



HEALTH BITES

Healthy Workers
Healthy Futures
Initiative



Healthy Group Training Organisations, Healthy Host Businesses, Healthy Apprentices

New Year Resolutions

by Kylie Cocks

Did you make a New Year's resolution to get fit and lose weight? Instead of trawling the internet for a quick fix or jumping on the bandwagon with the latest celebrity-fuelled diet craze, the best thing to do is just eat sensibly. The Dietician Association of Australia has put together these top tips to help you spot a fad diet.

A fad diet:

- » Promotes or bans certain foods or food groups
- » Pushes a 'one-size-fits-all' approach
- » Promises quick, dramatic or miraculous results
- » Focuses on short-term changes to eating and exercise habits
- » Encourages 'miracle' pills, potions or supplements – often promoted as 'fat burners' and 'metabolism boosters'
- » Contradicts the advice of trusted health professionals
- » Makes claims based on a single study or testimonials.


Get the right info:

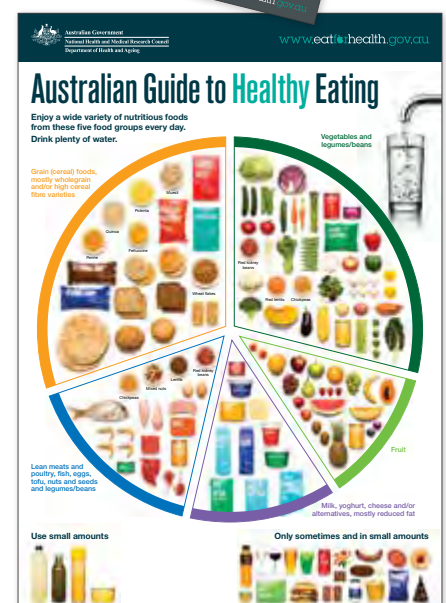
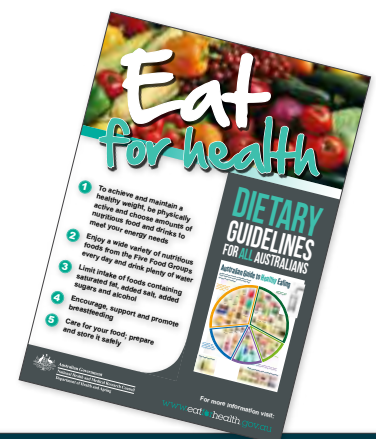
The best way to eat well for health and wellbeing is to follow the Australian Dietary Guidelines. The recommendations in the Australian Dietary Guidelines and Australian Guide to Healthy Eating help us choose foods for good health and to reduce our risk of chronic health problems.

These Guidelines tell us the minimum number of serves to eat for each food group depending on our ages, life stages and gender.

If you would like a copy, please visit: eatforhealth.gov.au

App of the month:

 **MyFitnessPal** Lose weight with MyFitnessPal, the world's most popular health and fitness app! With the largest food database by far (over 5,000,000 foods), our amazingly fast and easy to use calorie counter help you take those extra kilos off! And it's **FREE** – no strings attached.



For further information on the Healthy Workers program contact (08) 8346 2227 or go online at gtasa.com.au/healthy-workers-healthy-futures

Have you ever wanted a personal health coach but thought they are too expensive? I don't mean a personal trainer but a professional health coach to help you set and reach your goals, someone to help keep you on track and support a lifestyle change.

Getting Motivated

Any one in South Australia can get free confidential telephone coaching to help you reach your goals this year. What you will receive:

- » Your own personal health coach
- » 10 free coaching calls
- » Support to make changes over 6 months
- » An information booklet that provides information and advice
- » A coaching journal to record your goals and actions
- » Access to a website to track goals and process

Simply phone **1300 806 258** Monday to Friday 8am - 8pm or go online to join the Get Healthy Program at gethealthy.sa.gov.au

Fast Facts

93%

Of South Australians do not eat the recommend 2 serves of fruit and 5 serves of vegetables



This program is funded by SA Health in partnership with Group Training Australia SA

Serving Sizes

What is a serve of vegetables?

A standard serve is about 75g (100-350kj) or:

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| ½ cup | cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin) |
| ½ cup | cooked dried or canned beans, peas or lentils |
| 1 cup | green leafy or raw salad vegetables |
| ½ cup | sweet corn |
| ½ medium | potato or other starchy vegetables (sweet potato, taro or cassava) |
| 1 medium | tomato |

What is a serve of fruit?

A standard serve is about 150g (350kj) or:

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| 1 medium | apple, banana, orange or pear |
| 2 small | apricots, kiwi fruits or plums |
| 1 cup | diced or canned fruit (no added sugar) |

Or only occasionally:

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|---------------|---|
| 125ml (½ cup) | fruit juice (no added sugar) |
| 30g | dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas) |

With canned varieties, choose those with no added salt