

HEALTHY LIVING NUTRITION PROGRAM



MODULE 1:

A GENERAL GUIDE TO GOOD NUTRITION



ABOUT THIS PROGRAM

The Healthy Living Nutrition Program provides practical information to help you achieve good nutrition.

This program consists of interactive, self-paced modules. Useful tips, practical activities, and QR codes linked to videos and resources can be found within each module.

Developing your skills around healthy eating will provide you with lifelong benefits. This program gives you tools to keep you healthy and feeling your best, so that you can live life to the fullest. Please note that this program provides general nutrition advice only.

QR CODES

QR codes will be pictured throughout each module to provide you with access to online videos and resources. This reduces paper usage and promotes environmental sustainability.

The QR codes will look something like this:



HOW TO USE QR CODES:

1. Open the camera on your smart device (such as an apple or android phone or tablet)
2. Use the camera to scan over the code you wish to access
3. Tap the link that appears on your camera
4. You will then be automatically directed to the relevant video or resource to view!

FURTHER CONTACT INFORMATION



ATTENTION HEALTHY LIVING PARTICIPANTS!

If you would like an individual consult to discuss your personal nutrition concerns you can contact your Illawarra Shoalhaven Local Health District Dietitian.

If you are already seeing a dietitian, continue working with them to address any personal nutrition concerns.

Alternatively, you can call Dietitians Australia on 1800 812 942 or visit their website at <https://dietitiansaustralia.org.au/> to find a dietitian near you.

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WHAT YOU WILL LEARN IN MODULE 1

At the end of this module, you will be able to:

- Identify the 5 core food groups in the Australian Guide to Healthy Eating
- Explain the importance of healthy eating
- Understand the Australian Dietary Guidelines
- Identify types of occasional foods and their serve sizes
- Swap occasional foods with healthy snacks
- Understand that different foods and drinks contain different amounts of energy
- Identify the Australian Alcohol Guidelines and what a standard drink is
- Create a food diary and use it to make improvements to your diet

A) HEALTHY EATING



Activity 1: Healthy Eating Quiz

a) The University of Newcastle Australia has developed a healthy eating quiz that can help you understand more about the quality and variety of your diet. To complete the quiz, scan the QR below.



<http://quiz.healthyeatingquiz.com.au/login>

b) On the lines below, list 3 nutrition recommendations that the quiz results provided you with.

1

2

3

What is Healthy Eating?

Healthy eating involves eating a wide variety of foods from each of the 5 food groups in the Australian Guide to Health Eating. The Australian Guide to Healthy Eating is a visual food selection guide that represents how much of these 5 food groups should be eaten every day. The 5 major food groups in the Australian Guide to Healthy Eating include:

- Vegetables and legumes/beans
- Fruit
- Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
- Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans
- Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

IMPORTANT NOTE

Examples of alternatives to milk, yoghurt, and cheese include:

- Soy milk, almond milk, oat milk, rice milk
- Coconut yoghurt, almond milk yoghurt, oat yoghurt
- Dairy-free or plant-based cheese

These items do not contain dairy and are suitable for vegans or those with lactose intolerance.

When choosing these alternatives, look for products with no added sugar and at least 100 mg of added calcium per 100 mL to support bone health.

Why is Healthy Eating Important?

A healthy diet full of variety gives us the right 'fuel' for our bodies. Energy and nutrients provided by the foods and drinks that we consume allow us to perform daily activities.

Good nutrition also helps to protect against many diet-related conditions including high blood pressure, high cholesterol, and obesity. These conditions increase the risk of developing chronic diseases such as:

- Diabetes
- Heart disease
- Kidney disease
- Osteoarthritis
- Some types of cancer

Nutrition plays an important role in improving chronic diseases. The good news is that small, consistent lifestyle changes can have a positive impact on health.

DID YOU KNOW...

- In 2020 diabetes was ranked 7th in the leading causes of death in Australia (The Australian Bureau of Statistics)
- In 2020, coronary heart disease was the single leading cause of death in Australia (Australian Institute of Health and Welfare)



Video 1: How Nutrients Fuel Our Bodies

Scan the QR code below to find out more about how nutrients fuel our bodies.



<http://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-0>

B) THE AUSTRALIAN DIETARY GUIDELINES

What are the Australian Dietary Guidelines?

The Australian Dietary Guidelines is a set of dietary information for all Australians in the general healthy population. The guidelines provide advice about the types and amounts of foods, food groups, and dietary patterns recommended for good health.

The Australian Dietary Guidelines aim to:

Promote health and wellbeing

Reduce the risk of diet-related conditions, such as high cholesterol, high blood pressure, and obesity

Reduce the risk of chronic diseases, such as type 2 diabetes, cardiovascular disease, and some types of cancers

eatforhealth.gov.au



Video 2: Overview of the Australian Dietary Guidelines

Scan the QR code below to find out more about the Australian Dietary Guidelines.



<http://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-0>



Activity 2: Australian Dietary Guidelines

Recall the previous video about the Australian Dietary Guidelines. Circle the guideline(s) pictured below that you think you should work on to improve your health.

Guideline 1:

To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs



Guideline 2:

Enjoy a wide variety of nutritious foods from the 5 food groups everyday AND drink plenty of water



Guideline 3:

Limit intake of foods containing saturated fats, added salt, added sugars and alcohol



Nutrition Recommendations Across the Lifespan

The Australian Dietary Guidelines recommend that different age groups and genders consume different amounts of certain food groups. This is because nutrient needs change across the lifespan.

DID YOU KNOW...

Women aged 51 years and over and men aged 70 years and over need increased intake of calcium via dairy or dairy alternatives.

This is because the risk of osteoporosis increases with age. Osteoporosis occurs when there is a decrease in bone density, leading to a greater risk of fractures. Increased calcium intake in older people supports bone health and helps prevent osteoporosis.

Below are the recommended number of serves for each food group for different ages and genders.

	Women 19-50 years	Women 51-70 years	Women 70+ years	Men 19-50 years	Men 51-70 years	Men 70+ years
Vegetables	5	5	5	6	5 ½	5
Fruit	2	2	2	2	2	2
Grain (cereal) food	6	4	3	6	6	4 ½
Lean meat, fish, poultry, eggs, tofu, nuts and seeds, and legumes/ beans	2 ½	2	2	3	2 ½	2 ½
Milk, yoghurt, cheese, and/or alternatives	2 ½	4	4	2 ½	2 ½	3 ½



Activity 3: Identifying Your Nutrition Requirements

Circle or highlight the column in the table on the previous page that is relevant to your age and gender.

Take note of the number of serves of each food group that you require. You will refer to this during an activity later in this module.

Serve Sizes Recommended by the Australian Dietary Guidelines

Video 3: Serve Size of Foods in Each Food Group

Scan the QR code below to find out more about the serve sizes of different foods according to the Australian Dietary Guidelines.



<http://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-0>

C) HEALTHY SNACKS

Below are some healthy snack ideas that you can choose from to include in your diet.

Carrot and celery sticks with hummus



Small handful of nuts



Small tub of reduced fat, no added sugar yoghurt with fruit



Small coffee with reduced fat milk



2 slices of reduced fat cheese on whole grain crackers



Small handful of olives



Small can of tuna (in Springwater) on crackers



2 scoops low fat, no added sugar ice cream



Wholegrain muesli bar



D) OCCASIONAL FOODS AND DRINKS

What is an Occasional Food or Drink?

Occasional foods and drinks are items that are high in energy (calories or kilojoules) but low in nutrients. We do not need them as part of our daily diet.

Some common occasional foods and drinks include:



How Much is Okay?

Occasional foods and drinks are okay to enjoy only sometimes and in moderation. Do not consume more than 2.5 serves of occasional foods or drinks on any one day.

To avoid weight gain and achieve optimal health, people who are less active, of a smaller build, or above a healthy weight range should avoid any extra serves of foods or drinks from:

- Each of the 5 food groups
- Fats, oils, and spreads
- Occasional items



Activity 4: Occasional Foods and Drinks in Your Diet

a) Scan the QR code below to access the 'How Occasional Foods Fit into a Healthy Diet' resource. Take note of the types and serve sizes of different occasional foods and drinks.



http://www.sugarnutritionresource.org/media/attachments/2020/07/09/snrc_how-occasional-foods-fit-in-a-healthy-diet.pdf

b) Next, refer to 'Part C' of this module 'Healthy Snacks'. Take note of healthy snack ideas that appeal to you.

c) Use both of these resources to help you fill out the table below.

What occasional foods or drinks do you consume?	How many serves of each occasional food or drink do you normally consume?	What is a healthier option for each of these occasional foods or drinks?

DID YOU KNOW...

Occasional foods and drinks are high in energy (calories or kilojoules), saturated fat, added salt, added sugar, or alcohol.

When too many occasional items are consumed too often, they can contribute to weight gain and other health problems.

REMEMBER!

1 serving of occasional food or drink

=

143 calories (600 kilojoules)

E) ENERGY FROM FOODS AND DRINKS

Different foods and drinks provide us with different amounts of energy. This energy is measured in calories or kilojoules (each is just a different measure of energy).

1 calorie = 4.184 kilojoules (kJ)

Calorie density is a term used to describe the number of calories (energy) provided by a specific amount of food.

High Calorie Density:

A large number of calories in a small amount of food



Low Calorie Density:

A small number of calories in a large amount of food



Foods High in Calorie Density

Examples of foods that are high in calorie density (other than occasional items) include:



Cooking oils (e.g. Olive/canola oil)



Oily salad dressings



Nut butters (e.g. Peanut butter)



Fatty proteins (e.g. Lamb)



Nuts Mayonnaise Avocado

These foods provide many important nutrients. However, it is important to consume them according to their serve sizes in the Australian Dietary Guidelines as they contain a lot of energy in small quantities.

Foods Low in Calorie Density

It is recommended to include a wide variety of foods that are low in calorie density to help keep your diet balanced.

You can eat a larger amount of these foods for less calories, meaning they will keep you fuller for longer and provide you with a wider range of nutrients. Some examples of foods that are low in calorie density include:



Non-starchy vegetables



Fruit (whole, fresh, frozen, or canned without syrup)



Low-fat or fat-free dairy



Lean proteins (e.g. Chicken breast)












Activity 5: Ranking the Energy Content of Different Foods and Drinks

Number the items below from 1-9 based on how much energy they contain (their calorie density).

1 = Least calories
9 = Most calories.

Once you've done this, compare your answers with the calorie density scale on the Health Moves Nutrition Program website by scanning the QR code at the bottom of the page.

<p>Regular milk chocolate bar (50g)</p>  <input data-bbox="485 1012 564 1088" type="checkbox"/>	<p>Medium tomato (150g)</p>  <input data-bbox="912 1012 992 1088" type="checkbox"/>	<p>Medium avocado (160g)</p>  <input data-bbox="1343 1012 1423 1088" type="checkbox"/>
<p>5 medium strawberries (60g)</p>  <input data-bbox="485 1384 564 1460" type="checkbox"/>	<p>Regular bucket of fries (100g)</p>  <input data-bbox="912 1384 992 1460" type="checkbox"/>	<p>Glass of full cream milk (250 mL)</p>  <input data-bbox="1343 1384 1423 1460" type="checkbox"/>
<p>2 slices of white sandwich bread (70g)</p>  <input data-bbox="485 1751 564 1827" type="checkbox"/>	<p>Large blueberry muffin (170g)</p>  <input data-bbox="912 1751 992 1827" type="checkbox"/>	<p>Medium apple (160g)</p>  <input data-bbox="1343 1751 1423 1827" type="checkbox"/>



F) ALCOHOL

Alcohol Consumption in Australia

Alcohol is consumed across a variety of social settings in Australia. It is a large part of Australian culture. Alcohol is usually okay for you to enjoy occasionally and in moderation when socialising with family and friends.

However, consuming large amounts of alcohol can increase your risk of alcohol-related injury as well as developing health conditions including heart disease, liver disease, obesity, and gout.



Video 4: National Health and Medical Research Council (NHMRC) Australian Alcohol Guidelines

Scan the QR code below to find out more about these guidelines.



<http://youtu.be/5I-L8LCPI4Y>




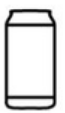




DID YOU KNOW...

- 1 in 4 Australians drank more than recommended in the Australian Adult Alcohol Guidelines in 2020-21
- 1 in 5 people consumed more than 10 standard drinks in the last week, and more than 75% of these people consumed more than 14 standard drinks in the last week

The Australian Bureau of Statistics

What is a Standard Drink?

A standard drink contains 10 grams of pure alcohol. Because most alcohols are different strengths, a serve size may look different for each one.

Light Beer  425 mL 2.7% alc/vol	Mid Strength Beer  375 mL 3.5% alc/vol	Full Strength Beer  285 mL 4.9% alc/vol	Regular Cider  285 mL 4.9% alc/vol
Sparkling Wine  100 mL 13% alc/vol	Wine  100 mL 13% alc/vol	Fortified Wine (e.g. Sherry, Port)  60 mL 20% alc/vol	Spirits (e.g. Vodka, Gin, Rum, Whiskey)  30 mL 40% alc/vol

Ways to Reduce Alcohol Intake

Understanding how reducing your alcohol intake can benefit your health is an important first step in creating an alcohol reduction action plan. Reducing or quitting alcohol can:

- Decrease your risk of alcohol-related health conditions such as heart disease
- Improve your sleep, energy, and mood
- Improve relationships with your family and friends
- Improve your performance at work
- Save you money

A simple action plan to follow which can help you to reduce your alcohol intake may look like the following:

1. Identify your goals

- What goals will help motivate you to reduce your alcohol intake?
- For example, your goal might be to improve your health and sleep

2. Identify your triggers

- Where are the places that you drink the most?
- What times do you drink the most?
- Do you want to drink, or do you feel pressured to do so?

3. Develop your strategies

Avoid your triggers:

- Organise alcohol-free events
- Suggest venues where mocktails are available
- Socialise more with friends who do not drink

If you cannot avoid your triggers:

- Swap the alcohol for something else (such as a catch up at a café or restaurant instead of the pub)

If you are somewhere that serves alcohol:

- Say no to drinks (prepare your responses before you go out)
- Drink non-alcoholic beverages (such as mocktails)
- Choose low-strength alcohol
- Count your standard drinks and set a limit for yourself



Activity 6: Calculating Standard Drinks and Developing an Alcohol Reduction Action Plan

a) On the line below, write down the total number of standard drinks you have per week (if any).

b) If you would like to reduce your alcohol intake, create an action plan for how you might achieve this (use the steps from the previous table to help you do this).

- **Identify your goals:**

- **Identify your triggers:**

- **Develop your strategies:**

Where to Find Support

Having support to help you quit or reduce your alcohol intake can be helpful. You may choose to let your family and friends know what you are doing so they can support you.

If you'd like more assistance, below is a list of additional support options and QR codes to access some of them.

Phone Support

- National Alcohol and Other Drugs Hotline (1800 250 015)
- Alcohol and Drug Foundation (ADF) (1300 858 584)
- Alcohol. Think Again (1800 198 024)

Online Services

- How You Can Reduce or Quit Alcohol – Australian Government



<http://www.health.gov.au/topics/alcohol/about-alcohol/how-can-you-reduce-or-quit-alcohol>

- Hello Sunday Morning



<http://hellosundaymorning.org/>

- Alcohol & Drug Counselling Online



<http://www.counsellingonline.org.au/>

Apps

- Daybreak Program (can access one-on-one webchats)



Search The Daybreak App wherever you get your apps

Support Groups

- Alcoholics Anonymous (AA) Australia (1300 222 222)

G) FOOD DIARIES

What is a Food Diary?

A food diary is a detailed daily record of the foods and drinks that you consume over a certain period of time.

A basic food diary should include:

What you eat

- Specific food and drinks (including brand names)
- How food has been prepared (e.g. Baked or fried)
- Any sauces, toppings, or dressings added to a meal

How much you eat

- The amount of food and drink in tsp, tbs, cups, g, kg, mL
- Weighing/measuring your food is more accurate, but if you can't do this you can estimate the portion

When you eat

- Document the time that you eat each meal or snack

Why Use a Food Diary?

Food diaries can track:

- Calorie (energy) intake
- Eating habits and patterns
- Diet quality (the types of foods and drinks consumed)

A food diary can help you identify what dietary changes need to be made to improve your health. They can also be shared with healthcare professionals (such as a dietitian) to allow them to tailor nutrition advice to your needs, which will help you achieve your health goals.

Other Considerations When Creating a Food Diary

- Be as specific as possible (for example, if you are drinking a coffee note down the type and size)
- Include all drinks (such as water, juice, soft drink, milk, coffee, tea, alcohol)
- Fill in your food diary as you go (this is more accurate than filling it all in at the end of the day)

Sample Food Diary Entry

“ Breakfast (8 am):

- 1 slice of 'Bürgen Soy and Linseed Low GI' toast with 2 teaspoons of butter
- 2 eggs (fried in 1 tablespoon of olive oil)
- 3 regular slices of tomato (raw)
- 1 small cup of black tea

”



Activity 7: Completing a Food Diary

a) COMPLETE FOOD DIARY: Fill in a 7-day food diary on the 'Food Diary Template' at the back of this booklet (page 31).

b) COUNT YOUR SERVES: On page 32 of this booklet there are icons for each food group. Count and write down how many serves of each food group you eat daily. Use your completed food diary and 'Video 2' in 'Part B' of this module ('The Australian Dietary Guidelines') to help you do this.

c) CONSIDER IMPROVEMENTS: Compare your intake to the nutrition recommendations for your age and gender in 'Part B' of this module ('The Australian Dietary Guidelines'). On the lines below, write down 3 aspects of your diet that you need to improve (for example "Increase fruit intake by one serve each day.")

1

2

3

H) MULTIPLE CHOICE QUIZ

Congratulations on finishing this module!

To test your knowledge on what you have learnt from Module 1, answer the following multiple-choice questions. Colour in the circle next to the answer you believe is most correct.

Once you are finished, compare your answers to the answers on the Health Moves Nutrition Program website by scanning the QR code below.

Good luck!



<https://www.islhd.health.nsw.gov.au/services-clinics/welcome-illawarra-shoalhaven-diabetes-service/health-moves-nutrition-program-0>

1. Which of the following IS NOT one of the 5 core food groups in the Australian Guide to Healthy Eating?

- a) Fruit
- b) Grain (cereal) foods
- c) Vegetables and legumes/beans
- d) Milk, yoghurt, cheese, and/or alternatives
- e) Steak

2. Which of these items IS NOT an occasional food or drink?

- a) Chocolate
- b) Hamburger
- c) Beer
- d) Chicken breast
- e) Sports drink

3. What is a standard drink of full-strength beer?

- a) 285 mL
- b) 425 mL
- c) 375 mL

4. Which of the following items has the most calories?

- a) Regular sized sausage roll
- b) Medium banana
- c) 375 mL can of Coca-Cola
- d) 2 scoops chocolate ice cream

5. Which of the following IS NOT a standard serve of lean meat and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans?

HINT: The answer to this question can be found in 'Video 3' in 'Part B' of this module ('The Australian Dietary Guidelines')

- a) 65g of cooked beef
- b) 80g of cooked chicken breast
- c) 1 egg
- d) 100g cooked fish fillet

I) HELPFUL RESOURCES

Scan the QR codes below to access additional information about each topic covered in this module.

A) Healthy Eating

The Australian Guide to Healthy Eating:



<http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

B) The Australian Dietary Guidelines

The Australian Dietary Guidelines (Summarised Version):



http://www.eatforhealth.gov.au/sites/default/files/2022-09/n55a_australian_dietary_guidelines_summary_131014_1.pdf

C) Healthy Snacks

Baker Heart & Diabetes Institute – Healthy Snacks Factsheet:



<http://www.baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-healthy-snacks.pdf>

D) Occasional Foods and Drinks

Discretionary (Occasional) Food and Drink Choices:



<http://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>

**E) Energy
from
Foods and
Drinks**

Energy in Food (Kilojoules and Calories):



<http://www.betterhealth.vic.gov.au/health/healthyliving/kilojoules-and-calories>

F) Alcohol

Australian Guidelines to Reduce Health Risks from Drinking Alcohol:



<http://www.nhmrc.gov.au/health-advice/alcohol>

**G) Food
Diaries**

My Nutrition (Queensland Health) Food Diary:



http://www.health.qld.gov.au/__data/assets/pdf_file/0025/150298/general_fooddiary.pdf