

Eating for health and well-being

Your doctor or nurse has referred you to a dietitian for healthy eating or weight reduction advice. Please find below some healthy eating tips and where to access more detailed information.

Are you ready to make changes?

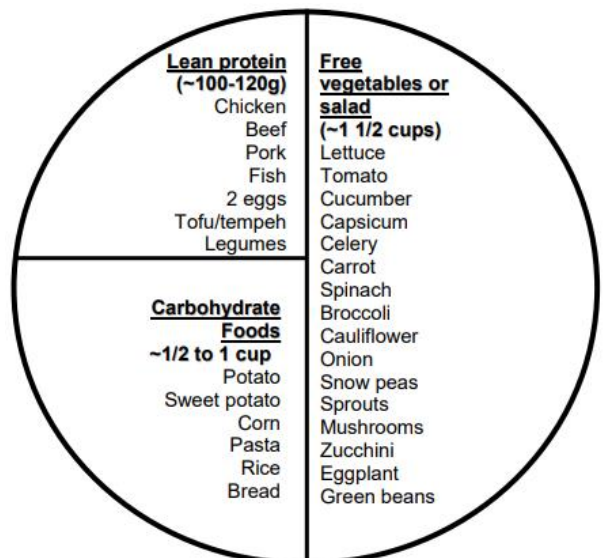
Although your doctor recognises a medical need for you to make diet changes or lose weight, you need to want to make these changes for it to be successful. Remember that changing your habits can improve your long-term health and reduce the risk and improve management of many health conditions (such as heart disease and diabetes).

A healthy diet can be achieved by making realistic and long-term changes as well as being more active every day – every little bit counts! When choosing what to eat, keep the following words in mind: enjoyment, satisfaction, variety, balance and moderation!

If one of your goals is weight loss, remember to be realistic with your goal. Research tells us that achieving a loss of just five to ten percent of your body weight has significant benefits for overall health risk. This is regardless of the weight you are now. Aim for gradual weight loss. If you lose weight slowly, it's more likely that it will stay off. Aim for 0.5-1kg per week of weight loss.

How do I achieve a healthier diet?

- Choose a variety of nutritious foods, including vegetables, fruits, wholegrain breads and cereals, lean meats, poultry, fish, eggs, tofu, nuts and seeds, legumes/beans and milk, yoghurt, cheese and/or their alternatives.
- For main meals aim to fill your plate with 50% salad/vegetables, 25% carbohydrate foods and 25% protein foods as seen in the image below. Try using a smaller plate to reduce your portion sizes.
- Try to eat regular meals to avoid overeating – avoid fad diets or over restriction as these are hard to stick to. Successful eating needs to be enjoyable.
- Avoid feeling hungry by including plenty of high fibre foods. Aim for 2 serves fruit and 5 serves vegetables each day, high fibre breads and cereals.
- Eat less unhealthy fats and sugars (e.g. processed meats, fried foods, soft drinks, cakes and lollies). Consume these occasionally and in small amounts.
- Drink at least 6-8 glasses of water a day
- Limit alcohol as it is high in kilojoules and low in nutrients. It is recommended to consume no more than ten standard drinks per week and no more than four standard drinks on any one day.
- Plan meals weekly or a few days in advance to avoid making unhealthy, last minute decisions.



Eat mindfully

- Question your hunger levels before eating. Try to only eat when you are physically hungry and avoid emotional eating (try going for a walk, listening to music or talking to a friend instead).
- Avoid eating when you are distracted (e.g. in the car, in front of the TV, when working) as it is hard to really assess your hunger levels when you are doing other things.
- Eat off a plate rather than out of a packet. This way you can see how much you are eating.

Physical activity

- Sit less, move more.
- Aim to be active every day. Look out for opportunities to increase your incidental exercise. For example, take the stairs instead of the lift or park further away from the entrance.
- Aim for around of 30 minutes of moderate physical activity on most days of the week. Start with 5-10 minutes and gradually build up. Your exercise can be spread over the day.
- Choose activities that you can do regularly and that you enjoy such as walking.
- Do muscle strengthening activities on at least 2 days each week.

If you would like further support from a dietitian or health professional the following resources include both group and individual supports:

Healthy Eating Lifestyle Program (HELP)

A 6-week group-based program run by a Dietitian at The Prince Charles Hospital with one 2-hour workshop per week. Ask your doctor or dietitian for a referral or phone 3139 4443 for more information.

My Health for Life

A free, six-month program to help Queenslanders stay well and reduce their risk of chronic disease. Consists of six sessions over six months delivered either in small group sessions or one-on-one over the phone. Call 13 74 75 or visit www.myhealthforlife.com.au.

Healthier Happier Online Resources

Free online resources including healthy recipes, exercise videos and lots of tips and resources to support you make lifestyle changes regarding healthy eating and being physically active.

<https://www.healthier.qld.gov.au/>

Private Dietitian Services

Check with your **General Practitioner (GP)** to see if you are eligible for Medicare-subsidised Dietitian appointments through your chronic disease management program. Many private health funds also offer rebates for dietetic services. To find an Accredited Practising Dietitian (APD) in your local area visit <https://member.dietitiansaustralia.org.au/faapd> or Phone: 1800 812 942 for more information.

UQ and QUT Health Clinics

Low cost one-on-one dietetic appointments based at St Lucia (UQ) or Kelvin Grove (QUT).

QUT - Call 07 3138 9777, UQ Call (07) 3365 6240

You could also seek help with weight reduction through joining a **community group**, for example Weight Watchers.

Online Resources

- Department of Health - **Healthy Weight Guide** www.healthyweight.health.gov.au
- **Australian Dietary Guidelines** <http://www.eatforhealth.gov.au/>