

Eat Well and Be Active for Good Health

To be healthy and achieve a healthy weight it is important to choose the right balance of healthy foods and be physically active.

Eight quick tips for good health and a healthy weight

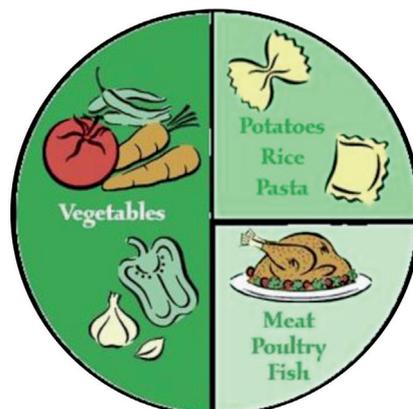
1. Eat three main meals per day of smaller portions. Don't skip breakfast!
2. Choose water as your main drink.
3. Choose high fibre, low glycemic index (low GI) carbohydrates.
4. Choose healthy, low fat snacks.
5. Wait 20 minutes after eating before you decide if you want a second serve.
6. Enjoy meals with your family with the TV switched off.
7. Limit 'screen time' to no more than two hours per day.
8. Include at least 60 minutes of physical activity or active play each day.

Make healthy food choices

1. Eat three main meals every day.

Don't skip breakfast or other meals to try and lose weight; this can lead to over eating at the next meal or snack.

- > Choose a wide variety of foods from each food group:
 - Aim to eat two serves of fruit and five serves of vegetables each day
 - Choose high fibre carbohydrates such as wholemeal/wholegrain breads, cereals, pasta and rice
 - Choose smaller amounts of low fat dairy foods, lean meats, poultry, fish, eggs, nuts, and fats and oils
- > Decrease your portion size – eat less at meals. Aim to have your plate made up of food portions as pictured below:



2. Choose water as your main drink.

Avoid high sugar drinks such as soft drink, cordial and sports drinks.

Limit unsweetened juice and reduced fat flavoured milks to one glass per day.

3. Choose high fibre, low glycemic index (low GI) carbohydrates.

These will help you feel full for longer and help to control blood glucose if you have diabetes.

Here are some examples of how easy it can be to change from a high to a lower GI option:

- > White bread → **Wholegrain bread**
- > Corn flakes or Rice bubbles → **Special K or Porridge**
- > Jasmine rice → **Basmati, Brown or Doongara rice**
- > White potato → **Sweet potato**
- > Cruskits → **Vita Weats**



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4. Choose healthy, low fat snacks (if needed) between meals.

Some options include:

- > One piece of fruit or small tub of diced fruit in natural juice.
- > Small tub of low fat yoghurt.
- > Four wholegrain crackers with Vegemite or low fat cheese.
- > Two cups homemade plain popcorn or small packet of pretzels.
- > ½ cup of breakfast cereal with low fat milk.
- > Vegetable sticks with salsa or low fat cream cheese/dip.
- > A crumpet, English muffin, piece of toast or two pikelets.



Decrease fat in your diet:

- > Use low fat or reduced fat foods.
- > Limit margarine, butter, oil, cream and mayonnaise.
- > Use lean meats/chicken and remove visible fat or skin.
- > Avoid battered, crumbed or fried foods and pastries.
- > Avoid high fat snacks like chips, chocolate, biscuits and cake.
- > Limit takeaway foods

5. Wait 20 minutes after you have finished eating to decide if you need a second serve.

If you are still hungry, fill up with more salad or vegetables (other than potato).

6. Enjoy meals with your family at the table with the TV switched off.

Distractions such as TV can cause you to overeat.

Be physically active!

7. Limit 'screen time' to no more than two hours per day.

This includes the time you spend watching TV, on the computer or playing video games.

8. Include at least 60 minutes of physical activity or active play each day.

This can be all at once or in two–three blocks of 20–30 minutes.

- > **Choose a sport you like such as:** basketball, netball, soccer, football or cricket. If team sports don't appeal to you try activities such as swimming, dancing, martial arts or bike riding.
- > **Participate in active play. Try:** skipping, roller blading, skateboarding, climbing, hopscotch, chasey, ball games, play in the playground or jump on the trampoline.
- > **Be active with the family:** walk the dog, go to the beach or for a bike ride, fly a kite, kick the footy or play cricket, basketball, tennis or table tennis.
- > **Try to be active wherever you can:** take the stairs instead of the lift, walk or ride your bike to school, or get off the bus a few stops early and walk the rest of the way.



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