



EAT
WELL
LIVE
WELL

Healthy eating for
every life stage

CONTENTS

Deputy Mayor's Message.....	3
HEALTHY EATING PATTERNS.....	4
Eat a variety of healthy foods.....	5
Choose water every day.....	12
Be physically active.....	13
HEALTHY EATING SKILLS.....	14
Plan what you eat.....	15
Select healthy ingredients.....	18
Prepare healthy meals.....	19
HEALTHY EATING HABITS.....	22
Eat together.....	23
Enjoy traditional foods.....	24
Reduce food waste.....	25
LEARN MORE.....	26

Acknowledgement of Country

We Acknowledge the Wadawurrung People as the Traditional Owners of the Land, Waterways and Skies. We pay our respects to their Elders, past and present. We Acknowledge all Aboriginal and Torres Strait Islander people who are part of our Greater Geelong community today.

DEPUTY MAYOR'S MESSAGE

A healthy community is one where everyone has the opportunity to experience their best possible health and wellbeing.

While there are many factors that influence health and wellbeing overall, healthy eating plays a central role for every individual.

Through our four-year strategic document, Our Community Plan 2021-25, the council is making it a strategic focus to foster a healthy, caring and inclusive community.

We want to promote and support behaviours that will help people maintain a healthy weight and avoid chronic disease.

This will require ongoing effort to make it easier for our community to gain access to affordable, culturally appropriate, safe and healthy food options.

This booklet is a key action in the first year of Our Community Plan, as we strive to achieve our strategic aims.

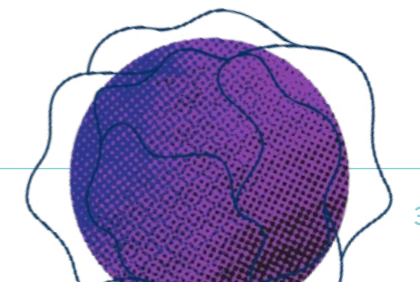
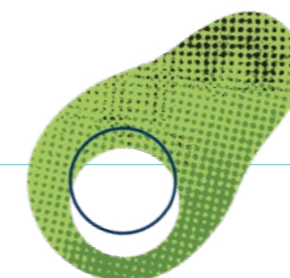
It contains evidence-based information and practical advice to help Greater Geelong residents understand and meet their food and nutrition needs throughout their lives.

It has been developed in line with key national guidelines, food literacy research, and the World Health Organisation and Food and Agriculture Organisation of the United Nations' definition of healthy and sustainable diets.

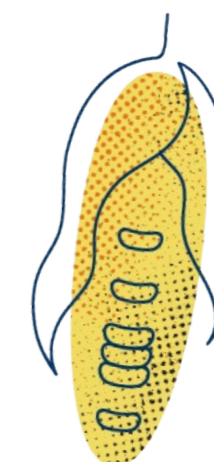
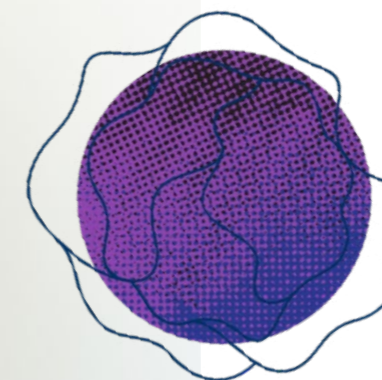
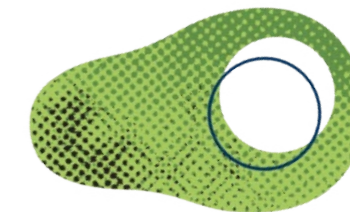
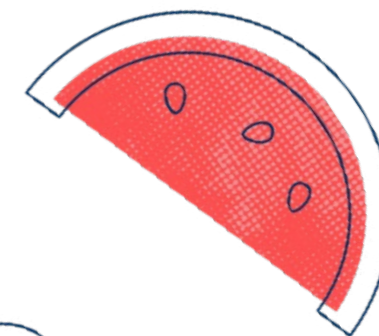
We hope you will find it useful, and wish you every success on the path to a healthy and happy lifestyle.

COUNCILLOR TRENT SULLIVAN

Deputy Mayor, City of Greater Geelong



HEALTHY EATING PATTERNS



EAT A VARIETY OF HEALTHY FOODS

Your eating pattern is what you eat and drink most regularly. It can include foods that reflect your culture, taste, budget and lifestyle.

In a healthy eating pattern, all of the foods and drinks work together to help you:

- ✓ *Feel good*
- ✓ *Be active*
- ✓ *Maintain your health*

Vegetables & Legumes



Fruit








Grains



Meat & Dairy



HOW MANY SERVES DO YOU NEED EACH DAY?

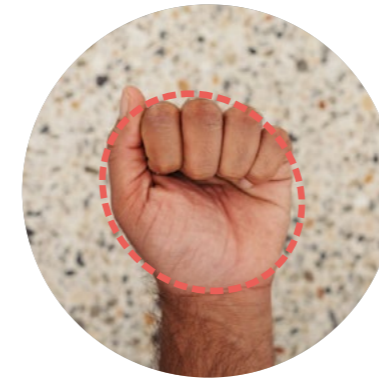
					
Babies & Toddlers					
0-12 months	Breastmilk, or commercial infant formula, is the main food until around 6 months old.				
1-3 years	2 - 3	½ - 1	4	1	1 - 1½
Children					
4-8 years	4½	1½	4	1½	1½ - 2
9-11 years	5	2	4 - 5	2½	2½ - 3
Teenagers					
12-13 years	5 - 5½	2	5 - 6	2½	3½
14-18 years	5 - 5½	2	7	2½	3½
Pregnancy	5	2	8	3½	2½ - 3½
Breastfeeding	5½	2	9	2½	4
Adults					
19-50 years	5 - 6	2	6	2½ - 3	2½
Pregnancy	5	2	8½	3½	2½
Breastfeeding	7½	2	9	2½	2½
Older Adults					
51-70 years	5 - 5½	2	4 (Women) 6 (Men)	2 - 2½	4 (Women) 2½ (Men)
70+ years	5	2	3 (Women) 4½ (Men)	2 - 2½	3½ - 4

HOW MUCH IS A SERVE?

A serve is a way of measuring food.

You need different amounts of food from each food group to give your body the nutrients it needs.

You can estimate a serve of different foods by using your hands:



Whole fist

Useful for estimating:

- Non-starchy vegetables
- Legumes
- Fruit
- Milk and yoghurt



Half fist

Useful for estimating:

- Starchy vegetables
- Rice, pasta and cereal
- Tofu



Palm

Useful for estimating:

- Bread
- Meat, poultry and fish



Cupped palm

Useful for estimating:

- Dried fruit
- Nuts



Thumb

Useful for estimating:

- Cheese



Tip of thumb

Useful for estimating:

- Oil
- Margarine

CHOOSE WATER EVERY DAY

Your body needs water to perform most of its functions. Tap water is the best choice.

Swapping sugary drinks like juice, cordial and soft drinks for tap water helps you:

- ✓ Maintain a healthy weight
- ✓ Prevent chronic diseases
- ✓ Have healthy teeth

How much water do you need each day?

Babies	Start to give your baby water in a sippy cup from 6 months old. If your baby is having infant formula, give them water that has been boiled and cooled on hot days before 6 months old.	Adults	
Toddlers		Older Adults	
Children		Pregnancy	
Teenagers		Breastfeeding	

Be careful with alcohol

To reduce the risk of harm from alcohol-related disease or injury, adults should drink **no more than 10 standard drinks a week** and **no more than 4 standard drinks on any one day**. Not drinking alcohol is the safest option if you are pregnant or breastfeeding.

A standard drink = 10 grams of alcohol

 Wine 100ml glass	 Sparkling 100ml glass	 Spirit 30ml nip (shot glass)
 Cider 285ml glass (pot)	 Beer (Full Strength) 285ml glass (pot)	 Beer (Light) 425ml glass (schooner)

BE PHYSICALLY ACTIVE










Physical activity includes exercise, as well as other movements you make as part of working, playing or relaxing.

Together with a healthy eating pattern, regular physical activity helps you:

- ✓ Maintain a healthy weight
- ✓ Have strong muscles and bones
- ✓ Feel good and sleep well

How much physical activity do you need?

Babies 30 minutes tummy time per day	Toddlers 3 hours play per day	Children 60 minutes per day	Teenagers 60 minutes per day	Adults 2 ½ hours per week	Older Adults 30 minutes most days	Pregnancy 2 ½ hours per week
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<p>AT HOME</p> <p></p> <p>Try balancing or stretching while watching TV or brushing your teeth</p> <p></p> <p>Cleaning counts as part of daily physical activity</p> <p></p> <p>Gardening is a good way to be physically active</p>	<p>AT SCHOOL</p> <p></p> <p>Physical activity can improve children's concentration</p> <p></p> <p>Safe biking and walking routes to school benefit children and the environment.</p> <p></p> <p>Organised sports and playground games give children opportunities to move</p>	<p>AT WORK</p> <p></p> <p>Physical activity at work increases productivity</p> <p></p> <p>Get off public transport a few stops before your destination</p> <p></p> <p>Use the stairs, not the elevators</p>
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<p> SCREEN TIME & SITTING DOWN</p> <p>Limit screentime and break up periods of sitting by doing lunges, star jumps or walking around.</p>

HEALTHY EATING SKILLS



PLAN WHAT YOU EAT

Meal planning involves thinking ahead and planning what you'll eat for the week, buying the ingredients in advance and preparing the food when it suits you.

Planning your meals helps you:



Cook more often



Save time and money



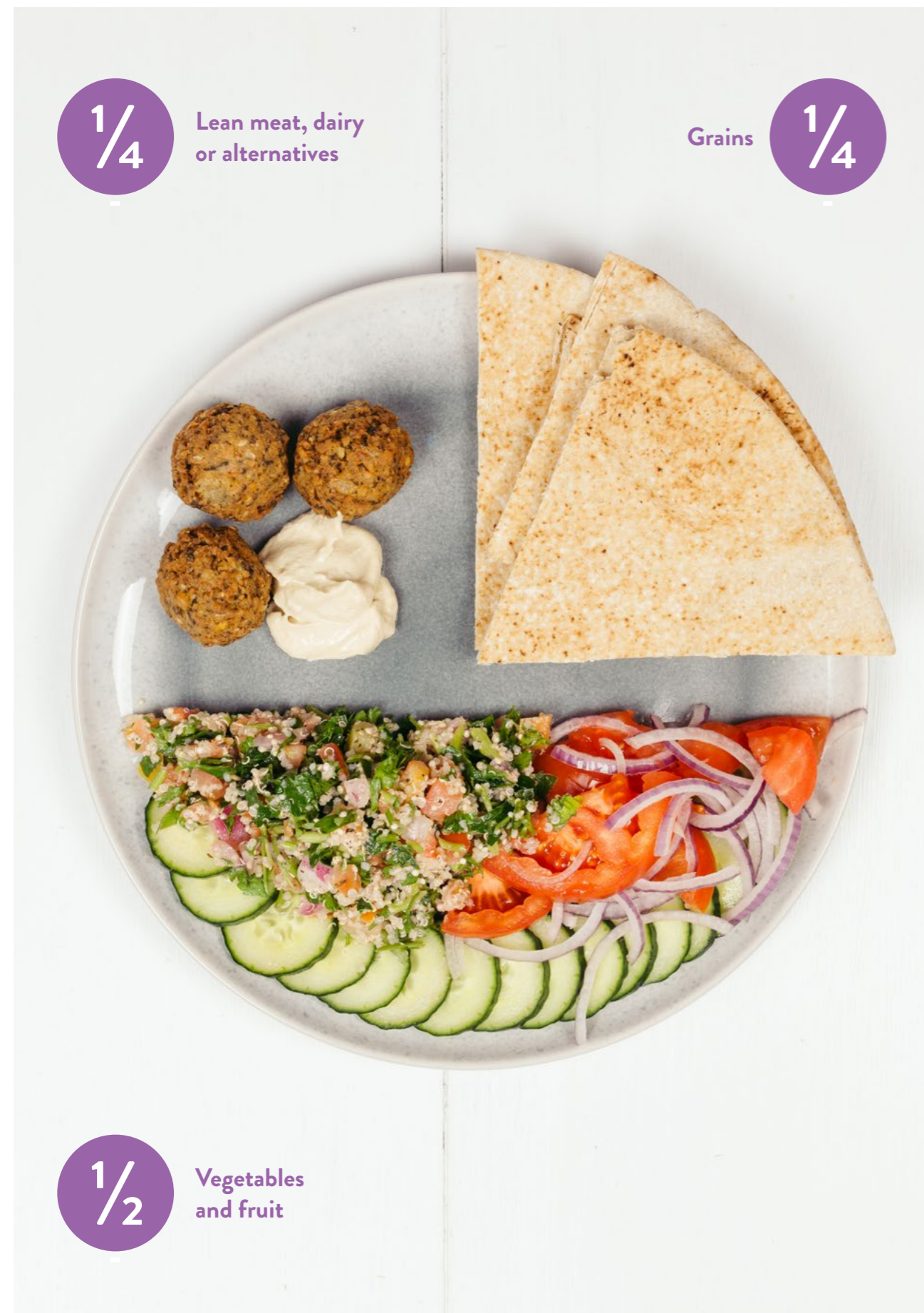
Reduce food waste

HOW TO PLAN A BALANCED MEAL

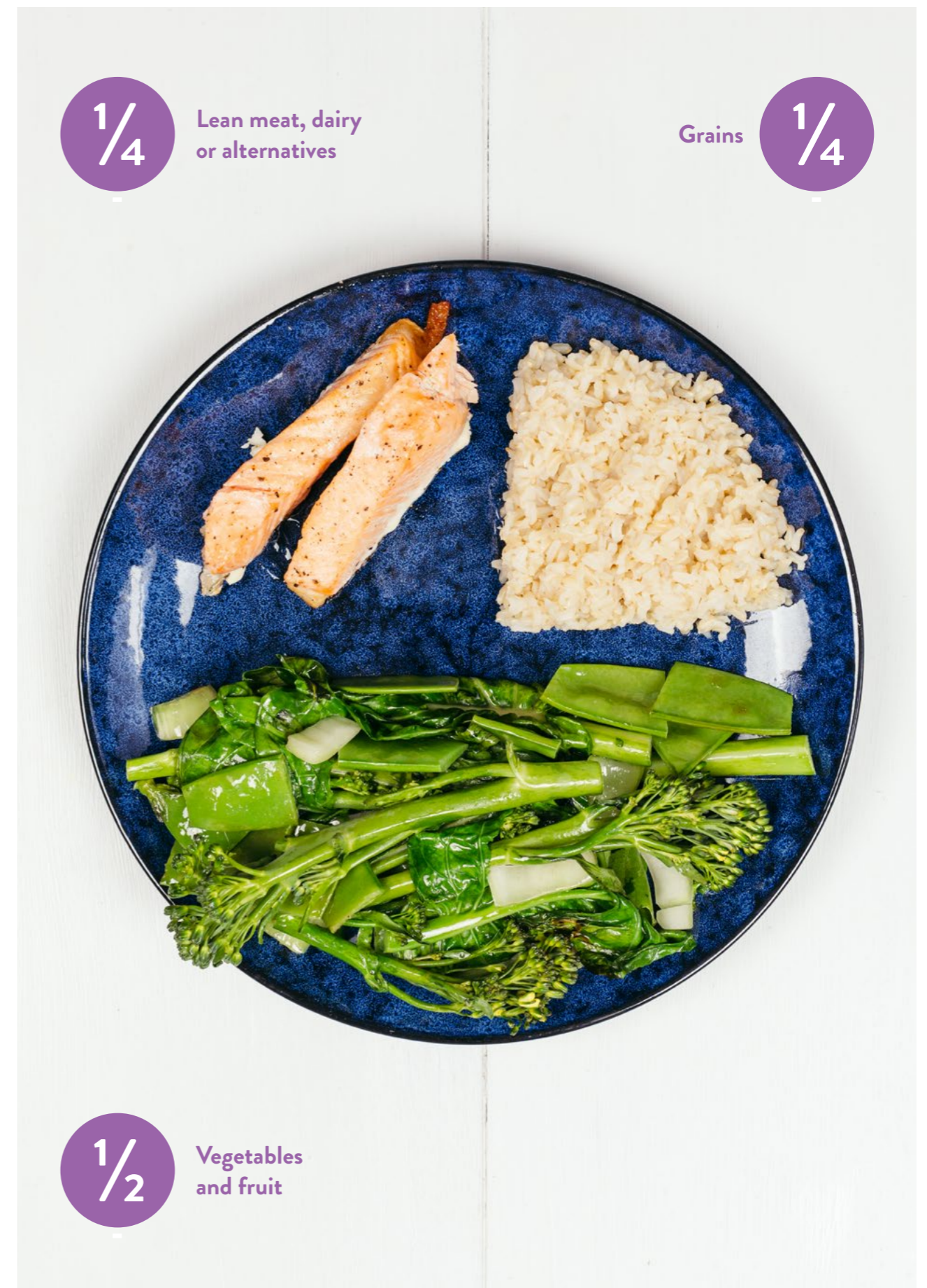
Breakfast



Lunch



Dinner



SELECT HEALTHY INGREDIENTS

Packaged foods are convenient and can make healthy eating more affordable. Look for options that have little or no added:

✗ Salt ✗ Sugar ✗ Saturated fat

Healthy staples

A few small changes can make your favourite dishes healthier and reduce your risk of chronic diseases.

	<p>Frozen vegetables</p> <ul style="list-style-type: none"> · Frozen vegetables are just as nutritious as fresh. · Add frozen vegetables to a stir fry, curry or soup. 		<p>Pre-cooked rice</p> <ul style="list-style-type: none"> · A convenient alternative to cooking rice when you're short on time. · Look for Basmati or brown varieties without added flavourings.
	<p>Canned beans and legumes</p> <ul style="list-style-type: none"> · Canned beans are an affordable source of protein and fibre. · Add bean mix to salads, chickpeas to curries or lentils to lean mince dishes. 		<p>Rolled oats</p> <ul style="list-style-type: none"> · Enjoy as porridge for breakfast or add to smoothies and muffins. · Choose traditional over quick or instant varieties.
	<p>Canned tomatoes</p> <ul style="list-style-type: none"> · Canned tomatoes can form the base for many easy recipes. · Look for options with no added salt. 		<p>Yoghurt</p> <ul style="list-style-type: none"> · Yoghurt is a great snack or addition to fruit and muesli. · Choose reduced-fat options like Greek or natural yoghurt.
	<p>Canned fruit</p> <ul style="list-style-type: none"> · Canned fruit is an easy option when fresh varieties are not in season. · Choose varieties canned in juice instead of syrup and drain it off. 		<p>Evaporated milk</p> <ul style="list-style-type: none"> · Light evaporated milk is a great alternative to cream and coconut milk. · Use it in pasta, risotto and curry.
	<p>Canned salmon or tuna</p> <ul style="list-style-type: none"> · Canned fish has a long shelf life and is an easy addition to many recipes. · Choose varieties canned in springwater. 		<p>Long-life or UHT milk</p> <ul style="list-style-type: none"> · Light UHT milk is just as good for you as fresh.

PREPARE HEALTHY MEALS

Cooking at home doesn't have to be complicated and is an enjoyable way to spend time with others.

Cooking more often helps you:

✓ Try new foods ✓ Learn new skills ✓ Save money

Foundation recipes

Foundation recipes are useful for making quick, easy and affordable meals. They can also be transformed into new dishes by adding extra ingredients. This adds variety to bulk meals if you are cooking for one.

Basic Soup

Ingredients (serves 4)

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 brown onion, diced
- 4 celery stalks, chopped
- 2 carrots, chopped
- 1 can reduced-salt tomatoes
- 1 can reduced-salt beans, drained and rinsed
- 1 litre reduced-salt stock

Steps

1. Heat the oil in a large saucepan. Add the garlic and onion, cook until translucent.
2. Add the celery and carrots, cook until tender. Pour in the tomatoes, beans and stock.
3. Bring to the boil, then reduce the heat. Cover and simmer for 30 minutes.

Mexican bean soup – Cook the onions with one teaspoon each of cumin and paprika. Shred any leftover roast meat and add to the basic recipe. Heat through. Serve with lime, coriander and reduced-fat sour cream.

Adapted from HEAS (2016)





Basic Stir Fry

Ingredients (serves 4)

- 4 eggs
- 1 tablespoon sesame oil
- 1 brown onion, sliced
- 1 teaspoon minced garlic
- 1 teaspoon crushed ginger
- 1 carrot, sliced
- 1 red capsicum, sliced
- 1 zucchini, sliced
- 1 can reduced-salt baby corn, drained and rinsed
- 1 tablespoon reduced-salt soy sauce

Steps

1. Beat the eggs with a fork and pour into a hot wok or pan. Cook to form a thin omelette, then set aside.
2. Heat the oil. Add the onion, garlic and ginger. Stir fry until translucent. Add the vegetables and soy sauce. Stir fry until tender.
3. Cut the cooked egg into strips. Add to the pan and stir fry for 2 to 3 minutes to heat through.

Pork and cashew stir fry - Add 350g of cooked pork strips to the basic recipe, replacing the eggs. Heat through. Top with 1/3 cup of chopped unsalted cashews and serve with rice noodles.

Adapted from HEAS (2016)



Basic Curry

Ingredients (serves 4)

- 1 tablespoon olive oil
- ½ butternut pumpkin, peeled and diced
- 1 teaspoon minced garlic
- 1 teaspoon crushed ginger
- 2 teaspoons curry powder
- 2 cups reduced-salt stock
- 1 can reduced-salt lentils
- 1 cup green beans, chopped
- 1 broccoli, chopped
- 1 can reduced-fat coconut flavoured evaporated milk

Steps

1. Heat the oil in a wok or pan. Add the pumpkin, garlic, ginger and curry powder, stir for 2 minutes.
2. Pour in the stock and lentils, gently simmer for 5 minutes. Add the remaining vegetables, continue simmering until tender.
3. Stir in the evaporated milk and gently heat through. Take care not to boil the milk.

Thai green curry - Use 1 tablespoon of green curry paste, instead of curry powder. Add 300g of cooked diced chicken, replacing the lentils. Heat through. Top with lime juice and serve with rice.

Adapted from HEAS (2016)

HEALTHY EATING HABITS



EAT TOGETHER

Sharing meals is a fun and enjoyable activity. If you live alone, consider eating together with family, friends, neighbours and colleagues, or join a community kitchen.

Eating together helps you:



Try new foods



Create stronger bonds



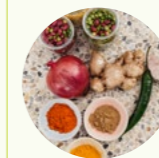
Learn new skills and manners

How to create positive mealtimes



Minimise distractions

- Turn off the TV. Put phones and tablets away.
- Sit down together while eating.



Parents provide, kids decide

- Provide a range of foods with different colours, flavours and textures.
- Encourage everyone to try all the foods offered.
- Let children and young people decide when they're full.



Set the scene

- Use table cloths, placemats or candles to make mealtimes more special.
- Let children decide how to set the table or, if they're a bit older, pick the music.



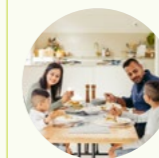
Expect some mess

- Let babies hold finger foods and spoons to try and feed themselves.
- Young children can eat with their fingers if they are learning to use utensils.
- Encourage children to serve, pass and pour food and drinks.



Be a role model

- Include babies in mealtimes as soon as they start eating solids.
- If possible, eat the same meals and snacks as children.
- Talk positively about food. Avoid discussing personal food likes or dislikes.



Start a conversation

- Discuss upcoming plans and what's happening.
- Tell stories about earlier times in your lives.
- Use real-world events to talk to children about topics that are important to your family.



ENJOY TRADITIONAL FOODS

Including traditional foods in your eating patterns can improve your skills and knowledge, create a sense of community, and teach you about different cultures.

You can celebrate your culture and food traditions by:



Growing, sourcing and preparing foods in traditional ways



Shopping for ingredients to make traditional foods



Attending multicultural community events.

REDUCE FOOD WASTE

The types of foods you buy and eat, and how you use and get rid of those foods, has an impact on the environment.

Buying less food and using what you have helps you:



Save money



Preserve natural resources



Reduce greenhouse gas emissions

How to reduce food waste

IN THE COMMUNITY



Smaller portions

Share large portions at restaurants, or order an entrée size.



Shop smart

Plan your meals, check what you have at home before you shop, and only buy as much as you need.



Buy 'ugly' produce

Imperfect fruits and vegetables are just as good for you and can be cheaper.



Donate

If you have too much of something, share or swap it with neighbours and friends.

AT HOME



Organise the fridge and pantry

When you put new food into your fridge, move older items up to the front and tuck the new ones in the back.

Use up fresh produce first.



Read the label

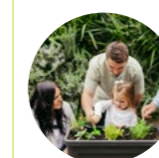
'Use by' means food can be eaten safely up until this date.

'Best before' means the quality of food is higher before this date, but is generally still safe to eat after.



Save leftovers

Save leftovers for other meals or use them to create new dishes.



Compost

Compost your scraps in your garden or at local community gardens.

SOURCE: Sustainability Victoria 2021 & WHO 2016

LEARN MORE

Resources

For more information, visit:

Eat Well, Live Well - City of Greater Geelong

www.geelongaustralia.com.au/eatwell

Eat for Health

www.eatforhealth.gov.au

Nutrition Australia

www.nutritionaustralia.org.au

Better Health Channel

www.betterhealth.vic.gov.au

Victorian Aboriginal Community Controlled Health Organisation Inc.

www.vaccho.org.au/wd/nutrition

Health Translations

www.healthtranslations.vic.gov.au

Need more help? Ask your doctor or a local health service for advice on your individual needs.

References

The following references informed this guide:

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