary foods)



These foods, also called discretionary foods, do not form part of a healthy diet. They are high in kilojoules, saturated fat, salt, and sugar. They can contribute to weight gain, heart disease and diabetes.

However, it can be ok to have a serve of discretionary food occasionally, just not too much. There are some ways that we can reduce

### Discretionary food serves



4 squares (25g)  
chocolate



2 slices of  
processed meat

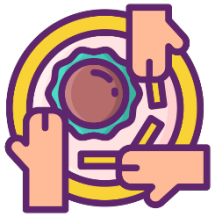


12 (60g) hot  
chips

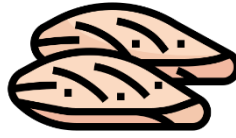


2 scoops of  
ice cream

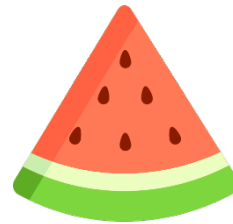
### Making healthier choices



Share dessert with a friend



Choose grilled and not fried food



Eat fruit for dessert



Edamame beans make a good snack

### What are high sugar drinks?

Soft drinks, cordials, fruit drinks, and sports drinks are high in added sugar. This can contribute to weight gain and damage the enamel on your teeth.



Activity: How much sugar is in that drink?



600mL energy drink: 9 teaspoons of added sugar



400mL fruit juice: 9 teaspoons of sugar



375mL can soft drink: 10 teaspoons of added sugar

The best drink option is always water (and it's free)

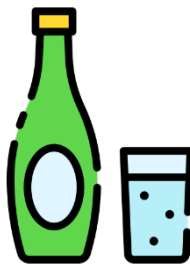
- Replace one high sugar drink with water daily
- Try adding lemon or diet cordial to water for flavour
- Swap to diet or sugar-free soft-drinks

## Making Water More Exciting

One way to help you with drinking more water is to try and make water more exciting or convenient for you. You can try the following or come up with your own ways to help you drink more water.



Add your favourite fruit to plain water for extra flavour











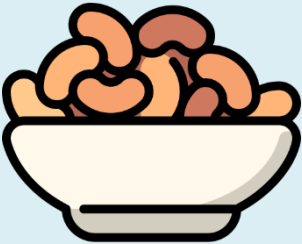



Try drinking sparkling water



Always keep a big bottle of water with you, especially when exercising or on hot days

## Snacks

Snacks between meals can give you more energy and nutrients. It's important to choose healthier options. When eating a snack, choose one from the 5 food groups (grains, vegetables, fruits, dairy and protein) and limit discretionary foods.

Swap this		For this
 Fruit Juice		 1 Cup of Fruit
 Cream		 Greek Yoghurt
 Chocolate Biscuits		 Handful of Nuts
 Chips		 Pop Corn

## Fibre

Fibre comes from plant foods and is important in your diet. Fibre can help prevent many chronic diseases and control weight by keeping you full. Fibre also helps prevent constipation.

These are some high fibre foods.



### Vegetables & legumes

Carrot (skin on), broccoli, lentils, kidney beans, sweet potato (skin on)



### Wholegrains

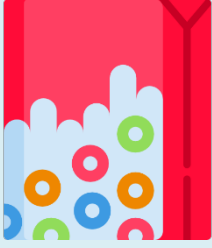



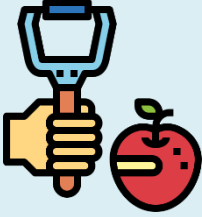

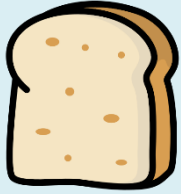
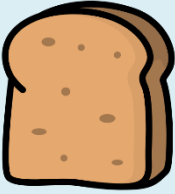
Wholemeal pasta, oats, quinoa, brown rice, wholegrain pita wraps



### Fruit

Apple, kiwi, banana, pear, nectarine, berries

Here are some food swaps you can try to get more fibre in your diet:

Swap this (Low Fibre)		For this (High Fibre)
	→	
High Sugar Cereal		Rolled Oats
	→	
Carrots (skin off)		Carrots (skin on)
	→	
Apple (skin off)		Apple (skin on)
	→	
White Bread		Wholegrain Bread



Congratulations! You've now completed module 2.2 Nutrition – Making Healthier Choices



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](https://mindgardens.org.au/KBIMResources)



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