

Include healthy snacks between meals

25

Trying to Lose Weight ?

HEALTHY EATING

Breads & Cereals: 4+ serves

Fruit: 2-3 serves

Dairy: 3 serves

Treats: 0-2 serves

Meat & proteins: 2 serves

Vegetables: 5-6+ serves

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods. **FRUIT** makes the food groups energy-dense. **DRINK** plenty of water.

Use small amounts

Only sometimes and in small amounts

28

Do you eat according to the Healthy Eating Guidelines?

Healthy Eating

Fruit: 2 – 3 serves each day

Vegetables: 5- 6 cups salad or 2-3 cups cooked (or combination)

Meat, eggs, Fish, legumes: 2 x serves a day (one serve is size of palm for meat, 2 x eggs is a serve, ½ cup cooked legumes)

Breads and Cereals: 4 x serves a day. 1 cup rice, 1 piece of bread, cup of pasta

29

Milk, Cheese, Custard & Yoghurt

Important for calcium for healthy bones; also a good source of protein and energy.

3 - 4 serves each day

One serve is:

- 1 cup of milk (250 ml)
- 1 cup of calcium-enriched soy (250 ml)
- 200 g yoghurt
- 1 cup custard
- 40g hard cheese
- 2 slices of cheese

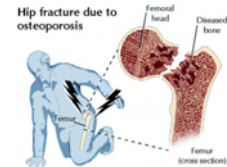
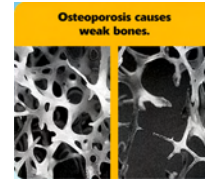
30

Other good sources of Calcium

- Soy milk- with added calcium e.g. So Good
- Fish with bones (eat bones) e.g. pink salmon and sardines
- Firm tofu
- Seaweed
- Nuts e.g. almonds
- Green leafy vegies
- Talk to doctor about calcium supplement

31

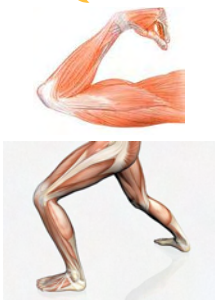
Osteoporosis



32



Vitamin D the sunshine vitamin!



33

Mrs S. Example

- Client in her 70's
- Milk powder at school - disliked
- Did not eat much dairy food through life
- Diagnosed with osteoarthritis and osteoporosis in 2011
- Stayed out of sun



34

Mrs S

- Doctor suggested regular dental checks
- Eat bones in fish
- 10-20 minute walk in the sun each day
- Started having yoghurt with cinnamon
- Adding milk powder to dishes
- More tinned fish with bones
- Pain under control



35

Calcium- more ideas

- Cream croquette
- Add skim milk powder in Mochi/Dango
- Cream stew (e.g. with chicken and any kind of vegetables)
- Cheese on toast for breakfast



36