

WHERE TO FIND QUICK AND EASY HEALTHY EATING TIPS AND TRICKS

Step-by-step Photos of Healthy Eating Tips	
WHERE TO FIND	TOPIC
<p>https://www.islhd.health.nsw.gov.au/services-clinics/health-promotion/healthy-adults/quick-and-healthy-recipes/easy-food Developed by ISLHD Health Promotion Service. Easy to read tips for healthy living</p>	10 tips for planning ahead
	23 food tips for good mental health
	Understanding food labels – nutrition information panel (NIP)
	Understanding food labels – ingredient list
	Easy mix and match meal ideas
	More topics are in development

Short Videos of Healthy Eating Tips		
WHERE TO FIND	TOPIC	TIME
<p>https://www.foodbank.org.au/WA/healthy-recipes/?state=wa then scroll down to: > Meal planning, portions and label reading</p>	Meal planning made easy	59 sec
	Know your portions	45 sec
	Label reading made easy	1 min 13 sec

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Websites with Healthy Eating Tips	
Healthy Eating Active Living (NSW Health)	https://www.healthyliving.nsw.gov.au/
Healthier Happier (Queensland Health)	https://www.healthier.qld.gov.au/
LiveLighter	https://www.livelighter.com.au/
Rethink Sugary Drinks	http://www.rethinksugarydrink.org.au/
Australian Guide to Healthy Eating	www.eatforhealth.gov.au