The Aboriginal and Torres Strait Islander Guide to Healthy Eating

Educator’s Resource

Northern Territory Government
Department of Health and Community Services
Acknowledgments:
Aboriginal and Torres Strait Islander Guide to Healthy Eating Working Party
Northern Territory Nutritionists
Community members and individuals involved during the focus test phase (April 2005) from:
- Knuckey’s Lagoon, Jabiru, Maningrida, Milingimbi, Ngukurr, Oenpelli, Anmatjere Nutrition Workshop, Wurli Wurlinjang Aboriginal Health Service, Department of Health and Community Services - Northern Territory (DHCS - NT)
- Darwin Remote Staff.

Graphics from the Aboriginal and Torres Strait Islander Guide to Healthy Eating.
Illustrations from ‘The Store Book’, ‘Keeping Fit, Keeping Healthy, Keeping Strong’ and Julie Horn, Public Health Nutritionist, DHCS - NT.
Food photos by Anthea Oorloff, Public Health Nutritionist, DHCS - NT.

Materials are available for the general public and nutrition educators. Posters, consumer information sheet and background information can be obtained from the Nutrition and Physical Activity Program, DHCS - NT.
# The Aboriginal and Torres Strait Islander Guide to Healthy Eating

## Contents:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the guide for?</td>
<td>3-4</td>
</tr>
<tr>
<td>What are the food groups?</td>
<td>5-6</td>
</tr>
<tr>
<td>Breads, cereals, rice, spaghetti, &amp; noodles</td>
<td>7-10</td>
</tr>
<tr>
<td>Vegetables</td>
<td>11-14</td>
</tr>
<tr>
<td>Fruit</td>
<td>15-18</td>
</tr>
<tr>
<td>Milk, cheese, and yogurt</td>
<td>19-22</td>
</tr>
<tr>
<td>Meat</td>
<td>23-26</td>
</tr>
<tr>
<td>Sometimes Foods</td>
<td>27-30</td>
</tr>
<tr>
<td>Water</td>
<td>31-32</td>
</tr>
<tr>
<td>Move More</td>
<td>33-34</td>
</tr>
<tr>
<td>Ideas for using this resource</td>
<td>35</td>
</tr>
<tr>
<td>Example meal plans</td>
<td>36</td>
</tr>
</tbody>
</table>
What is the guide for?

• The guide is a scientifically based nutrition education resource that can help educate Aboriginal and Torres Strait Islander people about choosing a balanced and varied healthy diet.
• The guide shows how much food is required everyday from each food group for good nutrition and health.
• Healthy eating throughout life will help reduce the risk of health problems later in life such as heart disease, cancer, diabetes and obesity.
• The foods included in the guide are those that can be found at the store as well as some local bush foods.
What is the guide for?

Helping you to make healthy food choices for good health and nutrition
What are the food groups?

• These foods have been grouped together mostly because they have similar types of nutrients, they are:
  • Breads, cereals, rice, spaghetti & noodles
  • Vegetables
  • Fruit
  • Milk, cheese, yogurt
  • Meat

• Eating foods from each food group every day in the right amounts will help to give the nutrients needed for good health.

• Eating different foods within each food group is also important because they each can give different good nutrients.
What are the food groups?
Bread, cereals, rice, spaghetti & noodles

- Includes bread, damper, scones, breakfast cereals, rice, spaghetti and other types of pasta, noodles, and flour.
- These foods give mostly carbohydrate for energy, iron for strong blood, thiamine to help your body make energy from carbohydrates and fibre to help prevent constipation and help lower cholesterol levels.
- The wholemeal or wholegrain varieties give more fibre, vitamins and minerals.
Bread, cereals, rice, spaghetti & noodles
Bread, cereals, rice, spaghetti & noodles

It is recommended that:
Young children (4 - 7 years) have 3 to 4 serves each day
Older children (8 - 11 years) have 4 to 6 serves each day
Teenagers (12 - 18 years) have 4 to 7 serves each day
Adults have 3 to 7 serves each day

1 serve = 2 slices bread
1 medium bread roll
1 cup cooked rice, noodles or spaghetti
1 1/3 cup breakfast cereal, 1 cup of porridge

• Adult people who are very old or are trying to lose weight should have the lower number of serves each day.
• Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes should have the higher number of serves each day.
• Other people should have around the middle number of serves in the range.
Bread, cereals, rice, spaghetti & noodles

1 serve = 2 slices bread

1 cup cooked rice, noodles or spaghetti

1 1/3 cup breakfast cereal
Vegetables

• Includes fresh, frozen or tinned vegetables like starchy (potato, sweet potato and yam), orange (carrot, pumpkin), green leafy (spinach, cabbage, broccoli), salad (lettuce, tomato, cucumber), and legumes (baked beans, peas, beans).

• These foods are a good source of vitamin A which helps the body fight infections.

• They also are a good source or carbohydrate for energy, fibre to help prevent constipation and help lower cholesterol levels, iron for strong blood and vitamin C to keep skin healthy, help the body take iron from food and help the body fight infections.
Vegetables
Vegetables

It is recommended that:
Young children (4 - 7 years) have 4 serves each day
Older children (8 - 11 years) have 4 to 5 serves each day
Teenagers (12 - 18 years) have 5 to 9 serves each day
Adults have 4 to 8 serves each day

1 serve = 1/2 cup cooked vegetables

1/2 cup baked beans
1 cup salad vegetables
1 potato

• Adult people who are very old or are trying to lose weight should have the lower number of serves each day.
• Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes should have the higher number of serves each day.
• Other people should have around the middle number of serves in the range.
Vegetables

1 serve = 1/2 cup cooked vegetables

1/2 cup baked beans

1 cup salad vegetables
Fruit

- Includes fresh, frozen, dried or tinned fruit like apples, pears, bush berries and plums, tropical fruit (banana, mango, paw paw), melons (watermelon, rockmelon), apricots and peaches.

- These foods are a good source of vitamins especially vitamin C to help keep skin healthy, help the body take iron from food and help the body fight infections.

- They are also a good source of carbohydrate for energy, fibre to help prevent constipation and help lower cholesterol levels and folate to keep blood strong and help make new cells for the body.
Fruit
Fruit

It is recommended that:
Young children (4 - 7 years) have 2 serves each day
Older children (8 - 11 years) have 1 to 2 serves each day
Teenagers (12 - 18 years) have 3 to 4 serves each day
Adults have 2 to 5 serves each day

1 serve = 1 medium fruit like apple or orange
4 dried apricot halves
1 cup chopped canned fruit
1/2 cup juice

• Adult people who are very old or are trying to lose weight should have the lower number of serves each day.
• Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes should have the higher number of serves each day.
• Other people should have around the middle number of serves in the range.
Fruit

1 serve = 1 medium fruit like apple

4 dried apricot halves

1 cup chopped canned fruit
Milk, cheese and yogurt

- Includes fresh, powdered, or long-life milk (full cream, reduced fat, skim), cheese, yoghurt and soy milk (with added calcium).
- These foods are a good source of calcium for strong bones and protein for body growth and repair.
- They are also a good source of carbohydrate for energy, and have some vitamins and minerals.
- The reduced fat or skim varieties are the best choice for most people as these contain less fat and cholesterol.
- Skim or reduced fat choices are not suitable for children under 2 years because of their high energy needs.
Milk, cheese and yogurt
Milk, cheese and yogurt

It is recommended that:
Young children (4 - 7 years) have 3 serves each day
Older children (8 - 11 years) have 3 serves each day
Teenagers (12 - 18 years) have 3 to 5 serves each day
Adults have 2 to 4 serves each day

1 serve = 1 cup (250 ml) milk
6 teaspoons of powdered milk
1 small tub (200g) yoghurt
2 slices of cheese (40g)

• Adult people who are very old or are trying to lose weight should have the lower number of serves each day.
• Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes should have the higher number of serves each day.
• Other people should have around the middle number of serves in the range.
Milk, cheese and yogurt

1 serve = 1 cup (250 ml) milk

6 teaspoons of powdered milk

1 small tub (200g) yoghurt
Meat

- Includes beef, lamb, pork, kangaroo, goanna, emu, goose and other bush birds, poultry (chicken, turkey), fish and other seafood, turtle, dugong, eggs, nuts, bush nuts and seeds, and legumes (baked beans, peas, beans).

- These foods are a good source of **protein** for body growth and repair, **iron** for strong blood and **zinc** for healthy skin and growth.

- Most people should try to have only small amounts of the meat fat.
Meat
Meat

It is recommended that:
Young children (4 - 7 years) have 1/2 to 1 serve each day
Older children (8 - 11 years) have 1 to 1 1/2 serves each day
Teenagers (12 - 18 years) have 1 to 2 serves each day
Adults have 1 to 2 serves each day

1 serve = 2 eggs
65-100g cooked meat or chicken,
80-120g cooked fish
1/3 cup peanuts or almonds

- Adult people who are very old or are trying to lose weight should have the lower number of serves each day.
- Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes should have the higher number of serves each day.
- Other people should have around the middle number of serves in the range.
Meat

1 serve = 2 eggs

65-100g cooked meat or chicken

80-120g cooked fish
Sometimes Foods

- Includes sweet foods (sugar, honey, biscuits, cakes, desserts, soft drinks, lollies and chocolates), high fat foods (butter, oil, crisps, hot chips, pies, pasties, sausage rolls and other take-aways), and alcohol.
- These foods are not in the circle because they do not fit into any of the food groups. They also do not provide the body with any important nutrients.
- Too much of these foods can make people put on weight and miss out on the important nutrients needed for good health.
- Sometimes foods have been included in the guide to help people become aware that small amounts of these foods can add enjoyment to healthy eating.
Sometimes Foods
Sometimes Foods

If you choose to eat these foods try to limit to 1 to 3 serves each day (children and adults).

1 serve = 1/3 meat pie
12 hot chips
1 can (375ml) soft drink
4 plain sweet biscuits

- Adults who are very old or are trying to lose weight should have the lower number or no serves of these foods each day.
- Pregnant or breastfeeding women, people who are underweight or very physically active people like athletes can have the higher number of serves each day.
- People who have diabetes, heart disease or other health problems should talk to their health worker about how much of these foods they can have.
Sometimes Foods

1 serve = 1/3 meat pie

12 hot chips

1 can (375ml) soft drink
Water

• Your body needs a lot of fluid each day and more if it is very hot or you are physically active.
• Any fluid helps, except alcohol, but water is the best.
• Water is needed by every organ of the body to work well.
• Water helps carry nutrients around the body, helps the kidneys to remove unwanted chemicals from the body, and helps to keep the body cool with sweating.

Adults should try to have
2 litres (8 cups) of water each day
Water

Adults should try to have 2 litres (8 cups) of water each day

OR

OR
Move More

• Increasing your physical activity levels will help you to stay fit and healthy.

• Try to do 30 minutes of physical activity every day. This does not have to be all at once. You can do three lots of 10 minutes if you like.

• Walk more. Try to walk around the community instead of using a car.

• If you can, keep playing sport.

• Other activities can count such as gardening, cleaning the floors, swimming, dancing and hunting.
Move More

30 minutes every day

Dancing

Gardening

Walking

Sport

Hunting or collecting bush tucker
Ideas for using this resource:

• Show what a days meal plan can look like for the group you are with. Use food models, photos or drawings of foods. Food models can be real food, empty packets of food or plastic food models.

• Do a cooking demonstration showing what serve sizes look like and how you can add enough ingredients to feed one person or the whole family.

• Have people write down or talk about how they can change what they are eating to eat more of the five food groups. This might include writing down or talking about what was eaten yesterday and writing down or talking about how that could be changed.

• Talk about shopping and buying enough serves for the family from each of the food groups either on a daily or weekly basis.

• Talk to your nutritionist about these or other ideas for using this resource.
## Example meal plans

<table>
<thead>
<tr>
<th>Young child</th>
<th>Older child</th>
<th>Teenager</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>(4 – 7 years)</td>
<td>(8 – 11 years)</td>
<td>(12 – 18 years)</td>
<td>(over 18 years)</td>
</tr>
<tr>
<td><strong>L</strong> – Sandwich: 2 slices bread, slice of cheese and salad. Piece of fruit.</td>
<td><strong>L</strong> – Sandwich: 2 slices bread, slice of cheese and salad.</td>
<td><strong>L</strong> – Large bread roll with slice of cheese, slice of meat and salad.</td>
<td><strong>L</strong> – Sandwich: 2 slices bread, slice of cheese, tuna and salad. Piece of fruit.</td>
</tr>
<tr>
<td><strong>D</strong> – Bowl of meat and vegetable stew with rice.</td>
<td><strong>D</strong> – Plate of spaghetti with meat and vegetable sauce.</td>
<td><strong>D</strong> – Fish with baked potato and vegetables. 2 slices of bread or damper.</td>
<td><strong>D</strong> – Bowl of meat and vegetable curry with rice. 2 slices of bread or damper. Small tub of yoghurt.</td>
</tr>
</tbody>
</table>

**B** = Breakfast, **M/T** = Morning Tea, **L** = Lunch, **A/T** = Afternoon Tea, **D** = Dinner/Supper