

# Shopping Guide

DON'T FORGET 2 SERVES OF FRUIT & 5 SERVES OF VEGETABLES A DAY

One serve fruit = 1 medium piece or 2-3 small pieces

One serve veg = 1/2 cup cooked vegetables or 1 cup of salad vegetables

- Eat a variety of vegetables & include leafy greens in most meals; be creative
- Fruit contains complex carbohydrate in the form of fructose so you need less fruit than vegetables
- Carrots, sweet potatoes, potatoes, turnips & parsnips are higher in complex carbohydrates in the form of starch than other vegetables; don't have all 5 serves from this group
- Red/orange/purple coloured fruits & vegetables as well as spinach & onions are very high in antioxidants
- Broccoli, cabbage, cauliflower, brussels sprouts have "anti-cancer" properties
- Eat a mix of cooked & raw vegetables; steaming is the preferred method of cooking

**Vitamins, minerals, fibre, antioxidants; you can get it all with fruit & vegetables**

## PROTEIN IS IMPORTANT

- Animal sources: seafood, lean meat, poultry, eggs, dairy
- Non-animal sources: legumes (peas, beans, lentils), tofu, tempeh, miso, soya beans
- Have several meals a week of non-animal products

## EAT FIBRE & HEALTHY CARBOHYDRATES

- Wholemeal bread, pasta & rice, grains such as barley, oats, bran, rye, pumpernickel
- Pasta isn't fattening but the sauce might be!

**Healthy carbohydrates help protect you against diseases.**

## Living well isn't difficult; it only takes small changes

- Don't smoke
- Eat sensibly: try fruit (not juice) each morning, add vegetables to whatever you are cooking or have a salad with each meal (even breakfast; its very refreshing); read the labels on food & drinks – you don't need added sugar or salt! Don't over-eat
- Drink less alcohol & more water: 2 litres of water a day is good. Try an alcohol-free weekend & see how you feel. Don't binge drink
- Exercise regularly: take a daily walk around the neighbourhood-you'll be surprised at who's renovating, selling or also out walking
- Nurture relationships: make time for other people
- Participate in a non-work related hobby outside your home where you can interact with other people
- Watch an hour less TV a day: gain an hour more to do something constructive such as going to sleep earlier

**You don't have to deprive yourself: eat well rather than "diet"; enjoy small amounts of everything; save "unhealthy" food as a treat (you may enjoy it more!)**

[www.esdgp.org.au](http://www.esdgp.org.au)



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# small changes NOW

*make a big difference, at any age.*



**Arm Yourself for a Lifetime**

**Feel Good, Look Good**



**Take Your Health in Hand**



**The Party's Not Over**

*so what do you need to change*

# NOW?



## What is wrong with drinking alcohol?

- Alcohol is toxic to your body; drink too much & risk:
  - Brain damage, memory loss, hallucinations, fits, dementia, tingling, disturbed sleep, numbness, trembling hands
  - Chest infection, enlarged heart, high blood pressure, irregular pulse
  - Swollen liver, hepatitis, cirrhosis, ulcers, gastritis, vomiting blood, pancreatitis, uncontrolled diabetes
  - Muscle loss, impotence in men, infertility in women
  - Hurting other people as well
- Children, adolescents & pregnant women should not drink any alcohol
- Men: your limit is 4 standard drinks per day, 5 days a week (depending on health, the limit may be less)
- Women: your limit is 2 standard drinks per day 5 days a week (depending on health, the limit may be less)

**Do you drink too much alcohol?**

## Should you check in with your GP now?

**Kids 2-5 years:** check every 6-12 months for height, weight, waist circumference, hearing & vision

**Kids 6-18 years:** check every 1-2 years for height, weight, waist circumference, growth, progress at school & general development; people at higher risk of becoming overweight should be checked every 6 months (ask your GP about your risk factors)

**Women > 45 years & men > 50 years:** check every year for osteoporosis

**Adults > 50 years:** check every year for kidney disease & every two years for bowel cancer

**Adults > 55 years:** check every year for risk of stroke

**Anyone > 18 years old:** do you know what your risk is for high blood pressure, heart disease, stroke, or diabetes? You may need checks every 6 months

### **DON'T CHANCE IT; FIND OUT NOW**

AND don't forget to ask your GP about checks for cholesterol, skin & breast cancer, STDs & Pap tests

**Don't wait to become unwell; there may not be a cure & don't expect "a magic pill" to make everything ok**

## Regular exercise is important because you will

- Look & feel better, have more energy, sleep better & feel more self-confident
- Reduce stress, anxiety & symptoms of depression
- Improve concentration & relaxation
- Find it easier to manage weight, body fat, blood pressure, cholesterol levels & diabetes
- Strengthen your immune system & reduce the risk of heart disease, stroke, diabetes, some cancers including breast cancer & other diseases
- Help maintain joint mobility, manage pain & prevent falls & injury

**It's a win-win situation: look better, feel better, function better and reduce your chances of diseases; what are you waiting for?**

## What sort of exercise?

- Ideally, to maintain heart, lungs, muscles & bones do a minimum of 30 minutes (in total) a day of moderately intense exercise. To increase fitness or burn body fat, you may need more than this
- Mix it up with aerobic exercise, weight bearing exercise & exercise for flexibility
- Aerobic exercise should make you puff & pant but still able to speak: e.g. brisk walking, freestyle swimming, tennis, golf, dancing, housework & gardening
- Weight bearing exercise helps prevent & manage osteoporosis, depression & other conditions: e.g. lifting weights, carrying shopping, climbing stairs, resistance training, pilates
- Exercise for flexibility includes Tai Chi, yoga, dancing stretching, gardening, mopping & vacuuming
- Don't do strenuous exercise more than 5 days a week; your body needs to rest

**Regular exercise is important for everyone, no matter what age you are**

## Shopping guide: read the labels on all foods & drinks

**TRANS FATTY ACIDS ARE VERY BAD; AVOID THEM**  
Margarine, shortening, mass-produced peanut butter, hydrogenated vegetable oil, anything hydrolyzed

**SATURATED FATS ARE BAD; MINIMISE THEM**  
Animal, palm & palm kernel oil are the worst, dairy fats, stearic acid and coconut oil are a bit better

**POLYUNSATURATED FATS (linoleic acid) ARE BETTER;**  
They contain omega-6 (but too much of these will prevent the body using omega-3; there must be a good balance)  
Linoleic oil, sunflower oil, cottonseed oil, soybean oil, corn oil, rapeseed oil & safflower oil

**MONOSATURATED FATS (cis-fatty acid/oleic acid) ARE GOOD**  
Olive oil (cold-pressed & stored in glass best), avocado, nuts & oils from nuts

**OMEGA-3 (a-linoleic acid/ALA) IS VERY GOOD**  
Fish, flaxseed, walnuts, canola oils, linseeds

**BEWARE OF ADDED SUGAR UNDER DIFFERENT NAMES**  
Dextrose, fructose, fruit juice, glucose, honey, lactose, maltose, sucrose, sugar or syrup (any type)  
Fructose is the sugar found in fruit & is better; added fruit juice is better than the other types of sugars  
Products labelled low fat/cholesterol often have extra sugar; **READ THE LABEL**

**BEWARE OF ADDED SALT UNDER DIFFERENT NAMES**  
Sodium, sodium bicarbonate, MSG (monosodium glutamate), garlic salt, booster, stock cubes

**AVOID CHEMICALS & ADDITIVES**  
Check what has been added: colouring, flavouring, stabilisers, emulsifiers etc.

**DARK CHOCOLATE IS GOOD FOR YOU IF**  
It contains at least 55% cocoa & is eaten in moderation