

Healthy Living in Australia



This project was funded by the Australia Government Department of Health and Ageing.

'The views and opinions expressed in this publication funded by the commonwealth are not necessarily those held by the Australian Government Department of Health and Ageing. The Commonwealth, its officer, employees and agents are not responsible for items prepared by the Funded Organisation. Any information or advice set out in the text should be verified before it is put to use by any person. The commonwealth, its officers, employees and agents disclaim responsibility for any inaccuracy contained within the text, including those due to negligence.'

The MIC does not give permission to make copies for hire, sale or resale to third parties.

This report is also available on the MIC website:
www.miceastmelb.com.au

This project was funded by the Australian Government Department of Health and Ageing. The pictures in this resources were sourced from the World Wide Web.

Healthy Living in Australia

January 2009

Design and Publication by
Hannah Kinross
Migrant Information Centre
(Eastern Melbourne) © Melbourne Australia
ABN27084251669

ISBN 1876735643

For further information please contact the Migrant Information Centre
(Eastern Melbourne)
Suite2, 27 Bank St, Box Hill 3128
Telephone: 613 9285 4888, Fax: 613 9285 4882
Email: mic@miceastmelb.com.au
Website: www.miceastmelb.com.au

Purpose of the Healthy Living in Australia booklet

This booklet has been designed as a guide to assist people living in Australia lead a healthy lifestyle.

The information included will be of greatest benefit if delivered in conjunction with practical education and skill development activities such as cooking demonstrations and supermarket tours.

This resource is based on foods readily available in Australia to assist newly arrived community members make healthy food choices in the Australian context. The resource or sections of the resource could easily be adapted to include cultural foods of individual communities that also provide healthy food choices.



Healthy Living In Australia



	<u>PAGE</u>
Healthy eating	1
Very good food	2
Good food	8
Sometimes food	11
Breakfast	15
Lunch	18
Snacks	21
Meal Ideas	26
Drinks	29
Healthy teeth	30
Constipation	33
Food handling and storage	34
Physical activity for Adults	36
Physical activity for Children..	39
Exercises for pregnancy	42
Exercises to do at home	43

Healthy Eating

A healthy diet includes a wide variety of nutritious foods. It is important to eat a healthy diet so our bodies and minds are strong and healthy, now and in the future. It is especially important that children eat healthy food so they can develop healthy eating habits for their whole lives.

When we eat a healthy diet we can perform at our best at school, work and leisure.

There are different types of foods that we should eat. There is 'very good food' that we should eat the most, also 'good food' and food we should only eat 'sometimes'.



Very good food

Grain foods,
vegetables, fruit.



Good food

Meat, fish, dairy,
nuts, eggs, tofu.



Sometimes food

Fats, sugar, salt.





Very good food



Grain foods



Vegetables and legumes



Fruit

















Grain foods

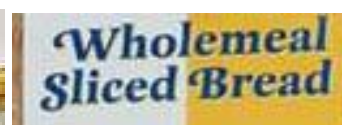
Grains give us many important vitamins and minerals, dietary fibre and protein. They are also our main source of energy.

We should eat **4+ servings** everyday.

 2 slices of bread	 Bread roll	 Bowl of porridge	 Tortilla bread	 Flat bread ( Handful of spaghetti
 Bowl of cereal	 Rice	 Handful of noodles	 Handful of flour	 3 rice cakes	 Handful of muesli



Choose **WHOLEMEAL** or **WHOLEGRAIN** products.



3.



Fruit and Vegetables

Eating fruit and vegetables is very good for our health.

They help to protect us from many diseases and be a healthy weight.

Fruit and vegetables give us many important vitamins and minerals to keep us strong and healthy. They provide us with dietary fibre to help prevent constipation and cancers.

***You can buy fruit and vegetables in different forms.
They are all healthy for you.***



Fresh



Dried

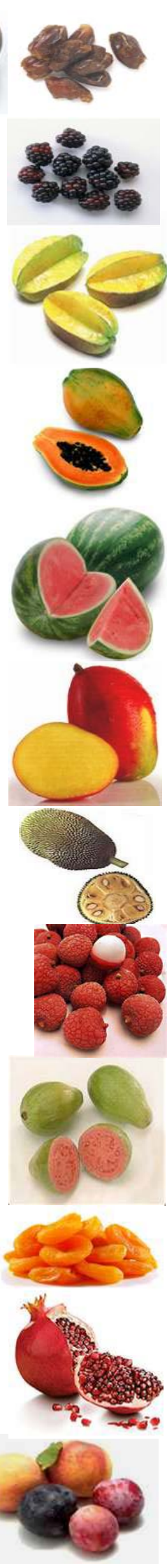


Frozen



Canned

4.





Vegetables

We should eat 5 servings of vegetables everyday.

Each picture is 1 serving:



Fruit

We should eat 2 servings of fruit everyday.

Each picture is 1 serving:

1 apple 	1 orange/mandarin 	1 banana 	1 pear 	1 slice of water melon 	Wedge of melon 	8 strawberries 	8 lychee or Logan
Handful of grapes 	Handful of cherries 	2 kiwi fruit 	2 figs or feijoas 	2 plums or apricots 	Handful of dried fruit 	1 small glass of juice (125ml) 	1 cup tinned fruit

Cooking vegetables

There are many ways to cook vegetables.

Healthier options: Stir-frying, microwaving and steaming.
These methods ensure vegetables keep more of their nutrients.



Microwaving Vegetables

Is quick and vegetables retain nutrients and fresh flavour.



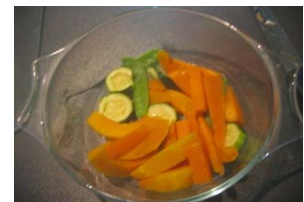
Cut vegetables and place in microwavable bowl.



Add a spoonful of water.



Cook for 2-6 minutes, until soft.



Serve vegetables how you like.



Stir frying vegetables

Is a very healthy method of cooking vegetables, they cook quickly without water and only a little oil.



Cut vegetables into small pieces about same size.



Place a small spoonful of oil into wok or pan.



When hot add onions for 1-2 minutes.



Add the vegetables, stir for 3-5 minutes.



Steaming Vegetables

Is a nutritious method of cooking vegetables as they are cooked over water not in it.



Prepare Vegetables.



Small amount of water in saucepan (1.5 to 3 cm).



Place a perforated steaming basket over the boiling water.



Place vegetables on top.



Cover and cook for 5-8 minutes.



Serve as desired.

6.

Getting your children to eat Fruit and Vegetables

Always have a bowl of fruit
on the bench.



Involve children in choosing
fruit and vegetables.



Involve children in preparing
fruit and vegetables.



Give children fruit and
vegetables for snacks.



Talk to children about why fruit
and vegetable are important.



Add grated and chopped
vegetables to other meals.
Kids won't even know they are there.



DO NOT GIVE UP!

**It is very important for your children's health
to keep giving them fruit and vegetables.**





Good Food



Good food: Meat, chicken, nuts, eggs and dairy products.
They give us important vitamins and minerals.

Do not eat too much of these foods because they also
contain fats.



**Dairy
products**



**Meat, fish,
nuts, tofu
and eggs**





Dairy products

Dairy products are important for our health because they:

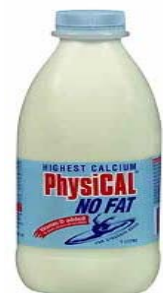
- Give us strong bones and teeth.
- Are an excellent source of vitamins and minerals, especially calcium which helps prevent osteoporosis.

Eat 2-3 servings of dairy foods every day

			
40g of cheese	2 slices cheese	Small tub of yoghurt (200g)	Glass (250ml) Milk/ soy milk



Choose LOW FAT and NO FAT products for children over 2 years and adults.



Children under 2 years should have full cream dairy products.

9.



Meat, fish, nuts, and eggs (Protein Foods)

Protein foods are important to our health because they give us protein to help our body be strong and healthy. Red meat also gives us iron which helps give our bodies energy. If we do not have enough iron it is called anemia.

Do not eat too many protein foods because they also contain fats.

How to make meat healthier:



Take skin from chicken.



Cut fat from meat.



















Cook with only a little oil.



Do not deep fry.

Eat 1-2 servings of protein foods every day.

Each picture is 1 serving:

 Palm size piece of meat	 1 large chop	 2 small chops	 Handful of chicken	 65-100g steak	 Half chicken breast	 Chicken leg and thigh	 ½ cup mince meat
 90-150g tinned fish	 2 small sardines	 1 cup Tofu	 80-120g fish	 80-120g fish	 2 eggs	 Small handful of nuts	 1/3 cup of nuts

A vertical collage of 20 images related to food and eating. The images are: 1. A bunch of colorful balloons. 2. A hot dog in a bun with mustard. 3. A bottle of ketchup. 4. A bottle of oil. 5. A jar of Nutella. 6. A bottle of cooking oil. 7. A box of Fritos. 8. A McDonald's bag. 9. A chicken drumstick. 10. A box of Fritos. 11. A box of M&M's. 12. A slice of toast with butter. 13. A plate of food. 14. A box labeled BUTTER.

Margarine

Coca-Cola

Sprite

Fanta

Pepsi

Kellogg's RICE KRISPIES

Colman's Mustard

Shapes

Kellogg's CRUNCHY NUT

11

A collage of various fast-food items arranged in a grid-like fashion. The items include: a burger with cheese and pickles; a cup of KFC fried chicken; a McDonald's french fry container; a slice of pepperoni pizza; a Coca-Cola can; a slice of cake; a KFC bucket; a pile of potato chips; a pink-frosted donut; a muffin; a slice of watermelon; a Mars bar; a chocolate bar; a yellow popsicle; a bowl of fruit; a cookie; and a chocolate brownie. A large red 'X' is drawn across the entire collage, indicating that these foods are discouraged or unhealthy.



Choosing healthy food

Choose products with these labels:



Use this as a guide to choose healthy foods:

You should only eat small amounts of foods with higher numbers.

<u>Nutrition Information</u>		
Servings Per Package: 14		
Serving Size: 30g		
	Per Serving	<u>Per 100g</u>
Energy	441kj	1470kj
Protein	3.6g	12.0g
Fat, Total	2.5g	10.0g
- Saturated	0.75g	3.0g
Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

↓ 10g

↓ 10g

↓ 500mg

Eat Less Fat



- Cut the fat off meat.



- Take the skin off chicken.



- Use only a very small amount of oil.



- Use no margarine or only a small amount.

- Choose foods that have less than **10.0g** of fat, total.

Nutrition Information		
Servings Per Package: 14		
Serving Size: 30g		
	Per Serving	<i>Per 100g</i>
Energy	441kj	1470kj
Protein	3.6g	12.0g
Fat, Total	2.5g	10.0g
- Saturated	0.75g	3.0g
Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

↓ 10.0g

Eat Less Salt



- Do not add salt when you are cooking.



- Use pepper, herbs, garlic and spices instead of salt.



- Only use a small amount of salt before eating.



- Do not add salt to your children's food.

<u>Nutrition Information</u>		
Servings Per Package: 14		
Serving Size: 30g		
	Per Serving	<u>Per 100g</u>
Energy	441kj	1470kj
Protein	3.6g	12.0g
Fat, Total	2.5g	10.0g
- Saturated	0.75g	3.0g
Carbohydrates	20.9g	42.0g
- Sugars	5g	10g
Dietary Fibre	1.0g	3.0g
Sodium	125mg	500mg

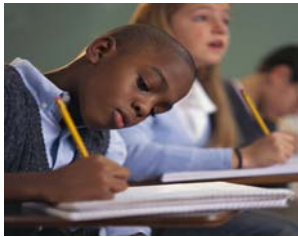
- Choose foods with less than **500mg** of sodium

↓ **500mg**

Breakfast

Breakfast is the most important meal of the day.
You and your family should eat breakfast everyday.

Eating breakfast helps:



Concentration



Attention



Energy



Play



Learning



Physical Activity

Breakfast Ideas



Yoghurt



Toast and honey



Bread and jam



Cereal and fruit



Baked beans on toast



Muffins



Egg on toast



Fruit



Fruit Smoothie



Porridge



Rice and meat / vegetables



Soup



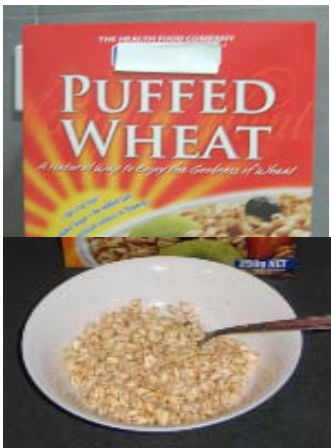
Noodles



NOT BISCUITS or CHIPS 15

Breakfast cereals

✓ Healthy cereal options: ✓



+ ADD +



Yoghurt



Dried Fruit



Honey



Sliced Fruit



Milk

✗ Less healthy options: ✗



Porridge

(Healthy and Cheap)

Ingredients



1/2 cup of oats



1 and a half (1 1/2) glasses of water



Sliced fruit



Honey or sugar



Dried Fruit

Method:



Put water and oats in a bowl.



Stir together.



Microwave for 1.5 minutes.



Stir.



Microwave for 1.5 minutes.



Stir.



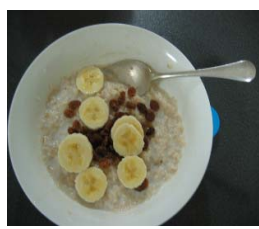
Add milk or water.



Add 1 spoon of honey or sugar.



Or add dried fruit.



Or add fruit.



17.

Healthy Lunch Box



Healthy School lunches are a really important part of your child's diet.

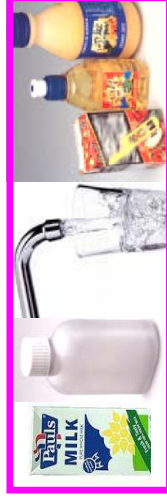
A healthy diet helps your child to learn and concentrate at school and ensures they get all the vitamins and minerals their growing bodies and brains need.

A healthy lunch box should have a variety of healthy foods and follow the healthy eating pyramid.

GRAIN FOODS



DRINKS



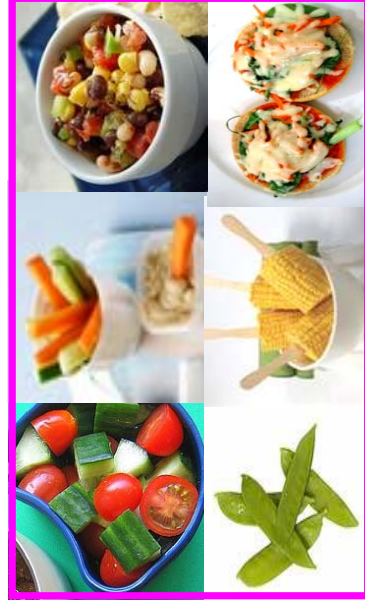
FRUIT



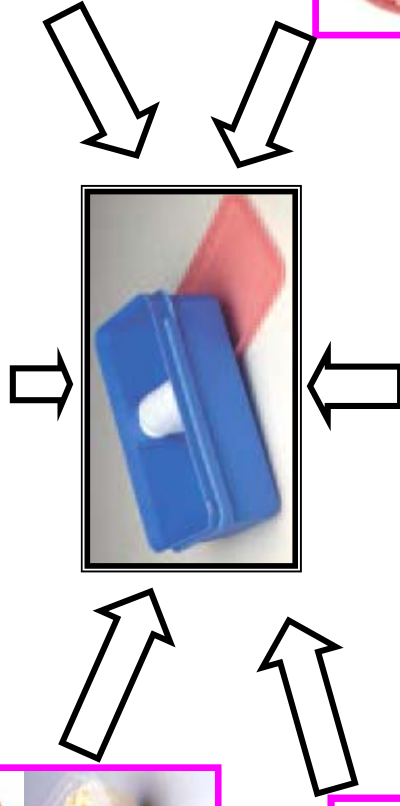
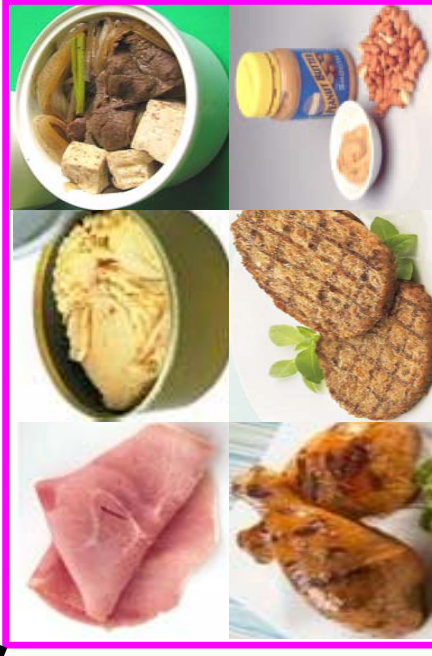
DAIRY



VEGETABLES



MEAT, FISH or NUTS



Several Pictures on this page were sourced from ASSETS: Good food for New Arrivals documents.

Healthy Lunch Box

Involve children in choosing and preparing healthy lunch boxes.

Pack foods individually.

Keep food cold - freeze a bottle of water or drink to keep food cool.

Make lunch fun and easy to eat.

Set a good example with your lunch.

Only have less healthy treats occasionally.



Sandwich Ideas



HAM, CHEESE and CUCUMBER.



TUNA, MAYONAISE and LETTUCE.



PEANUT BUTTER and DRIED FRUIT.



CHICKEN, SPINACH and CHEESE.



JAM and APPLE.



**Use no butter or margarine
or only a small amount.**



Snacks

Snacks have an important role in our diet, but we need to choose healthy snacks that help us get all the vitamins and minerals we need to be strong and healthy.

It is especially important that our children eat healthy snacks.

- Keep fruit on the bench for easy snacks.



- Be a good example for your children.

- Healthy snacks should always be available and easy for children to access.



X Sometimes Snacks **X**

Less healthy snacks should only be eaten occasionally as treats..



Snack Ideas



Fruit.



Crumpets with Jam or Honey.



Nuts.



Sandwiches.



Fruit Toast.



Cheese cubes.



Cooked corn on a cob.



Cut fruit and Vegetables .



Fruit Kebabs.



Yoghurt with fruit or muesli.



Tub of Yoghurt.



Orange or mandarin.



Pikelets.



Celery and peanut butter.



Soup Cup-a-soups.



Canned fruit.



Wedges of melon.



Baked beans on toast.



Tinned fish - Tuna.



Vegetable sticks.



Mini muffin Pizzas.



Soup.



Rice Crackers.



Mixed dried fruit.



Popcorn.



Rice Cakes.



Dried apricots.



Baked Potato.



Fruit smoothie.



Rice crackers.



Biscuits or Vegetables with Tatziki dip or hummus.



Dried crackers Add cheese or peanut butter.



Leftovers.



Wraps.



Cereal.

Snack Ideas

Baked beans on toast



Canned baked beans or spaghetti.



OR



Heat on the stove or in the microwave.

+



Eat with bread or toast.

=



Baked Potato



Stab potato with a fork or knife.



Cook in microwave for 4 minutes.

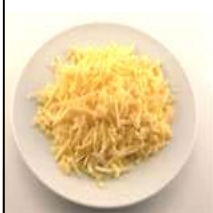


Turn over and cook for another 4 minutes.



Cut potato down the centre.

+ADD +



Cheese



Avocado



Baked beans



vegetables



Ham



Corn

Snack Ideas

Healthy Chips



Sweet Potato



Pumpkin



Potato



Cut Vegetables.



Put into microwaveable bowl.



Add a spoonful of water.



Microwave of 5-6 minutes.



Drain water, place vegetables in a bowl and add a spoonful of oil.



Stir oil and vegetables.



Add you choice of seasoning.



Spread on baking tray.



Put in oven for 10 minutes on 210oC.

Mini Pizza



English muffins or bread



Avocado



Ham



Grated cheese



Cut spinach



Tomato Sauce



Cut muffin in half



Put tomato sauce on muffin



Put ham on muffin



Add avocado



Add spinach



Add cheese



Put in the oven for 5 minutes





Pikelets



Ingredients



Cup of self raising flour



Tablespoon of sugar



Pinch of salt



3/4 cup of milk



egg

Method



Put flour in a bowl.



Add sugar.



Add salt.



Put milk in a different bowl.



Add egg.



Mix together.



Mix together dry and wet ingredients.



Put a spoon of oil into a pan.



Add a spoonful of mixture.



Cook for 30 seconds.



Turn and cook for 1 minute.

Serve with:



Honey



Jam



Lemon



Peanut butter



Fruit

Spaghetti Bolognaise



Ingredients:



Spaghetti or
pasta



Mince
meat



Pasta
Sauce



Cut Onion and
garlic



Grated
Carrot



Grated
Zucchini



Mushrooms

Method:

Pasta Sauce



Cook onion and garlic
until they are light brown.



Add mince and
cook until brown.



Add vegetables.



Add sauce and stir.
Leave for 5 minutes.

Pasta or Spaghetti



Place in saucepan
of boiling water.



Stir and leave pasta in
boiling water until soft.



Serve pasta and
sauce with cheese.

Burritos

Ingredients:



Chicken



Cut Onion and garlic



Seasoning



Grated



Tomato sauce



Tortillas



Cut vegetables: lettuce, grated carrot, cucumber, tomato, onion

Method:



Cut chicken.



Put chicken and taco seasoning in a bowl.



Stir together.



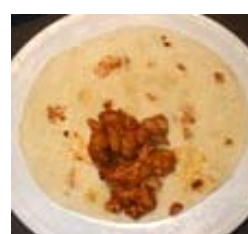
Heat a small amount of oil in pan.



Cook chicken until it is white in the middle.



Place on plate with paper towel on it.



Put chicken on tortilla.



Add vegetables and fold tortilla.



Healthy Hamburgers



Ingredients:



Mince meat
500 grams



6 tablespoons of Satay sauce



Bread rolls



egg



1/2 Onion and
garlic



Chopped spinach



Cut vegetables: lettuce,
grated carrot, cucumber,
tomato, onion

Method:



Put meat and egg
in to a bowl.



Add onion, garlic
and spinach.



Add 6 spoons of
satay sauce.



Mix together.



Make into burger
shape with hands



Add a small
amount of oil.



Spread oil around.



Place burgers in
pan and cook for
4-5 mins.



Turn and cook the
other side for
4-5mins.

Serve in bread with
salad.



Drinks

Water is very important.

We should drink 8 glasses of water a day.



In Australia tap water is fine to drink.



Carry a bottle of water and drink when your are thirsty.



Give children water or plain milk in their school lunch.



Have plenty



Fresh Milk



Water



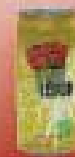
Select carefully



Orange Juice



Occasionally



Cola



This document was produced by Queensland Health

Give children water when they are thirsty.



Soft drink is for special occasions NOT everyday.



Looking after your teeth



Healthy food...



Healthy snacks...



Brushing Morning and night...



and healthy drinks...



Makes healthy teeth and a healthy smile



Sugary food and...



Sugary drinks...



Make unhealthy teeth

Healthy teeth for your family



Visit the dentist regularly.



Teach preschoolers how to clean their teeth. Brush in the morning and just before going to bed.



Set a good example. Children learn by watching what you do.

Baby teeth are important



- Clean their teeth **twice a day**.
- Baby teeth help your children eat and speak.



Avoid putting your baby to bed with a bottle. The juice or milk stays around the teeth and can decay them.



Clean baby's teeth with a small soft toothbrush and a smear of fluoride toothpaste.



Use a cup for drinks rather than a bottle. Offer only milk or water.

How to brush your teeth



Put a small amount of fluoride toothpaste on to the head of a soft toothbrush.



Aim the toothbrush bristles at an angle towards the gum line.



Gently jiggle the brush and move it in small circles over the teeth and gums.



Repeat for inside surfaces of all teeth.



For chewing surfaces use a light back and forth motion. Children should be encouraged to spit out the toothpaste after brushing.



dental health
services victoria

"Illustrations used with permission from Dental Health Services Victoria. DHSV is the state's leading public oral health agency, promoting oral health, purchasing services and providing care to Victorians."



Constipation

Constipation is when it is hard to poo or hurts when doing a poo.

This can cause stomach pain, bloating and discomfort



What causes constipation?

Many things can cause constipation:



Food children eat.



Not drinking enough.



Not being active.



Preventing and treating constipation



Water is important to prevent constipation. Give children water during the day.



Healthy balanced **diet**.



Encourage children to do physical **activity**.



Breast feeding is best for your children.

Eating **fibre** is important to prevent constipation.
Fibre is in plant foods:



Wholemeal grain food.



High fibre breakfast cereals.



Dried fruit.



Fruit and vegetables.



Beans and lentils.

Safe food handling

Wash your hands before eating or preparing food.






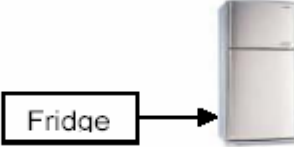

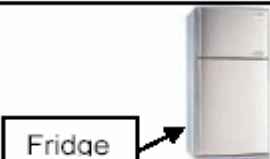









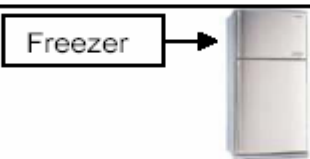


Keep the kitchen clean.
Use clean utensils.

Keep raw food separate
to other foods.
Use separate knives,
plates and boards.



Wash fruit and
vegetables before
preparing and eating .

Food storage

Type of food	Storage and duration
Grains 	 <p>OR</p> <p>Packages must be resealed or put in air tight containers</p>
Cooked grains and leftovers 	 <p>Freezer: 1 month</p> <p>Fridge: 2-3 days</p>
Dairy and Eggs 	 <p>Check used by date</p>
Meat, fish and poultry 	 <p>Freezer: up to 6 months, do not refreeze</p> <p>Fridge: 2-3 days</p>
Vegetables 	 <p>Store in the fridge for 1-2 weeks</p>
Fruit 	 <p>OR</p> <p>Can be stored in the fridge, cupboard or in a bowl on the bench</p>
Cut fruit and vegetables 	 <p>Fridge: 2-3 days</p>
Frozen fruit and vegetables 	 <p>Check used by date</p>
Canned products 	 <p>Stored in Cupboard until opened, then in a bowl in the fridge for 2-3 days</p>

Correct Refrigerator and Freezer Temperature

Fridge = 1-5oC

Freezer = -18oC

Physical Activity for Adults

Physical activity = any movement that you do in everyday life.

Being physically active is essential for your wellbeing, happiness and health now and in the future.

Physical activity will help you:



Relax



Have fun



Enjoy life



Sleep better



**Make
Friends**



**More
energy**



Be happy



**Live a long
happy life**

The National Physical Activity Guidelines for Australians recommend that:

Adults should do 30 minutes of physical activity at least 5 days a week

This 30 minutes of physical activity can be done throughout the day.



15 mins playing
with your kids

+



15 mins
cleaning

=

**30 minutes
physical
activity**



10 mins
stretching

+



10 mins
walking

+



10 mins
gardening

=

**30 minutes
physical
activity**

How to get active

- Do an activity you enjoy.



- Get off the bus a stop early and walk.



- Playing with your children and grandchildren.



- Use the stairs not the lift.



- Do activities with friends.





Walking

Walking is an excellent type of physical activity for everyone.



- It is great for our health.
- It does not cost anything.
- You can do it any time of the day.



- Make walking part of your daily activities.



- Walk your kids to school.

- Walk to the shops or station.



- Walk with friends and family.



38.



Active Kids are Healthy Kids

Physical activity has a vital role in your child's health, wellbeing, growth and development. Active children are likely to become healthy, active adults.

Physical activity will help your child:-



Be Happy.



Make friends.



Develop strong and healthy muscles and bones.



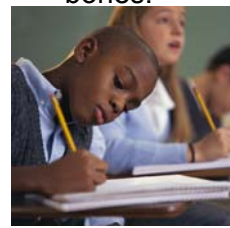
Sleep well.



Become happy healthy adults.



Learn to share and cooperate.



Concentration and learning .



Be Confident.

The National Physical Activity Guidelines for Children recommend that:
Children spend at least 60 MINUTES being physical activity EVERYDAY.

Children should **NOT** spend more than 2 HOURS a day watching TV and electronic games.

This 60 minutes can be accumulated over the day.



15 mins
Walking to school

+



15 mins playing outside

+



15mins ball games

+



15 mins at a playground

=

60 minutes
physical activity

Get your kids active

- Be active outside.



- Help at home.



- Play with family and friends.



- Join a team.



- Walk or ride to school.



40.



Activity ideas for your kids



Ball Games.



Hide and Seek.



Tag.



Gardening.



Skipping.



Playground.

41.



Exercises for Pregnancy

Hold each stretch for 15 seconds.



Exercises you can do at home



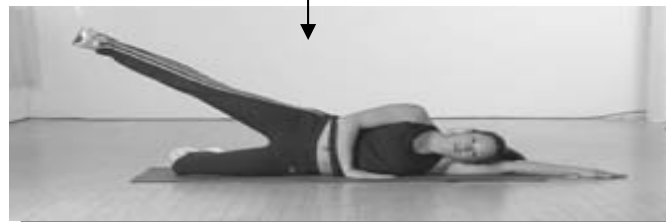
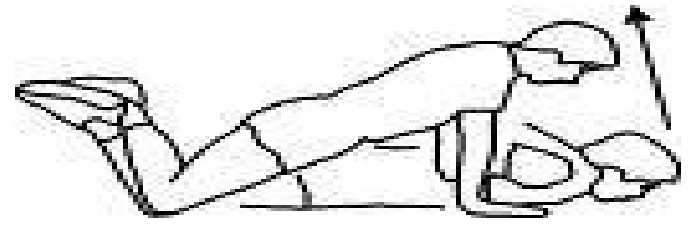
Repeat 15 times



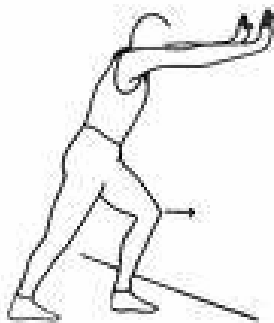
Repeat 15 times



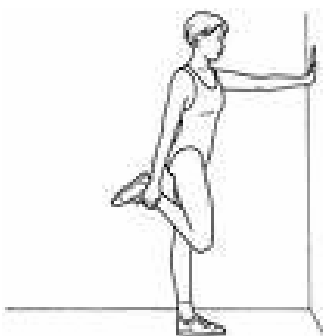
Repeat 15 times



Repeat 15 times



Standing calf stretch



Repeat 15 times



Repeat 15 times