

# Section 5

## Healthy eating

### Healthy eating is important

**Choosing the right foods to eat will help you:**

- control your blood glucose levels
- keep your body healthy
- be a healthy weight

### Tips to get started with healthy eating habits

**Eat regular meals:**

- Drink water instead of sugary drinks
- Eat breakfast, lunch and dinner every day
- Cut down on snacks between meals



**Work together:**

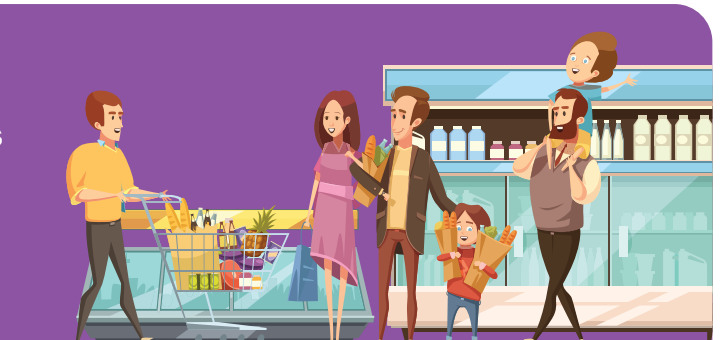
- Make the change to healthy eating for the whole family
- Eat with other people, not with a screen
- Help out in the kitchen

**Plan ahead:**

- Plan your meals and write a shopping list
- Cut up fruit and vegetables for quick healthy snacks
- Pack leftovers into containers for the next day

**Shop smart:**

- Fill your fridge and pantry with foods you need to make healthy meals
- Don't keep foods high in sugars and fats in the house



# Food, body fat and diabetes

When we eat more energy (calories or kilojoules) than we need, our body stores the extra energy as fat and we gain weight.

Having too much body fat stops the insulin in our body from working properly. This is called insulin resistance. When insulin is not working properly the glucose in our blood cannot get into our cells and blood glucose levels stay high.



Here are five things you can do to reduce body fat.

1. Choose foods from the core food groups
2. Eat less foods high in fat and sugar
3. Eat less snacks
4. Reduce serve size at meals times
5. Add flavour without adding fat and sugar

# 1. Choose foods from the core food groups



Australian Government  
National Health and Medical Research Council  
Department of Health and Ageing

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

## Australian Guide to Healthy Eating

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

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Vegetables and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts





## 2. Eat less of foods high in fat and added sugars

Foods high in fats and added sugars are high in energy (kilojoules or calories).

**Foods high in sugar include:**

- soft drink
- sports drinks
- cordial
- juice

- snack bars
- biscuits
- doughnuts
- cakes
- lollies
- chocolates

- sugary breakfast cereals
- jam
- chocolate spreads
- ice-cream
- desserts

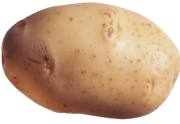


















**Foods high in fat include:**

- hot chips and other deep fried foods
- pies

- sausage rolls
- crisps and other packaged snacks
- many types of crackers
- sausages

- salami
- polony
- quiche

See how extra fat and sugar in food adds many kilojoules or calories.

Potato	Fries	Chips
100g of potato has 0 tspns of fat	100g of fries has 3 tspns of fat	100g of crisps has 7 tspns of fat
290 kJ (70 calories)	1140kJ (270 calories)	2160kJ (520 calories)
	 	 
Water	Juice	Soft drink
1 cup water has 0 tspns of sugar	1 cup juice has 5 tspns of sugar	1 cup soft drink has 7 tspns of sugar
0 kJ (0 calories)	375 kJ (90 calories)	450 kJ (108 calories)
	 	 
Ham salad sandwich	Sausage roll	Chocolate croissant
1 tspn fat 2 tspns sugar	5 tspns fat 1 tspn sugar	6 tspns fat 5 tspns sugar
950 kJ (227 calories)	2027 kJ (485 calories)	2261 kJ (541 calories)
  	  	  



### 3. Eat less snacks

If you can not last until the next meal, have just one small snack mid-morning, mid-afternoon or after dinner.



Try not to eat lots of snacks between meals.

#### Morning snack – pack fruit and vegetables

Choose one of the following:

- 1 medium size fruit such as apple, banana, orange or pear
- 2 small size fruits such as apricots, kiwi fruit or plums
- 1 cup chopped or canned fruit

Plus

- celery sticks, carrot sticks, capsicum, cucumber slices, celery sticks, snow peas, cherry tomatoes



#### Afternoon snack

– If you are hungry after school

Choose one of the following:

- Minestrone, pumpkin or chicken and vegetable soup
- Vegetable sticks with hummus, tzatziki yoghurt dip or tomato salsa
- A small can of tuna or hard-boiled egg with salad
- A small handful of nuts and low-fat popcorn
- A serve of fruit



#### Evening snack

– If you are hungry in the evening

Choose one of the following:

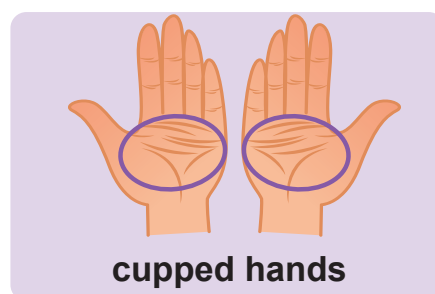
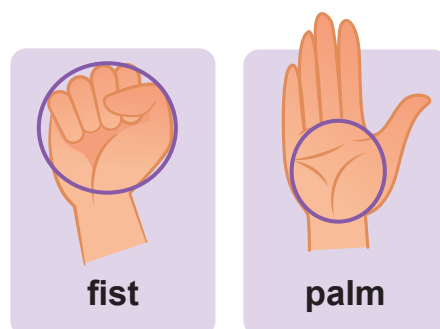
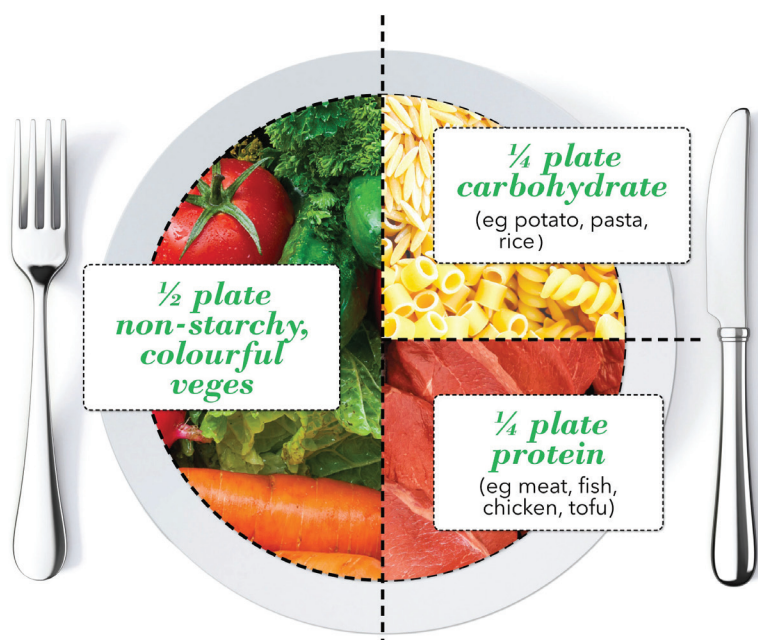
- A small tub of low fat yoghurt
- 1 cup of reduced fat, low sugar custard
- 1 cup of hot cocoa made with low fat milk
- A serve of fruit
- Frozen low-fat yoghurt or fruit




## 4. Reduce serve size at meals

The recommended serve sizes for a meal:

- A serve of rice, pasta or potato the size of your fist
- A serve of meat, chicken, fish or legumes the size of the palm of your hand
- A serve of vegetables or salad the size of 2 cupped hands.



 Adding extra vegetables to your meal will help you feel full.

## 5. Add flavour without adding fat and sugar

- |                        |                            |                             |
|------------------------|----------------------------|-----------------------------|
| ● Fresh or dried herbs | ● Lemon or lime juice      | ● Stock                     |
| ● Spices               | ● Vinegar                  | ● Salt reduced gravy powder |
| ● Garlic               | ● Tomato puree             | ● Curry powder              |
| ● Ginger               | ● Salt reduced soy sauce   | ● Reduced fat coconut milk  |
| ● Pepper               | ● Low fat salad dressing   | ● Sesame oil                |
| ● Chilli               | ● Tomato based pasta sauce |                             |





# Carbohydrates

All carbohydrates are broken down into glucose in the body

There are two types of carbohydrates: **sugars** and **starches**.

**Starches are in foods such as:**

- rice
- breakfast cereal
- bread
- crackers
- potatoes
- pasta, noodles
- biscuits
- chips
- snack bars.



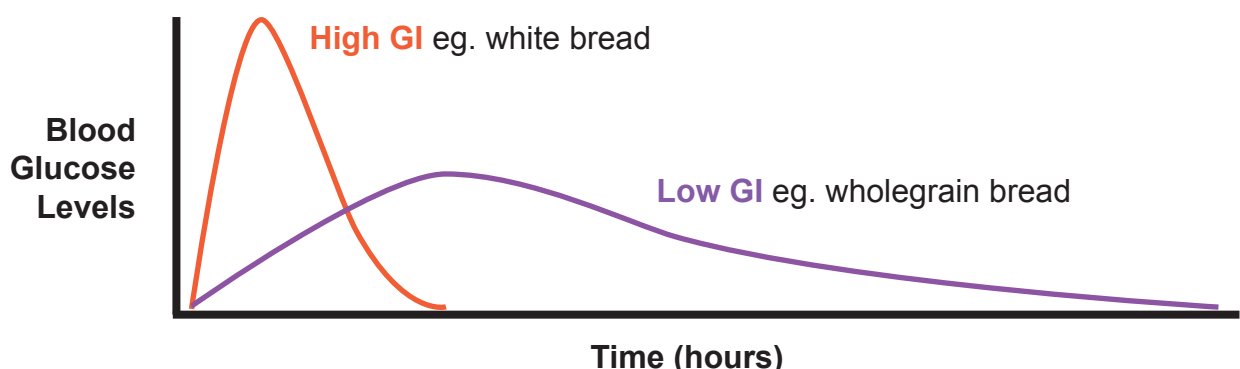
Sugars are found naturally in foods such as fruit, milk and yoghurt. There is lots of added sugar in foods such as cordial, soft drink, juice, flavoured milk, ice-cream, lollies, chocolates, snack bars, cakes and biscuits.

Do these things to help keep your blood glucose at the right level

- Choose wholegrain foods
- Don't eat foods with lots of added sugar
- Drink water instead of drinks high in sugar
- Don't eat large serves of carbohydrate foods

Why choose wholegrain foods?

- Wholegrain foods cause the glucose level in the blood to rise slowly and last for longer. These are a good choice.
- Generally wholegrain foods have a lower glycaemic index or GI.





## Will the amount of carbohydrate affect my blood glucose?

Yes – the amount of carbohydrate you eat is important.



In type 2 diabetes your insulin does not work very well. Your glucose may go too high when you eat a meal with lots of carbohydrate foods .

Swap this



For this





## Try these carbohydrate food swaps

Swap this	→	For this
BREADS		
<ul style="list-style-type: none"><li>• White bread</li><li>• White wrap and flatbread</li><li>• Bagel</li><li>• Crumpets</li><li>• Turkish bread</li></ul>	→	<ul style="list-style-type: none"><li>• Wholegrain and seed breads or wraps</li><li>• Wholemeal sourdough bread</li><li>• Low gi high fibre breads or wraps</li><li>• Roti made from whole wheat atta, chickpea or lentil flour</li></ul>
CRACKERS		
<ul style="list-style-type: none"><li>• Water crackers, Ritz, Cheds, Jatz and Shapes</li><li>• Rice crackers</li><li>• Cruskits, Sao, Salada</li></ul>	→	<ul style="list-style-type: none"><li>• Vita-Weat 9 grain</li><li>• Sakata wholegrain rice crackers</li><li>• Ryvita</li></ul>
BREAKFAST CEREALS		
<ul style="list-style-type: none"><li>• Cornflakes</li><li>• Rice Bubbles</li><li>• Nutri Grain</li><li>• Cheerios</li><li>• Coco Pops</li><li>• Froot Loops</li></ul>	→	<ul style="list-style-type: none"><li>• Porridge made from rolled oats</li><li>• Raw muesli made from rolled oats</li><li>• High fibre cereals</li></ul>
PASTA AND NOODLES		
<ul style="list-style-type: none"><li>• Canned spaghetti</li><li>• Instant noodles</li><li>• Rice noodles</li></ul>	→	<ul style="list-style-type: none"><li>• Wheat pasta</li><li>• Noodles (wheat, udon, hokkien, soba, vermicelli)</li></ul>
RICE		
<ul style="list-style-type: none"><li>• Jasmine rice</li><li>• Calrose rice</li><li>• Arborio rice</li><li>• Medium grain rice</li></ul>	→	<ul style="list-style-type: none"><li>• Doongara rice</li><li>• Brown doongara rice</li><li>• Basmati rice</li><li>• Brown basmati rice</li><li>• Sushi</li><li>• Rice with chia or quinoa</li></ul>



## Try these carbohydrate food swaps

Swap this	→	For this
GRAINS		
<ul style="list-style-type: none"><li>• Couscous</li><li>• Millet</li><li>• Polenta</li></ul>	→	<ul style="list-style-type: none"><li>• Quinoa</li><li>• Barley and pearl barley</li><li>• Bulghur</li><li>• Pearl couscous</li><li>• Semolina</li><li>• Buckwheat</li></ul>
VEGETABLES		
<ul style="list-style-type: none"><li>• Most white potatoes</li><li>• Sweet potato with purple skin</li></ul>	→	<ul style="list-style-type: none"><li>• Sweet potato (orange)</li><li>• Cold cooked potato</li><li>• Corn cob</li><li>• Corn kernels</li><li>• Kidney beans</li><li>• Chickpeas</li><li>• Lentils</li><li>• Split peas</li><li>• Baked beans</li></ul>
FRUIT		
<ul style="list-style-type: none"><li>• Fruit juice drinks</li><li>• Fruit juice</li></ul>	→	<ul style="list-style-type: none"><li>• Whole fresh fruit</li><li>• Frozen fruit</li></ul>



# Fats

**Saturated and trans fats increase the risk of cardiovascular disease such as heart attacks, strokes and other problems caused by blocked arteries.**

## Eat less of saturated and trans fats:

- Butter and ghee
- Cheese
- Cream and ice-cream
- Full cream milk and yoghurt
- Fat in meat and chicken
- Sausages, polony and salami
- Palm oil
- Coconut oil and coconut cream
- Deep fried foods
- Pastry
- Chocolate
- Cakes and biscuits
- Chips and other high fat snack foods
- High fat crackers.

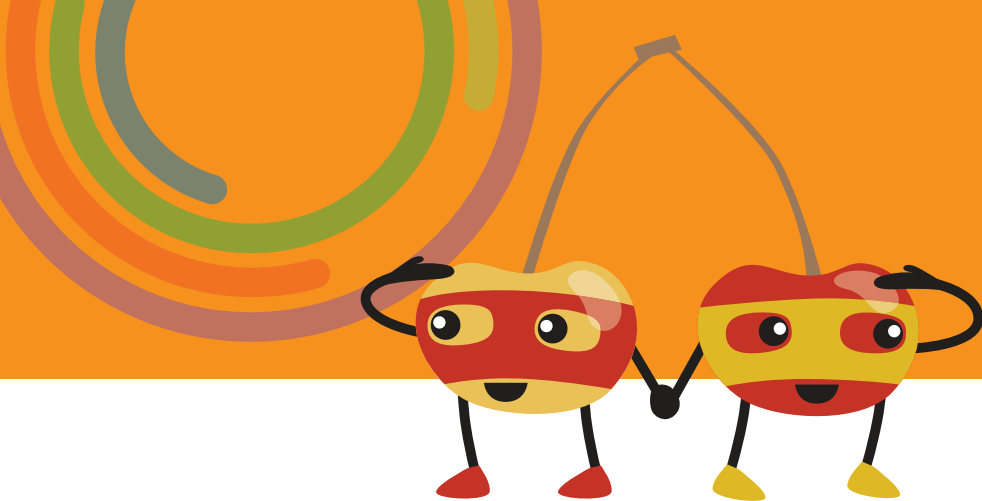


## Use polyunsaturated and monounsaturated oils instead:

- Fish
- Nuts and seeds
- Avocado
- Olive oil
- Canola oil
- Sunflower oil
- Rice bran oil
- Sesame oil
- Peanut oil
- Grapeseed oil.



**If you eat less of saturated trans fats and replace them with polyunsaturated and monounsaturated oils, you can reduce your risk of cardiovascular disease.**



## Make these food swaps to choose less saturated and trans fats

Swap this	→	For this
FATS AND OILS		
<ul style="list-style-type: none"><li>• Butter, lard, ghee, coconut oil</li></ul>	→	<ul style="list-style-type: none"><li>• Olive oil, sunflower oil, peanut oil, canola oil, rice bran oil, grapeseed oil</li></ul>
MILK AND CREAM		
<ul style="list-style-type: none"><li>• Full cream milk</li><li>• Cream</li><li>• Sour cream</li><li>• Coconut milk</li></ul>	→	<ul style="list-style-type: none"><li>• Hilo milk or skim milk</li><li>• Ricotta cheese, evaporated milk</li><li>• Natural yoghurt</li><li>• Low fat coconut milk</li></ul>
CHEESE		
<ul style="list-style-type: none"><li>• Full fat cheddar cheese</li><li>• Fetta cheese</li><li>• Cream cheese</li></ul>	→	<ul style="list-style-type: none"><li>• Reduced fat cheddar cheese</li><li>• Reduced fat fetta cheese</li><li>• Cottage cheese, ricotta cheese</li><li>• Extra lite cream cheese</li></ul>
DESSERTS		
<ul style="list-style-type: none"><li>• Ice-cream</li><li>• Full cream yoghurt</li></ul>	→	<ul style="list-style-type: none"><li>• Low fat yoghurt</li><li>• Custard made with low fat milk</li></ul>





## Make these food swaps to choose less saturated and trans fats

Swap this	→	For this
MEAT		
<ul style="list-style-type: none"><li>• Fatty beef, lamb or pork</li><li>• Chicken with skin on</li><li>• Sausages</li><li>• Fatty bacon</li><li>• Polony and salami</li></ul>	→	<ul style="list-style-type: none"><li>• Lean beef, lamb or pork</li><li>• Chicken or turkey without the skin</li><li>• Fish</li><li>• Eggs</li><li>• Short cut bacon</li><li>• Low fat sausages</li><li>• Lentils, chickpeas, split peas and beans</li><li>• Lean ham, sliced chicken or turkey</li></ul>
PASTRY		
<ul style="list-style-type: none"><li>• Puff pastry</li><li>• Shortcrust pastry</li><li>• Pies</li><li>• Sausage rolls</li></ul>	→	<ul style="list-style-type: none"><li>• Filo pastry</li><li>• Jaffle or toasted sandwich</li><li>• Cottage pie</li></ul>
HIGH FAT SNACKS		
<ul style="list-style-type: none"><li>• Crisps</li><li>• Twisties and Cheezels</li><li>• Crackers such as Jatz, Cheds and Shapes</li><li>• Sweet biscuits and cakes</li></ul>	→	<ul style="list-style-type: none"><li>• Low fat popcorn</li><li>• Small handful of nuts</li><li>• Fresh fruit</li><li>• Vegetable sticks with low fat dip</li></ul>

# Food labels



Nutrition Information			
SERVINGS PER PACKAGE: 7		SERVING SIZE: 20 g (6 Biscuits)	
	QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	QUANTITY PER 100 g
ENERGY	366 kJ	4.2%	1,830 kJ
PROTEIN	2.1 g	4.2%	10.5 g
FAT, TOTAL	2.7 g	3.8%	13.4 g
- SATURATED	0.3 g	1.4%	1.6 g
- TRANS	0.0 g		0.1 g
- POLYUNSATURATED	0.8 g		3.8 g
- MONOUNSATURATED	1.5 g		7.5 g
CARBOHYDRATE	12.9 g	4.1%	64.3 g
- SUGARS	0.6 g	0.7%	3.2 g
DIETARY FIBRE	1.7 g	5.7%	8.5 g
SODIUM	136 mg	5.9%	680 mg

\* BASED ON AN AVERAGE ADULT DIET OF 8700 KJ.

**Ingredients**  
 WHOLEGRAINS (48%) [WHOLE-WHEAT FLOUR, OATS], VEGETABLE OIL, CORNFLOUR, SEEDS (6%) [LINSEED, POPPY, CANOLA, SUNFLOWER KERNELS], SUGAR, YEAST, SALT, MALT EXTRACT (FROM BARLEY), EMULSIFIER (SOY LECITHIN).  
 CONTAINS SOY AND GLUTEN CONTAINING CEREALS.  
 MAY CONTAIN TRACES OF EGG, MILK, PEANUT, SESAME AND TREE NUT.

## Sugars

Best choices have less than **10g per 100g**. Avoid foods with more than **15g per 100g** unless most of the sugar is coming from fruit or dairy.

Choose water as your main drink. Avoid drinks with more than **5g per 100mL**.

## Fibre

If the food is a bread, cereal, cracker or snack bar check that it contains fibre.

Aim for **5g per 100g** with the more fibre the better!

## Ingredients

Ingredients are listed in order from most to least by weight.

Limit foods with large amounts of high fat or high sugar ingredients.

## Fat

Choose foods with less than **10g per 100g** total fat and less than **3g per 100g** of saturated fat.

For milks and yoghurt aim for less than **2g per 100mL** total fat.

Choose cheese with less than **15g per 100g** total fat.

## Claims

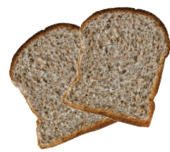
Shopping can be confusing with manufacturers using different terms to make claims about their product. Always check the nutritional panel if available. Below are some examples of claims:

- **No added sugar:** Product may still be high in other sugars.
- **Lite or light:** May be referring to the colour, salt or fat content.
- **Low fat:** Foods will have less than 3g of fat per serve but may not be a healthy choice for other reasons.

# Start the day with a healthy breakfast

Wholegrain bread or cereal – choose one of these options:

- 2 slices wholegrain bread
- 1 small roti
- 1 cup porridge or high fibre cereal flakes



OR



OR



- 4 tablespoons muesli or rolled oats
- 2 multigrain Weet-bix or Oatbriks
- 1 cup cooked wholemeal or basmati or doongarra rice



OR



OR



PLUS + 1

Low-fat protein or dairy food – choose one of these options:

- 1 cup reduced fat milk
- 1 small tub reduced fat yoghurt



OR



- Half a cup ricotta or cottage cheese
- 1 tablespoon peanut butter



OR



- 2 eggs
- Half a cup baked beans



OR



- 1 cup dahl
- Palm size piece of fish



OR





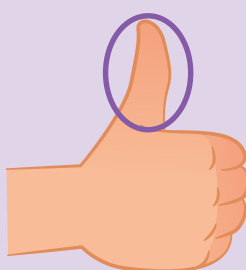
## Ideas for breakfast

- 2 slices of wholegrain toast and 2 eggs scrambled
- 1 cup of high fibre cereal and low fat milk
- 4 tablespoons of muesli with 1 small tub reduced fat yoghurt
- 2 slices of wholegrain toast with peanut butter
- 2 slices of wholemeal fruit toast with ricotta cheese
- 2 slices of wholegrain toast with half a cup baked beans
- 1 cup of rice with fish



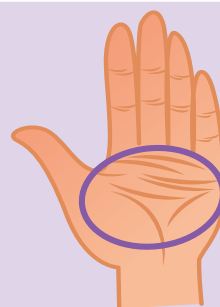
**clenched fist**

1 cup = clenched fist



**thumb**

1 tablespoon = 1 thumb



**cupped hand**

Half a cup = 1 cupped hand

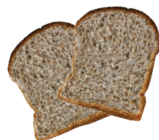




# Pack a healthy lunch

Wholegrain bread or cereal – choose one of these options:

- 2 slices of wholegrain bread
- 1 wholegrain bread roll
- 1 wholegrain wrap
- 4 Ryvita
- 6 Vita-Weat nine-grain crackers
- 15 wholegrain rice crackers
- 1 cup of cooked pasta, quinoa or noodles
- 1 cup of wholemeal, basmati or doongara rice
- 1 cup chopped sweet potato OR
- 1 wholemeal fruit or vegetable muffin



OR



OR



OR



OR



OR



PLUS + 1

Low-fat protein or dairy food – choose one of these options:

- 2 thin slices of lean meat, ham or chicken
- 2 eggs
- Half a cup of cooked or canned beans, lentils, chickpeas or split peas
- 2 slices of reduced fat cheese
- Half a cup of cottage or ricotta cheese
- 4 tablespoons of hummus
- Small can of tuna or salmon OR
- Small tub of reduced fat yoghurt



OR



OR



OR



OR



PLUS + 1 or more

Vegetables – choose one or more of these options:

- Half a cup of cooked vegetable OR
- Half a cup of canned or frozen vegetable OR
- Half a cup of chopped salad vegetable such as tomato, carrot, capsicum, cucumber or snow peas or 1 cup green leafy salad



OR



OR



## Ideas for lunch

- **Soup made with vegetables** such as minestrone, pea and ham, pumpkin, or chicken and corn with a wholegrain bread roll.
- **Toasted sandwich** ham, cheese, and tomato multigrain bread sandwich with green leafy salad.
- **A multigrain wrap** filled with chopped chicken, grated carrot, lettuce, avocado and low-fat mayonnaise.
- **A salad** made from 1 small can of tuna, 1 cup of cooked pasta and chopped tomato, cucumber, and capsicum with low fat salad dressing.
- **Half a wholewheat roti** with dahl or raita.
- **4 Ryvitas** with 3 tablespoons of cottage cheese, 2 tablespoons of hummus, and vegetable sticks.
- **Homemade** wholemeal muffin, tub of yoghurt (freeze overnight to keep fresh), cherry tomatoes and snow peas.
- **A pizza made from a wholegrain wrap** topped with tomato paste, ham, sliced capsicum, mushrooms and red onion topped with grated cheese.
- **Zucchini slice**, 15 wholegrain rice crackers and celery and carrot sticks
- **Chicken drumstick**, coleslaw made with low fat mayonnaise and 1 cup quinoa salad.



## Better choices from the school canteen

- Soup
- Sushi
- Pasta with a tomato-based sauce such as bolognese
- Rice paper rolls
- Wholemeal sandwiches, rolls or wraps
- Frittata
- Stir fry



Avoid deep fried dishes, creamy sauces or food with pastry such as pies and sausage rolls.

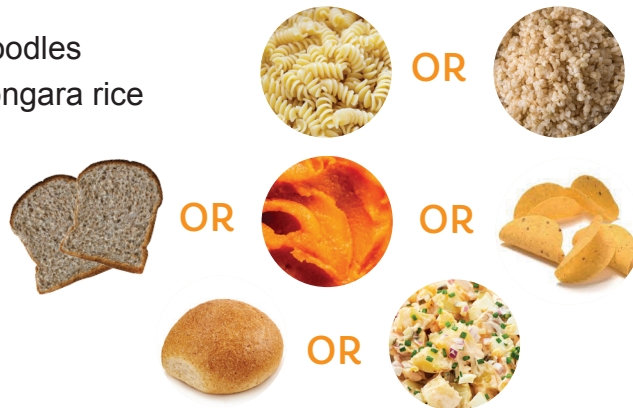


Choose meals that include vegetables or salad.

# Make a healthy meal for dinner

Wholegrain bread or cereal – choose one of these options:

- 1 cup of cooked pasta, quinoa or noodles
- 1 cup of wholemeal, basmati or doongara rice
- 2 slices of wholegrain bread
- 1 cup of mashed sweet potato
- 3 taco shells
- 1 wholegrain bread roll
- 1 cup of potato salad
- 1 small roti made with wholewheat, lentil or chickpea flour



PLUS + 1

Low-fat protein or dairy food – choose one of these options:

- Cooked lean meat or chicken, 1 piece the size of the palm of your hand
- Cooked fish, 1 piece the size of the palm of your hand
- 1 cup cooked or canned beans, lentils, chickpeas or split peas

PLUS + 2 or more

Vegetables – choose 2 or more of these options:

- Half a cup cooked vegetable
- Half a cup canned or frozen vegetable
- Half a cup chopped salad vegetable such as tomato, carrot, capsicum, cucumber or snow peas or 1 cup of leafy green salad







## Ideas for dinner

- **Stir fry chicken:** broccoli, carrot, corn, mushrooms and capsicum with noodles.
- **Stew or casserole:** made with lean meat, onion, sweet potato and lots of other vegetables such as pumpkin, carrot, cauliflower, eggplant, mushrooms, peas or celery served with wholemeal rice.
- **Bolognaise:** sauce made with lean mince, onion, garlic, tomato, celery, and grated carrot served with spaghetti and salad.
- **Tacos:** with lean beef mince cooked with spices, onion and tomato and topped with kidney beans, salsa, avocado, corn kernels, chopped lettuce and a dollop of natural yoghurt.
- **Low fat sausages:** with potato salad made with low fat salad dressing and steam fresh microwave vegetables.
- **Homemade burger:** made with wholegrain bread roll, lean mince patty, canned beetroot, tomato, lettuce, avocado and chutney.
- **Oven bake fish and rainbow chips:** made from wedges of carrots, beetroot, parsnip and sweet potato lightly covered with oil and garlic and roasted in the oven.
- **Curry:** made with lean meat, chicken, fish, lentils or chickpeas served with wholemeal rice and vegetables.
- **Fried rice:** made with basmati rice, egg, frozen peas, capsicum, corn, spring onions and soy sauce.



Choose low fat cooking methods such as stir fry, steam, slow cooker, oven bake or BBQ





# When you don't have time to cook

When you do cook a meal, make more than you need and freeze the extra in individual portions that you can use when you are short on time.

**Choose one of the healthier frozen meals that you can buy from the supermarket.**

These meals need more vegetables so microwave some extra frozen vegetables to have with them. Look at the nutrition information panel and choose a meal with:

- less than 2100kJ per serve
- less than 60g total carbohydrate per serve
- less than 5g saturated fat per serve



**Put together a healthy meal using ready to eat ingredients from the supermarket.**

- **Soup from the refrigerator section** of the supermarket served with a wholegrain bread roll.
- **Hot cooked chicken from the supermarket** in a wholegrain wrap with coleslaw made from pre-chopped cabbage and low-fat mayonnaise.
- **Soup made from instant noodles**, chopped cooked chicken from the supermarket and frozen vegetables.
- **Instant noodles cooked in water with frozen vegetables** for 2 minutes. Drain the noodles and vegetables, return to the saucepan and stir through beaten egg until cooked.
- **A falafel souvlaki** made with pre-made felafels from the supermarket, wholegrain wrap, bagged lettuce leaves, cherry tomatoes, chopped cucumber, reduced fat feta cheese and natural yoghurt.
- **Pre-cooked brown or basmati rice** mixed with canned tuna and frozen vegetables heated in the microwave.
- **Pre-cooked brown or basmati rice** mixed with chopped boiled egg, sliced ham, frozen peas and corn and soy sauce.
- **Quesadillas** made by crushing canned beans onto one wholegrain wrap. Top with avocado, sliced tomato, baby spinach and crumbled low fat feta cheese. Top with a second wrap and cook in a sandwich press.
- **Tacos** with canned Mexican beans, avocado, lettuce, tomato, corn kernels, grated low fat cheese and natural yoghurt.