



Eating well:

take the challenge!

Why should I eat well?

By eating well, maintaining a healthy weight and keeping active, you can reduce your risk of developing Type 2 diabetes, heart and blood vessel disease (eg stroke), and some forms of cancer. This nine week challenge will help you make gradual changes to your diet that you can maintain.

In this guide, you will be given at least two options for changes to make each week.

If you find you have already made all the changes suggested for one week, progress to the next week.

As well as losing excess body fat, your energy levels should increase. Good luck and enjoy!

Week 1

Goal: make the change to reduced fat dairy foods

Start simply and make an easy change.....

- Option 1** Try a lower fat variety of milk such as Lite White, Pura Light Start, Farmers Best or Shape.
- Option 2** Use low fat or light yoghurt, for example Nestle Diet or Danone Diet Lite.
- Option 3** Try low fat ice-cream, for example Norco Light, Peters Light & Creamy, Oak Classic Light or Weiss Frutia.
- Option 4** Look for reduced fat cheeses such as cottage, reduced fat ricotta, Bega Superslim, Kraft Free slices, Shape or Devondale 7.

Week 2

Goal: cut down on visible fats and oils

- Option 1** Be aware of how much margarine you use and cut back to the least amount possible.
- Option 2** Alternative lower fat spreads to try include: reduced fat margarine, avocado, peanut butter, cottage or ricotta cheese.



Eating well: take the challenge continued

Option 3 Try these cooking techniques to keep the fat content low:

- Stir-frying, dry roasting on a rack, grilling, or barbeque on an open grill.
- When cooking casseroles, mince dishes or soups let the dish go cold and skim off fat that settles on the top before reheating.
- Extend meat dishes with legumes (eg lentils or beans) or vegetables.

Week 3

Goal: enjoy breakfast!

Option 1 If you never eat breakfast then this week's challenge is to start the day with a bowl of high fibre breakfast cereal, fruit, yoghurt or wholegrain toast. Eating breakfast leads to improved energy and concentration levels throughout the day.

Option 2 If your breakfast is a pastry or croissant from the local café, then plan ahead and either eat at home or take a sandwich, fruit or yoghurt to eat at work.

Remember to set your alarm clock to go off 10 minutes earlier to give yourself enough time.

Week 4

Goal: choose lean meat

Option 1 Reduce excess fat on meat by choosing lean cuts, with the least visible fat and trim any extra fat off before cooking. Look for lean beef, trim lamb and new fashioned pork.

Option 2 If you already buy lean meat, consider the amount you eat. Remember that only a 1/5 of your plate needs to be taken up by meat (this is equal to 90-120g). The rest of your plate can be filled with vegetables, along with pasta, potatoes, rice or bread.

Option 3 Once you have bought lean meat, use low fat cooking techniques.

Remember to base your main meal on a variety of protein foods for example skinless chicken, fish, eggs, nuts, beans and lentils as well as lean meat.



Eating well: take the challenge continued

Week 5

Goal: eat more fruit and vegetables

Eating well doesn't mean that you have to eat less. Eat more fruit and vegetables - you'll feel more satisfied and get more vitamins, minerals and fibre every day.

Option 1 Try to increase your intake of fruit and vegetables until you reach the goal of a minimum of 2 servings of fruit and 5 servings of vegetables each day. One serve of fruit is one medium piece eg an apple or 2-3 small fruits eg plums, apricots etc. One serve of vegetables is half a cup cooked or one cup raw.

Option 2 Try a new fruit or vegetable every week.

Week 6

Goal: choose snack foods more wisely

Much of the excess fat we eat is disguised in snack foods. Just because you can't see it doesn't mean it isn't there!

Check out the fat content of these common choices.....

Potato crisps (1pkt/50g)	16.0g fat	Doughnut (1)	10.5g fat
Peanuts (1sm pkt/50g)	26.0g fat	Chocolate (100g block)	27.5g fat

These choices may be quick to buy and eat but they won't satisfy you for long.

Its okay to snack between meals but choose carefully. Give these foods a try:

Popcorn (1 cup)	2.0g fat	Low fat yoghurt (1ctn)	0.5g fat
Pretzels (1sm pkt/30g)	1.0g fat	English Muffin & jam	1.0g fat
Fresh fruit	0.0g fat	Scone & jam	4.0g fat

Week 7

Goal: choose well when eating meals away from home

You may be keeping your fat intake low at home but what about the foods you are buying from the cafe, sandwich shop or fast food outlet?



Eating well: take the challenge continued

These foods are often full of hidden fat so how can you choose wisely?

Option 1 Change from...

Quarter pounder with cheese <i>to</i> Hamburger with salad	36.0g fat 18.0g fat
Half pan pizza supreme <i>to</i> Quarter thin pizza supreme & salad	49.0g fat 19.0g fat
Fried chicken (2 pieces) <i>to</i> BBQ chicken breast, no skin	30.0g fat 3.5g fat
Pasta with 1/2 cup cream sauce <i>to</i> Pasta with tomato based sauce	42.0g fat 0.75g fat
Thai red curry <i>to</i> Thai beef salad	44.0g fat 4.0g fat

Option 2 Try these quick lunch suggestions:

- Bread, rolls, lavash or pita with ham, chicken, tuna salmon or cheese and a double helping of salad.
- Fresh fruit smoothie made with low fat milk, yoghurt or icecream.
- Vegetable soup with a crusty bread roll.

Week 8

Goal: reduce your alcohol intake

Your final challenge is alcohol. Don't panic, you don't have to give it up completely!

This week count how many days you drink alcohol and how many drinks you have.

The occasional beer or glass of wine with dinner is no problem so go ahead and enjoy. If you find you are drinking alcohol every day or are drinking large amounts two or three nights a week then this can have a negative effect on your health.

Option 1 Start by cutting your intake in half

Option 2 Reduce your intake until you are having at least two alcohol free days each week and no more than two drinks on any one night.



Eating well: take the challenge continued

Week 9

Goal: eat more low glycemic index carbohydrate foods

Low glycemic index (GI) carbohydrates may increase your feelings of fullness (assisting you with weight management) and may also improve your cholesterol and blood glucose levels.

Have at least one serve of a low GI carbohydrate-containing food at each meal or snack, or base at least two of your meals on low-GI choices.

Option 1 Choose wholegrain breads and cereals (eg, traditional porridge oats, All Bran,™ pasta, noodles, etc...), low fat dairy foods, temperate fruits (eg, apples, pears, oranges, stone fruits, etc...), and eat more legumes (lentils, chickpeas and beans)

Option 2 Look for the Glycemic Index Tested logo on food products when shopping or check out the www.glycemicindex.com website for more food ideas.



Congratulations!

You've made it to the end of the nine weeks. How do you feel? If you found any of the goals difficult to achieve, call your local Accredited Practicing dietitian for more help.

To maximise the benefits of healthy eating, maintain these changes and introduce regular physical activity.