



Australia's Healthy Weight Week is a time for all Australian's to eat better, feel better and move more.

With the support of the Dietitians Association of Australia and its expert Accredited Practising Dietitian members, Australia's Healthy Weight Week will help you start your new lifestyle NOW!

Why eat *better*, feel *better* and move more **NOW?**

- Being a healthy weight helps you live life to the full.
- Eating better food and being active helps you feel healthy and happy.
- If your weight is healthy it is important to keep it healthy.
- If you are overweight losing a few kilograms will make a big difference.



What's a healthy weight?

Waist circumference

A healthy weight is different for everybody as we all come in different shapes and sizes.

But we do know that people who have most of their body fat around their waist (abdominal fat) have an increased risk of type 2 diabetes, high blood pressure and heart disease.

So when it comes to being a healthy weight having a waist circumference in line with the below recommendations is a great start.

**Men should aim for below
94cm**

**Women should aim for below
80cm**

The correct place to measure your waist is horizontally halfway between your lowest rib and the top of your hipbone. This is roughly in line with your belly button. Make sure the measuring tape is snug, but not squeezing the skin.

Body Mass Index

Body Mass Index (BMI) is another way of assessing your weight but it doesn't suit everyone. For more information on BMI go to:

www.healthyweightweek.com.au



Eating better means:

Eat at least **two** serves of fruit and **five** serves of vegetables each day

- Eat one more piece of fruit and one more vegetable than you eat now
- Add fruit and/or vegetables to every meal and snack
- Choose fresh, dried, frozen or tinned fruit and vegetables



Eat breakfast every day

- Wholegrain cereal with fresh or tinned fruit and reduced fat milk
- Wholegrain or fruit toast with mashed banana
- A fruit smoothie with reduced fat milk, reduced fat yoghurt and fruit
- Grilled mushrooms and tomatoes on wholegrain toast
- A glass of milk or a tub of yoghurt and a piece of fresh fruit



Eat smaller serves

- Use smaller plates
- Choose entrée serves when eating out
- Serve up a small portion and go back for more if you're hungry, rather than serving up a large portion just in case
- Go for quality not quantity - meal deals are not good value if they are bad for your health and weight

Choose reduced fat dairy food

- Drink low or reduced fat milk
- Eat reduced fat or diet yoghurt
- Eat reduced fat cheese (note: 'lite' cheese may not be low in fat)



Choose lean meat

- Cut any visible fat from meat before you cook it
- Remove the skin from chicken and other poultry
- Choose lean cold meats like ham, roast turkey or roast beef over fatty meats like salami, devon, fritz or metwurst
- Buy the best quality mince you can afford - the less white (fatty) bits the better

Drink water

- Make water your main drink
- Drink at least two litres of fluid each day (between 8 – 10 glasses)
- Have a glass, bottle or jug of water close by at all times
- Drink a glass of water before you start eating meals and snacks



Limit high kilojoule drinks and high fat foods to once a week or less

- High kilojoule and high fat foods include cakes, biscuits, lollies, chocolate, sweet or savoury pastries (pies, pasties, croissants, sausage rolls), take away foods like hamburgers, hot chips, pizza
- High kilojoule drinks include soft drink, energy drinks, cordial and alcohol

Choose healthy snacks

- A small handful of raw nuts
- Fruit
- Vegetable sticks
- Reduced fat yoghurt

Take time to enjoy your food

- Turn off the TV when eating
- Sit at a table and enjoy meals with your family
- Don't eat on the run
- Take meal breaks away from your desk

To help kick start the new healthier you, try the **AHWW 10 week challenge**

Week 1	<input type="checkbox"/>
Start a food diary. This will help you see what you're eating and drinking. Visit www.healthyweightweek.com.au to download a diary template.	
Week 2	<input type="checkbox"/>
Eat breakfast every day.	
Week 3	<input type="checkbox"/>
Choose lower fat versions of three foods you eat often. This will lower your energy intake enough to shed some kilos.	
Week 4	<input type="checkbox"/>
Take the stairs at work instead of the lift, or walk to your local shops. Work up to being active for at least 30 to 60 minutes each day.	
Week 5	<input type="checkbox"/>
Switch to healthier drinks. Swap soft drinks, cordials and juice for diet versions - or better still choose water.	
Week 6	<input type="checkbox"/>
Add one more piece of fruit and one more serve of vegetables to your day.	
Week 7	<input type="checkbox"/>
If buying treats, choose smaller sizes and have these around less often. Plan when you will have treats (eg once a week).	
Week 8	<input type="checkbox"/>
Shrink your portion sizes. Doing this at every meal is a sure-fire way to lower your energy (kilojoule) intake. Use smaller plates and bowls.	
Week 9	<input type="checkbox"/>
If you drink alcohol, reduce your intake and aim for at least two alcohol free days each week. Use a smaller glass and choose low alcohol options.	
Week 10	<input type="checkbox"/>
Get the right support - explore the Australia's Healthy Weight Week website and seek the advice of an Accredited Practising Dietitian (APD) .	

(Pull this page out and stick it on the fridge and tick each week off as you go)



Try these delicious meal ideas

- Homemade hamburgers made with lean mince, onion, dried breadcrumbs and eggs to combine. Serve with beetroot, avocado, tomato, lettuce and grated carrot.
- Homemade pizza made with pita bread spread with tomato paste and top with onion, tinned tuna in spring water, baby spinach leaves, tomato, chilli sauce, capsicum and reduced fat mozzarella cheese.
- Stir-fry made with lean beef or skinless chicken breast and lots of vegetables, served with rice or noodles and a sprinkle of nuts.
- Grate vegetables and combine with cooked lean mince meat and then wrap in filo pastry and baste with reduced fat milk. Put in the oven till crispy.
- Lasagne sheets layered with spinach, ricotta cheese, lentils and a mix of other vegetables, topped with tomato based pasta sauce and reduced fat mozzarella cheese.



For more healthy recipes visit

www.daa.asn.au



Moving more means:

Try a wide variety of physical activities

- Find something that fits into your lifestyle and that you enjoy

Be active throughout the day in as many ways as possible

- If possible walk to work or school
- Take the stairs instead of the lift
- Park further away and walk to your destination
- Walk or play with your children or pet
- Challenge family and friends to be active with you

Spend less time sitting

- Get up from the computer or TV at least once every hour
- At work, walk and talk to a colleague rather than send internal emails
- During TV ad breaks, get up and do some simple exercises
- Take TVs out of bedrooms and avoid lying down in front of the TV

Be moderately physically active for at least 30 to 60 minutes on most days

- Moderate-intensity activities cause a slight, but noticeable, increase in your breathing and heart rate. You should be able to talk, but not sing, whistle or carry on a long conversation without feeling breathless
- You can break your activity into 2 or 3 bouts of 15-20 minutes each

Check with your GP before starting any new exercise

Try
dancing,
walking,
riding,
skipping,
swimming
or
team sports



Where to go for more help

Visit the Australia's Healthy Weight Week website at www.healthyweightweek.com.au for more tips and advice on how to

eat better,
live better,
move more NOW!

Look no further than an Accredited Practising Dietitian (APD)

An **Accredited Practising Dietitian** is your diet coach - they can tailor an eating plan to your individual lifestyle and support and motivate you to make changes for life. Call, toll free, 1800 812 942 or visit 'Find an APD' at www.daa.asn.au to contact your local APD.

For more information about physical activity and to find an Accredited Exercise Physiologist visit the Australian Association for Exercise and Sport Science (AAESS) website www.aaess.com.au



Contact us for additional copies
of this booklet at
nationaloffice@daa.asn.au
or 02 6163 5200.

You can also download copies at
www.healthyweightweek.com.au

For advice on any symptoms or conditions referred to in this booklet, please contact your health care professional.

© 2008 Dietitians Association of Australia ABN 34 008 521 480. This booklet is copyright. Except as permitted under the Copyright Act, no part of this publication may be reproduced by any process, without the specific written permission of the copyright owner, except that one copy of this booklet may be downloaded for free for personal use from the website www.healthyweightweek.com.au. Enquiries should be directed to nationaloffice@daa.asn.au

