

# *Eat Healthy, Stay Healthy*

Your at home, wellness challenge

# Challenge yourself to a healthy lifestyle!

In one month you'll be back to screen your risk factors. That's enough time to take action and start seeing some changes. Little changes each day can make a big difference to your health.

This plan will help you kick start your healthy lifestyle. Set yourself an overall goal – something you'd really like to achieve within the month.

**My One Month Goal**

Start Date: \_\_\_\_\_

Follow Up: \_\_\_\_\_

Overall Goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## THE CHALLENGES

- Eat **2 servings of fruit** every day
- Eat **3 servings of vegetables** every day
- Be active for **30 minutes** every day



Results	First Screening	1 Month Screening	3 Month Screening
Weight (kg)			
Waist Circumference (cm)			
Hip Circumference (cm)			
Total Cholesterol (mmol/L)			
Haemoglobin (g/dL)			
Blood Sugar Level (mmol/L)			
Blood Pressure (mmHg)			

# The Wellness Challenge

These 3 challenges are especially designed to help you reduce your screening results (weight, cholesterol and blood pressure) within 1 month.

## 1. Eat two servings of fruit

What's a serving?



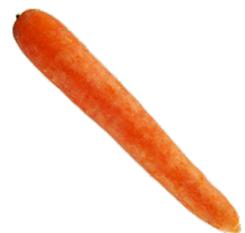
**One** banana, mangosteen, starfruit, Lime, etc

**One cup (diced)** pineapple, mango, pawpaw, guava, watermelon, etc

## 2. Eat three servings of vegetables.

Many of us already eat plenty of cassava, dalo and potatoes so get your 3 servings from colourful vegetables such as the ones below.

What's a serving?



**Half a Cup**

beans, celery, zucchini/courgetes, cucumber, eggplant, lettuce/ green leafy vegetables (bele, ota, saijan, kumala etc), onion, corn

**One Whole**

carrot, capsicum, spring onion, tomato

## 3. Be active for 30 minutes every day







# Your Results

During your screening you may have been surprised to find out that your weight, cholesterol or blood sugar was too high. This can be a scary time.

The good news is that by following the 'eat healthy, stay healthy' program you can achieve some great results before your next screening.

As well as the 3 challenges there are a few more healthy eating tips to really help you kick-start your healthy lifestyle.

## CHOLESTEROL

High cholesterol can mean that our blood isn't flowing as freely as it should, this could lead to a heart attack or stroke so its important to take action straight away.

### What can I do to lower my cholesterol?

In addition to following the 3 challenges you can also lower your cholesterol by cutting down on the amount of calories and fat you eat. This is especially important for saturated fat and trans fat.



Too much of these foods, can lead to...

**HEART ATTACK!**

For more information on cholesterol contact the National Food and Nutrition Centre for a guide on how to lower your cholesterol and a handy shopping guide to help you make the healthiest grocery choices.



# The different types of fat

## THE BAD FATS

Trans and Saturated fats are the unhealthy types of fat. They are found in butter, ghee, coconuts, vegetable oil (coconut or palm oil), animal products such as the fat on meat, chicken skin and full fat dairy products (butter, milk and cheese) and well as biscuits, pies, cakes and fried foods.

**These foods should not be eaten every day.**



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## THE GOOD FATS

Monounsaturated and Polyunsaturated fats come from plant sources and are the good types of fat.

Foods such as fish, canola/ ricebran/ soybean/ sunflower/ peanut/ sesame oil, avocados, nuts and seeds contain these good fats.

**These foods should be eaten as part of a healthy diet.**



# Weight Control

Being overweight or having high cholesterol isn't always due to eating the wrong foods. Its often due to eating the right foods, just a bit too much of them.

This is good news because it means we don't have to avoid foods completely, just cut down the amount we're eating.

Keep in mind the average Fijian Adult needs only **2000 calories**



**2100 calories**



**730 calories**

FOOD	AMOUNT	CALORIES
Beef Stir Fry	1 large serve (370g)	451
Rice	2 Cups (351g)	565
Cassava	3 sticks (153g)	231
Palusami	200g	206
Cake	Medium Slice 70g	371
Soft Drink	600ml	276

Save **560 cal** by serving less meat and rice

Bulk up your meal with **low calorie** leafy vegetables

Swap cake for fruit and save **359 cal**

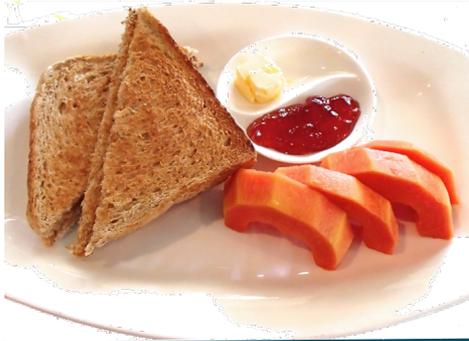
Stay hydrated and save almost **300 cal** by choosing water

FOOD	AMOUNT	CALORIES
Beef Stir Fry	160g	193
Rice	1 Cup (160g)	258
Cassava	2 sticks (120g)	181
Palusami	50g	52
Greens	70g	22
Watermelon	80g	24
Water	600ml	0

# How much should I be eating?

Choosing one of these options at each meal time should provide you with around 2000 calories over the day to ensure a healthy waistline.

## BREAKFAST



OR



## LUNCH



OR



OR



## DINNER



OR



OR



## SNACKS

(PICK TWO)



## DRINKS



# Balancing Calories

When we get into the habit of eating too many calories our body starts to store the extra's around our waist. For a healthy waistline it's important to make sure you're not eating too many calories, and burning extra calories by keeping fit.

## To burn 100 calories takes\*:

- 2km/ 20 minutes of walking
- 20 minutes dancing
- 15 minutes volleyball
- 10 minutes jogging
- 10 minutes swimming
- 10 minutes rugby/ touch



## What does 100 calories look like?



2 Ice Blocks



1.5 cups cubed pineapple



2.5 cups cooked Bele Leaves



Half a Slice of Bread with Butter



80g Steamed Fish



40g Fried Fish



2 Tbsp Lolo (fresh coconut cream)



10 Hot Chips



90g Dalo (3 small Slices)



1 Glass of Soda or Juice



Half a Small Filled Roti



1 Bu

## How do i burn these off?



A 600ml soft drink  
=5km/ **1 hour of walking**



One packet of instant noodles  
=5.4km/ **1 hour and 15 minutes of walking**

**Burning just 100 calories extra a day through exercise (or eating 100 calories less) can help you loose over 1 kg a year!**

\*According to the Mayo Health Clinic



# Smart Swaps



Get your sweet fix from fruit



save up to **100 calories** and **30g sugar** per glass



Choose healthy low sugar drinks

save up to **450 calories** and **20g sugar** per 100g



Take the skin off chicken and choose steamed/baked fish over fried



save **100 calories** and **10g fat** per drumstick. OR up to **130 calories** and **10g fat** per 100g fish



save **100 calories** per 100g

Bulk up your meals with pumpkin rather than Dalo or Cassava



Switch to healthy oils

save **7g of saturated fat** per Tbsp (thats 30% of your daily

SOYABEAN

RICE BRAN

CANOLA



# Eat Healthy, Stay Healthy



## WHAT'S MY HEALTH STATUS?

Screening Date: \_\_\_\_\_

Height: \_\_\_\_\_ cm

Weight: \_\_\_\_\_ kg

BMI: \_\_\_\_\_

Waist Circumference

\_\_\_\_\_ (males aim for less than 102cm, females 88cm)

Total Cholesterol

\_\_\_\_\_ (aim for less than 5.2 mmol/L)

Haemoglobin

\_\_\_\_\_ (males aim for over 13mmol/L, females over 12 mmol/L)

Blood Sugar

\_\_\_\_\_ (aim for between 4-8mmol/L)

Blood Pressure:

\_\_\_\_\_ (aim for less than 140/90mmHg)

**My Next Screening**

Date: \_\_\_\_\_

Time: \_\_\_\_\_

For more information



'Nutrition in Fiji' on Facebook