

Healthy Eating: *Everyone's Priority*

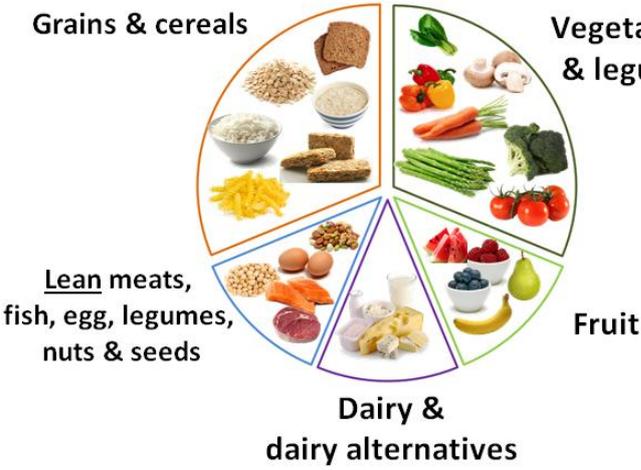
Why is nutrition and diet an important issue for all mental health consumers?

- Eating a balanced diet is important for good health
- The amount and type of food you eat affects how you feel, how your body works and the types of diseases that may develop
- Some medications prescribed for mental health conditions can cause an increase in appetite, cravings for higher fat and sugar foods, and weight gain
- This can increase the risk of lifestyle related diseases such as type 2 diabetes and cardiovascular disease.

Benefits of Healthy Eating

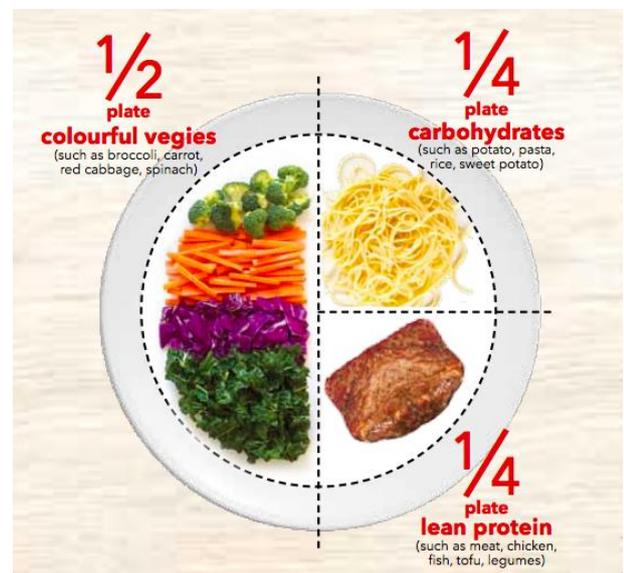
- **Weight maintenance or weight loss, especially around the waist**
- **Improve cholesterol, glucose and insulin levels**
- **Improve energy levels**
- **Improve self esteem**
- **Improve mood**

What is healthy eating?

Everyday (Core) Foods	Occasional Foods
<p>Healthy eating means eating a variety of foods that give you the nutrients you need to maintain good mental and physical health. For optimum health, it is important to eat foods from the five core food groups every day.</p>  <p>Grains & cereals</p> <p>Vegetables & legumes</p> <p>Fruit</p> <p>Dairy & dairy alternatives</p> <p>Lean meats, fish, egg, legumes, nuts & seeds</p>	<p>The below foods are high in fat, salt and sugar. They are not needed as part of a healthy diet should be eaten only sometimes and in small amounts.</p> 

What does a balanced meal look like?

- Fill half of your plate with at least 3 different coloured vegetables or salad
- Fill one quarter of your plate with lean meats, chicken, fish, eggs or legumes (like chickpeas, lentils and kidney beans)
- Fill one quarter of your place with carbohydrates like sweet potato, potato, brown rice or pasta



How much, and of what, should I be eating?

Breads and cereals

Eat 3–6 serves daily

1 serve is:



½ cup cooked rice or pasta

½ cup

⅔ cup cereal

Eat wholegrain and high fibre types more often

Fruit

Eat 2 serves every day

1 serve is:

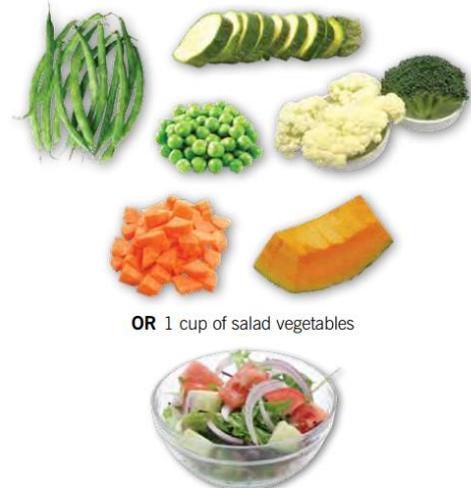


Eat fresh fruits more often

Non-starchy vegetables

Eat at least 5 serves every day

1 serve is ½ cup of cooked vegetables



OR 1 cup of salad vegetables

Eat fresh vegetables more often

Dairy foods

Eat 2–4 serves daily

1 serve is:



200g yoghurt

250ml milk

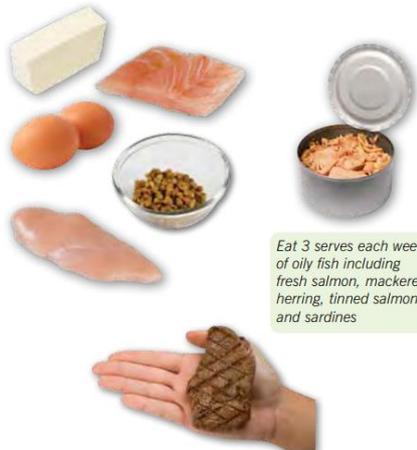
2 slices of cheese

Eat low fat dairy foods

Meat and alternatives

meat, chicken, fish, eggs, tofu, legumes

Eat 2–3 serves daily



Eat 3 serves each week of oily fish including fresh salmon, mackerel, herring, tinned salmon and sardines

The palm of your hand is 2 serves

Eat low fat meats/alternatives

Sample meal plan



Breakfast



Mid-morning snack
(2-3 hours after breakfast)



Lunch
(2-3 hours after mid-morning snack)



Afternoon snack
(2-3 hours after lunch)



Dinner
(2-3 hours after afternoon snack)



Supper
(2 hours after dinner if feeling hungry)

Source: <https://diabeteswa.com.au/wp-content/uploads/2016/07/ATSI-Healthy-Eating-Pictorial-Guide-LO-RES.pdf>

Who can I see for more support with healthy eating?

Contact the dietitian in your health centre, or talk to your GP about a referral to a dietitian