

Quick tips for HEALTHY EATING

- Establish a food budget and stick to it. Plan your meals and make shopping lists.
- Shop at local markets and watch out for food bargains, including supermarket own brands.
- Cook whenever possible. It is usually a cheaper and healthier option than buying takeaways or eating out.
- Base your diet around bread, pasta, rice, potatoes, fruit and vegetables, beans and lentils, and low fat dairy produce. Unless you are a vegetarian, try to eat some lean meat or poultry and fish, including oily fish
- Eat Breakfast- your brain needs a ready supply of glucose to function properly.
- Maintain a healthy weight by keeping active, watching your food portion sizes and the type of food you eat. Try and get at least a half hour of brisk exercise every day.

- Drink plenty of fluid but avoid binge drinking of alcohol. Tap water is fine. Minimise 'Energy' drinks which are usually full of sugar and caffeine.
- Stock your food cupboard and fridge with foods that are tasty, cheap, nutritious and quick to prepare, eg nuts, dried fruit, ham, cheese, apples, tinned fish, tinned soup, tinned fruit, baked beans, yoghurt, custard, bananas.
- Enjoy your food, share with friends and establish healthy eating patterns for life.

For further information check out these sites:

<http://www.pjonline.com/students/tp2007/p52eatingwell.html>

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages>

<http://www.netscape.com/search?s=healthy+tips>



Health, Counselling & Wellbeing
we care for you, mind, body & spirit

AUT UNIVERSITY **STUDENT SERVICES**