

# Eating for Your Health

Session 4

# Outline

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- Session 3 recap / Homework review
- Healthy Eating
- Everyday & Sometimes Kai
- Label Reading
- Planning & Preparation
- Goal Setting
- Confidence Levels
- Summary & Questions



# Review

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- Body shape diversity
- Challenge unhelpful thoughts
- Resilience building
- Movement



# Healthy Eating

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# Everyday & Sometimes Kai

Every Day



Sometimes



# Everyday Food Groups

Veg (5+) & Fruit (2+)	Grains & Starches (6)	Dairy & Alternatives (2-3)	Meat & Alternatives (2-3)
			



# kia kaha te kai

ngā hua whenua  
me ngā hua rākau

## kia āhua nui te kai

parāoa, hua patakaī, hua  
kano, hua whenua māngaro

ika, mīti, heihei,  
rekiumu, hēki

miraka, miraka  
tepe, tīhi

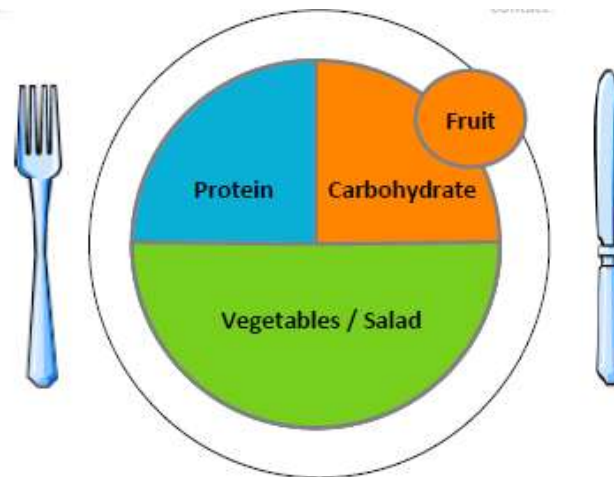
etahi hinu me ngā nati

Kia kī te kai i te kai pararehe, kai ārangaranga, me ngā kai me te momo hua he nui te hūka, tōte, ngāka kōka me te ngāka wāhi.



**Te Whatu Ora**  
Health New Zealand

# Healthy Eating Plate



## Protein



Aim for a **palm size** serve of protein e.g. chicken, fish, tofu, meat OR a handful of lentils or beans OR 2-3 eggs.

## Carbohydrates



Aim for a **fist size** serve of carbohydrates e.g. kumara, potato, rice, taro, yam, pasta, grains, green banana, noodles or bread (1-2 slices). You can include a piece/handful of fruit.

## Vegetables / Salad



Aim for **2 handfuls** of vegetables or salad e.g. broccoli, carrots, spinach, watercress, puha, courgette, cauliflower, tomato, cucumber, eggplant, lettuce or cabbage.



# Portion Sizes

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**VEGETABLES**



**GRAINS & STARCHES**



**POULTRY & MEAT**



**FISH**



# Making Changes

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*Try to add foods in...*



*...rather than taking them away*



[www.vegetables.co.nz](http://www.vegetables.co.nz)

# Label Reading

Nutrition Information Panel (cereal)		
Serving Size: 40g		
Servings per pack: 10		
	Per serve	Per 100g
Energy - KJ	588	1470
- Cal	141	352
Protein (g)	2.9	7.3
<b>Fat – Total (g)</b>	<b>0.7</b>	<b>1.7</b>
- Saturated	0.2	0.4
Carbohydrate-Total (g)	28.8	72
- Sugars (g)	10	25
Dietary Fibre (g)	2.9	7.3
Sodium (mg)	123	308
Potassium (mg)	77	193
Iron (mg)	2.7	6.7
Calcium (mg)	178	444

## Fat

Try to choose products with:

- less than 10g per 100g total fat
- less than 2g per 100g saturated fat

## Sugars

Try to choose products with:

- less than 10g per 100g
- less than 5g per 100ml for drinks
- less than 25g per 100g for cereals or muesli bars that have dried fruit

## Fibre

Try to choose products with more than 6g per 100g dietary fibre

## Sodium (Salt)

A low salt product is less than 120mg per 100g. A high salt product has more than 450mg. Try to choose those with less than 450mg/100g.

When comparing products, always use the “per 100g” or “per 100ml” columns, rather than the “per serve” column, as serving sizes can vary between products.



# Being Prepared

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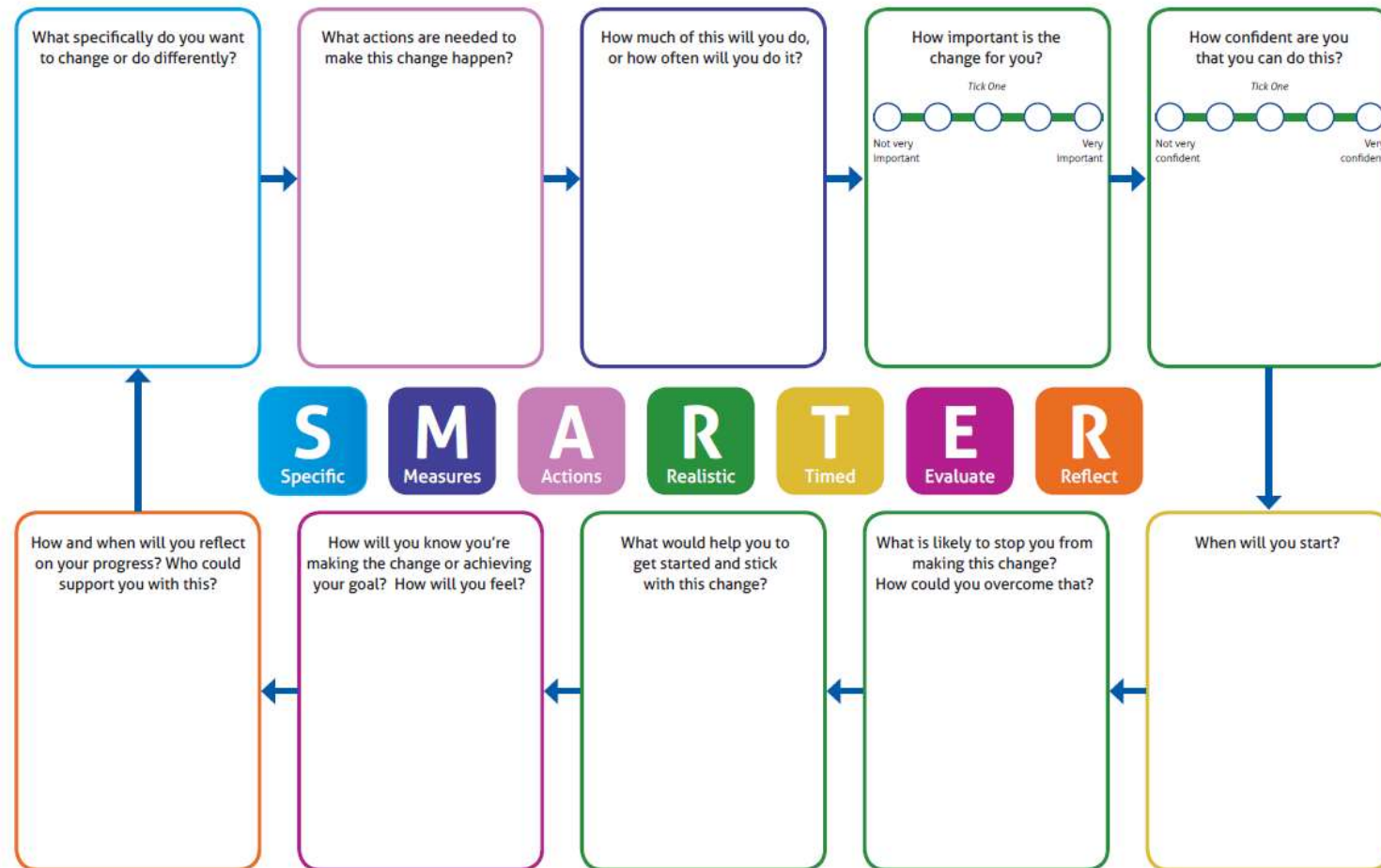


# Ideas

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- Plan meals
- Shopping list / To do list
- Freeze bulk meals
- Stock snacks
- Phone reminders / alarms
- Have gear ready
- Diary appointments (with someone)

# Goal Setting





# Confidence Levels

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How **confident** are you that you could make a change right now?

*Place a circle where you think you are*

1	2	3	4	5	6	7	8	9	10
Not Confident				Somewhat Confident			Very Confident		

# Summary

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- Making changes
- Eating Awareness – hunger/fullness scale
- Non-hungry eating, how to recognise and manage
- Why diets don't work
- Mindful eating
- Buzz kai/foods
- When things don't go to plan
- Accepting & embracing body shape & size diversity
- Looking at all areas of our health
- Psychological health
- Movement for the joy of it
- Health eating / Every day & sometimes kai
- Planning & preparation
- Goal setting



# Pātai

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[www.info.health.nz](http://www.info.health.nz)

- *Click on Locations - Auckland - Auckland (North and West) - North Shore Hospital – Dietetic Education “Eating for Your Health”*

Acknowledgements: The Non-Diet Approach Guidebook for Dietitians © 2013 by Fiona Willer, The Mental Health Foundation of NZ [www.mentalhealth.org.nz](http://www.mentalhealth.org.nz), & The Resilience Project™ [www.theresilienceproject.com.au](http://www.theresilienceproject.com.au)