

Te Whatu Ora
Health New Zealand

Eating for Your Health

Session 4
August 2022

Outline

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

Review

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

Healthy Eating



Everyday & Sometimes Kai

Every Day



Sometimes



Everyday Food Groups

Veg (5+) & Fruit (2+)



Grains & Starches (6)

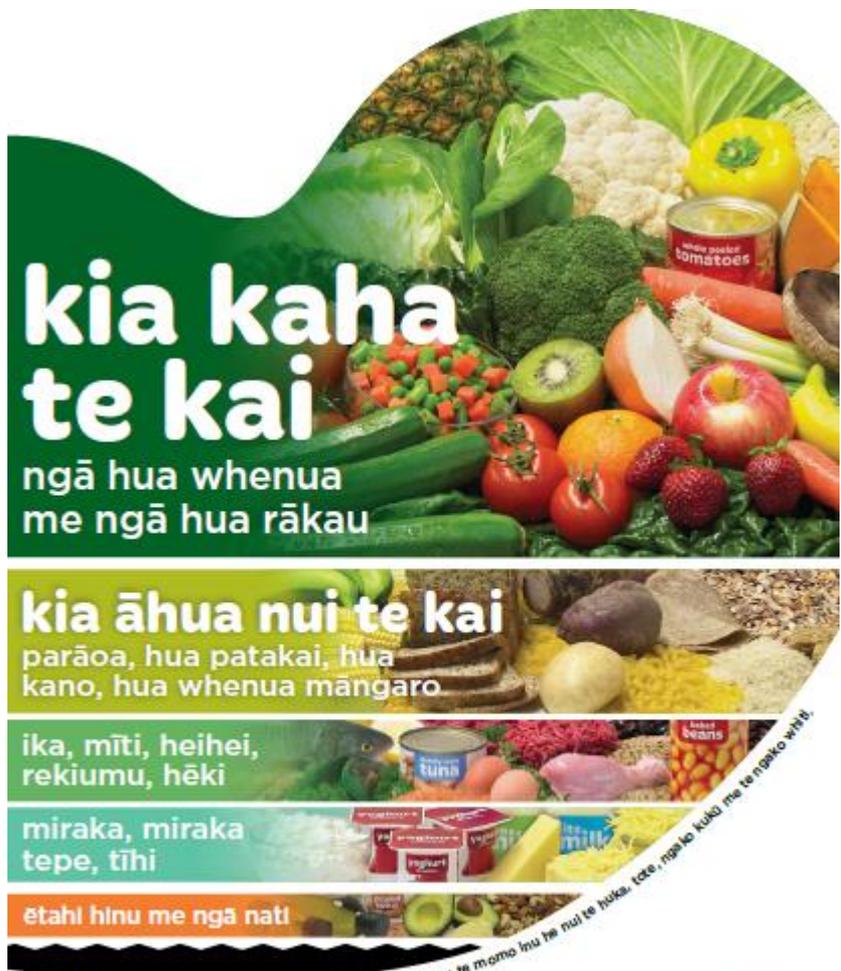


Dairy & Alternatives (2-3)



Meat & Alternatives (2-3)





kia kaha te kai

ngā hua whenua
me ngā hua rākau

kia āhua nui te kai

parāoa, hua patakai, hua
kano, hua whenua māngaro

ika, mīti, heihei,
rekiumu, hēki

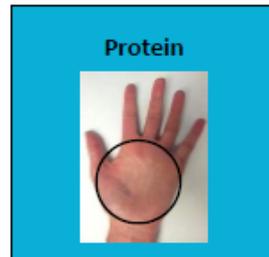
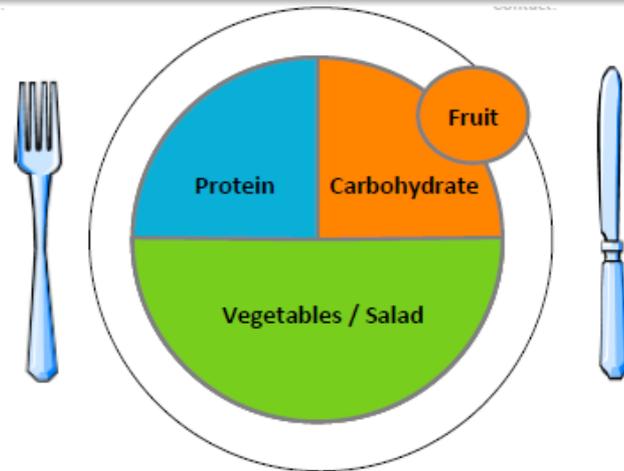
miraka, miraka
tepe, tīhi

ētahi hinu me ngā nati

Kia ēi te kai i te kai paraurehe, kai ōrangaranga, me ngā kai me te momo hua he nui te hūka, tōe, māka kōkō me te māka wāhi.



Healthy Eating Plate



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.



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.



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



VEGETABLES



GRAINS & STARCHES



POULTRY & MEAT



FISH

Making Changes

Try to add foods in...



...rather than taking them away



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
Fat – Total (g)	0.7	1.7
- 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

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.

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

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.

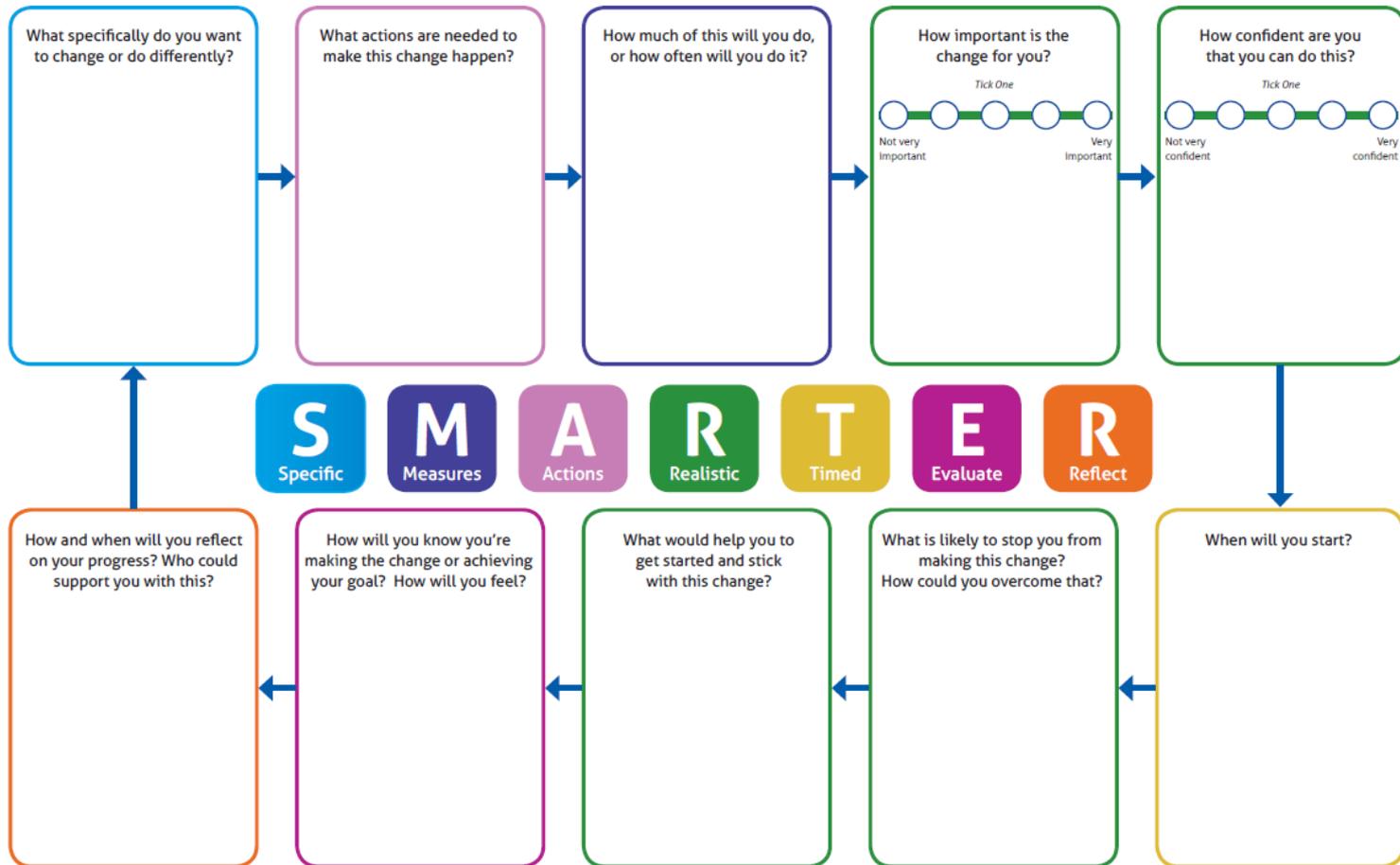
Being Prepared



Ideas

- 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

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

- 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



www.waitematadhb.govt.nz

Search "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, & The Resilience Project™ www.theresilienceproject.com.au