

Your assessment

**NUTRITION
EAT WELL
FOR
HEALTH**

Healthy eating can help you feel better, lower your blood cholesterol, blood pressure and weight and lower your chance of getting heart disease, high blood pressure, stroke, diabetes and some cancers.

How much is 1 serve?

Vegetables	½ cup cooked vegetables; or ½ cup of cooked legumes; or 1 small potato; or 1 cup of salad
Fruit	1 medium-sized apple, banana, orange or pear; 2 small apricots, kiwi fruit or plums; 1 cup canned fruit; ½ cup juice; 4 dried apricot halves; or 1½ tablespoons sultanas
Cereals/Breads (wholegrain is preferable)	½ cup muesli; 1 cup porridge; 1⅓ cups of breakfast cereal; 1 cup cooked rice, pasta or noodles; or 2 slices of bread
Meat & Alternatives	65-100g (Fist-sized portion) lean meat, chicken or fish; 2 eggs; or ½ cup of baked beans
Dairy	2 slices of cheese; 1 cup milk, small tub of yoghurt
Extra Foods	1 tablespoon butter, margarine, oil; 1½ scoops (50g scoop) ice cream

What food do you usually eat?

In the list below, compare the amount you eat to the serving size, and then tick how many of these servings you normally eat on a typical day.

Food (and serving size)	Servings on a typical day					
	0	1	2	3	4	5+
Vegetables (½ cup)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Fruit (1 medium piece)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread (2 slices), cereals (1 cup porridge), rice, pasta, noodles (1 cup cooked)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lean meat, fish, poultry (100g), legumes (½ cup), nuts and seeds (¼ cup)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy and fortified milk substitutes: milk (1 cup), yoghurt (1 tub), cheese (2 slices)	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oils, soft margarines (1 tablespoon)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes, biscuits, pies and pastries (average serve)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take away food (e.g. fried chicken or fish, chips, burgers) (1 meal)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinks (sugary soft drink, juices, energy drinks) (1 glass)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alcohol (small glass wine, nip of spirit, middy/pot beer)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Your minimum daily intake is outlined in green

Disclaimer The above minimum daily intakes are a guide for male and female adults 19 years and over. Some genders and age groups may require more serves of certain food groups depending on their requirements. Pregnant and Breastfeeding women, along with children and adolescents will have different minimum daily intake requirements. Refer to the *Australian Guide to Healthy Eating* for more specific requirements.

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How do you 'measure up'?

Weight Kg Height cm Waist circumference* cm

*To measure your waist circumference place a tape measure halfway between the top of your hip bone and bottom of your rib cage.

How ready are you to change your eating habits/lose weight?

1 How comfortable are you with your eating habits/weight?

Tick the box that best matches your current attitude

NOT AT ALL VERY COMFORTABLE

0 1 2 3 4 5 6 7 8 9 10

2 How important is it to you to eat a healthier diet/lose weight?

Tick the box that best matches how important this is to you

NOT AT ALL VERY IMPORTANT

0 1 2 3 4 5 6 7 8 9 10

3 How confident are you that you can change your eating habits/lose weight?

Tick the box that best matches your current confidence level

NOT AT ALL VERY CONFIDENT

0 1 2 3 4 5 6 7 8 9 10

When making changes to your diet, it is important you feel motivated and confident that you can achieve your goals. You can ask your health team for help.

Additional information

1 Do you have food allergies/intolerances?

No

Yes gluten dairy peanuts
tree nuts eggs other

2 Are you vegetarian/vegan? No Yes

3 Are there any foods you cannot/will not eat?

No

Yes

Watch your salt intake

Eating too much salt (sodium) can raise your blood pressure, which increases your risk of stroke and heart attacks. Most people say they don't use much salt, which usually means they don't add salt to food. However, most processed foods also contain salt, which makes it hard to avoid. Foods that are naturally low in salt include fresh fish, lean red and white meat, poultry, fresh vegetables and fruit.

- Check food labels for sodium to compare products, brands and varieties and **choose the lower salt options.**
- Use **lemon juice, garlic, vinegar, or herbs and spices** as an alternative to salt when cooking.
- Limit foods that are high in salt where possible or try to choose **low salt varieties.**

To improve my eating habits

I will try to:

- eat serves of vegetables every day (ideal target is 5 serves a day)
- eat pieces of fruit every day (ideal target is 2 pieces of fruit a day)
- eat no more takeaway than meals per week (ideal target is one or less per week)
- eat 'reduced or low fat' dairy products
- choose wholegrain breads and cereals, instead of white breads and low fibre cereals
- choose healthy snack options, and limit high energy foods such as lollies, cakes, biscuits
- drink water instead of sugary soft drink, cordial, sport drinks and fruit juice
- drink no more than standard alcoholic drinks per day (ideal target is 2 or less standard drinks a day and having regular alcohol free days)

Tips to succeed

I will try to:

- use low fat cooking methods (e.g. grilling, stir-frying, steaming, microwaving)
- avoid adding salt to my cooking and to food at the table
- choose mono or polyunsaturated oils and spreads (e.g. olive or canola) and use less than 1 teaspoon per person when preparing meals
- have regular meals, including breakfast
- eat smaller serves (try using a smaller plate)
- avoid watching TV or reading while eating
- make a list of other activities to do instead of eating when bored or stressed
- remove visible fat from meat and skin from chicken

Self monitoring

Tips to monitor my progress:

- keep a food diary to record what I eat and drink and when
- use a pedometer to see how much physical activity I do. I will gradually increase my number of steps by 500/day until I reach 10,000 steps a day
- weigh myself or measure my waist circumference once a week

Healthier weight goals

It is best to start with short-term and realistic goals. Aim to reduce your weight by 5% of your current weight. For example if you weigh 100kg now, aim for 95kgs.

I currently weigh	<input type="text"/>	Kg
I want to reach the healthier weight of	<input type="text"/>	Kg
<input type="text"/>	weeks from now.	

My prescription

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You can get to a healthier weight by eating healthy foods most of the time and exercising more. The following will assist me to reach and maintain a healthier weight.

Tips for managing your weight

- Aim to lose no more than 0.5–1 kg a week
- Ensure your goals are achievable
- Choose one or two goals to work on at a time

Healthy portions on your plate

As a guide, your meal should contain the following proportions:

- $\frac{1}{4}$ meat and/or meat alternatives
- $\frac{1}{2}$ vegetables and/or salad (have a variety of different coloured vegetables)
- $\frac{1}{4}$ starchy foods such as potatoes, rice, pasta, couscous or bread

Tips for eating more vegetables and fruit

- Eat vegetables and fruit at breakfast (e.g. add fruit to breakfast cereals).
- Include legumes such as kidney beans, bean mix or lentils in soups and salads
- Buy vegetables in season—they are often cheaper.
- Frozen or canned vegetables/fruit (no added sugar/low salt varieties) are a good alternative to fresh vegetables as they are quick and easy to prepare

Example meal plan

This suggested meal plan is not intended to be a weekly menu. To increase food variety, choose from different wholegrain breads and cereals, fruits and vegetables in season and lean meats, chicken, fish and legumes.

Breakfast

Wholegrain breakfast flakes or muesli with low fat milk and/or low-fat yoghurt and a piece of fruit

Lunch or light meal

Wholegrain bread roll with salad and canned tuna and in season fruit

Main meal

Lean lamb, beef, chicken or pork roast with jacket potato and steamed vegetables—pumpkin, spinach, beans, corn and canned fruit with low-fat yoghurt or custard or fresh fruit salad

Healthy snack ideas

- Bread or toast (try wholegrain varieties)
- High fibre breakfast cereal
- Low fat yoghurt
- Fruit or fruit smoothie using low fat milk and yoghurt
- Rice crackers with low fat dip

Additional support

To support me to reach my goals I have been referred to:

My next appointment is with

 in weeks

Clinician's signature: