

Eat Well tips fact sheet

Enjoy eating well

Eating well is about enjoying the food you eat, not just about nutrients. Vitamin and mineral supplements should not, and cannot, be used to replace a balanced diet. So get into the habit of enjoying tasty, fresh and healthy meals. It's easy once you're in the swing of it! Here are a few tips.

- Eat a healthy breakfast.
- Avoid snacking between meals.
- Plan healthy, quick and easy meals for busy days.
- Enjoy cooking - experiment with new foods and try new Recipes.
- Make the most of foods in season.
- Eat the right amounts from the right food groups.
- Make mealtimes special occasions for the whole family.
- Enjoy eating out – but check the eat-out and take-away tips.
- Eat slowly and savour every mouthful.
- Listen to your body - stop when you feel full.
- Quit smoking - you'll enjoy the taste of healthy, fresh meals so much more! Call the Quitline on 13 QUIT (13 78 48).

Get your 2&5® every day

Try these tips to make sure you get at least two fruit and five vegetable serves each day:

- Add extra vegies to stir-fries, curries or casseroles.
- Add a salad as well as extra vegies to main meals.
- Pack fresh fruit for a quick snack on the run.
- Add an extra serve of salad to your sandwich.
- Puree fruit and pour into ice-block moulds to make great icy poles or add to drinks.
- Chop chunks of different fruit and thread on a skewer for a fruit kebab desert or snack.
- Serve carrot and celery sticks, florets of broccoli and cauliflower with a low fat dip.
- Buy fruit and vegetables in season - they are usually better quality and cheaper.

Boost your fibre

- Choose wholemeal, wholegrain and seeded breads instead of white.
- Add fruit to breakfast cereal and choose a cereal that's high in fibre.
- Keep the skin on fruit and vegetables (wash them well first) and Go for 2&5® every day!

Drink more water

- Always keep a jug of chilled water in the fridge.
- Add fresh lemon juice or mint leaves for flavour.
- Take a water bottle with you when you're out.
- Keep a water bottle on your desk at work or school.
- Have a glass of water with every coffee or alcoholic drink to help replace water loss.

Tips for less sugar

- Train your taste buds to rely less on sweetness.
- How many sugars do you have with your cuppa? Cut down gradually to zero!
- Go for fruit instead of biscuits, chocolate, cakes or lollies.
- Choose foods and drinks with no added sugar, especially soft drinks.

Tips for less saturated and total fat

- Choose lean cuts of meat and poultry and trim off visible fat and skin.
- Choose polyunsaturated or monounsaturated margarines and oils, especially reduced fat varieties, and only use a little.
- Use spreads like margarine sparingly, especially on toast!
- Use a thin layer of avocado or low-fat mayonnaise or dip instead of butter or margarine.
- Go easy on high-fat nuts like peanuts.
- Go for fruit instead of potato chips and other high-fat and/or high-sugar snack foods like biscuits and cakes.
- Use low or reduced fat milk or soy milk, yoghurts and cheese.
- Avoid high fat meat products like sausages, bacon, salami or ham.

Tips for less alcohol

In Queensland, 43 per cent of men and 33 per cent of women drink alcohol at risky levels. Men should drink no more than four standard drinks in a day, with one to two alcohol free days per week. Women should drink no more than two standard drinks in a day, with one to two alcohol free days per week. However, alcohol is very high in kilojoules, so if you are trying to maintain or lose weight, you should drink much less than this. Here are some tips to help:

- Alternate a glass of cold water, mineral water or soda water for each alcoholic drink.
- Use low kilojoule mixers like diet cola or diet tonic.
- Avoid drinking in rounds or shouts, which can encourage you to drink more than planned.
- Replace a standard beer with a light or low-alcohol beer.
- Have only half measures of spirits.
- Make your drink last - sip it slowly.

Remember, if you have been drinking, ask a non-drinking friend or relative to drive you home.

Tips to quit smoking

The benefits of quitting are huge. Not only are there important health benefits, but you'll enjoy your food and physical activity more. Within a year of being smoke free, your risk of dying from heart disease will have halved. Within ten years, your risk of lung cancer will be more than halved and will continue to decrease over time.

In Queensland, the smoking rates amongst women in their twenties is the highest in Australia. These young women are not only at greater risk of lung cancer, but also of cervical cancer, reduced fertility and difficulties with pregnancy and childbirth.

The Quitline 13 QUIT (137848) is Queensland Health's 24-hour telephone counselling service. Trained counsellors are available any hour, seven days a week.