

“Do not wish to be anything but what you are and try to do that perfectly.”

Anonymous

Welcome

After twenty years in the health promotion business, if there was one magical thing I could do it would be this: with the click of my fingers, everyone would suddenly realise how much of a difference can be achieved by doing small things for a long time. Eating a couple of pieces of fruit each day, putting some more vegetables on the plate, switching to wholemeal bread, cutting the fat off the meat, going for a walk each day, self checking for cancers, using sun block, doing a daily set of back care exercises...

Yet a high proportion of people, when they decide to make healthy changes, do so with a bang -- “I’ll go to the gym every day”, “I’ll give up red meat”, “I’ll never use margarine again”, “I’ll stop drinking”, bla, bla, bla. The fact is that most of these people make a lot of fuss initially and only sustain the effort for a short while -- the ‘health kick’ fades into history.

Most of the healthy people you know are probably that way because they do lots of little things -- often. They don’t make a big issue of it -- it is simply what they do.

Those small actions mentioned above don’t sound all that grand -- yet we are really talking about avoiding bowel cancer, heart attacks, stroke, diabetes and many other conditions. For most of us it is not huge life decisions nor fantastic medical advances that make the difference in our future quality of life. It is the small things we do, day in day out. Like saving -- the small sustained investments can produce great long term returns.

With this in mind I have devoted the feature page of this newsletter to the “Good Eating Guidelines”. Print the page and rate yourself from zero to three for each guideline (eg. “trim fat from meat before cooking” -- score 0 if you cook the fat and discard the meat, score 3 if you carefully remove most of the visible fat). Then identify areas where you can improve by making gradual and sustained small changes.

Except for cigarettes -- forget the word “never”.

Rob Edwards and Health Futures Team

The SELF test.

Specific: Be clear about what it is you want to achieve -- writing it down is a good idea. You will know, right from the start, exactly where you are going. In the future, with that clear picture, you can look back and see your progress. If you failed to achieve your goal you are able to clearly identify where you went wrong and work on it.

Easy: We are not making the naive suggestion that all lifestyle change is easy. For some people there are some very tough issues to deal with. Although, we do suggest that many people take an unnecessarily complex path to achieve their goals -- they make the job tougher than it needs to be. Whatever the change you intend, give some objective thought to “what’s the easiest way to achieve this goal?”

Lasting Forever: If you start exercising, but stop when it gets cold or lose weight only to put it back on in three months -- that will make no difference to whether or not you have a heart attack in 2015, it won’t even make any difference to your quality of life this time next year. When it comes to your health and well being the changes need to last for a long time to bring you the genuine benefits you are seeking. So take time to structure the changes so they are enjoyable and sustainable -- in the context of your situation and needs.

Here’s a tip: When you have a treat -- love it, don’t, whatever you do, feel guilty. Guilt is one of the greatest enemies of sustainable lifestyle change. Guilt can bash up against your good intentions until in a weak moment it wins. So have some treats and really enjoy them -- we do!!

The SELF test:

Specific

Easy

Lasting

Forever

Before making any lifestyle change, take a few minutes to apply the ‘SELF’ test.

"It's not how much you know that matters. It's how much you care."

Anonymous

The Golden Rule of Weight Loss

Aim to lose weight in roughly the same way you intend to maintain it for the rest of your life.

Worth a Look

www.nutritionaustralia.com.au Nutrition Australia is well worth a visit. It is a non-governemnt, non profit organisation that aims to provide scientifically based nutrition information for Australians to achieve optimal health through variety of foods and physical activity. The site has lots valuable information that is free, along with resources that you can purchase.

"The Secret of Healthy Children" is a recent publication by Nutrition Australia. If you have kids, we recommend you visit the web site and buy a copy -- full colour, 176 pages of quality material for \$14.95 is great value.

www.foodwatch.com.au Both the site and books available are at the top of the pile when it comes to simple and clear nutrition advice. Dietitian, Catherine Saxelby, has extensive nutrition information from food allergies to easy healthy recipes. When you are in the site click [Health Checks](#) then [Food Quiz](#) -- it is an excellent extension of the theme of this newsletter. We particularly recommend Catherine's book: "Nutrition For Life" -- an easy to read book covering key areas of healthy eating; it has been selling consistently for 20 years (updated of course).

As this is a .pdf document the websites will not active by clicking on them.

Chilli Chicken

Serves 4-6

Ingredients:

2-3 teaspoons sambal olek
(chilli paste, ask for it at the supermarket)
1 teaspoon crushed garlic
2 teaspoons crushed ginger
1 tablespoon brown sugar
2 tablespoons lemon juice or wine vinegar
2 tablespoons reduced-salt soy sauce
6 chicken breast or thigh pieces (about 750 g)

Method:

Place sambal olek, garlic, ginger, sugar, lemon juice and soy sauce in a small bowl and mix well. Spray or brush a baking dish with a little oil. Arrange the chicken pieces and brush each piece generously with the chilli mixture. Bake for 20-25 minutes at 220 C (440 F) or until chicken is just cooked and no longer pink in the centre. Do not overcook as it will turn out too dry.

Serve with rice along with cucumber and yoghurt. To make cucumber with yoghurt, peel and slice cucumber finely into a small bowl. Add yoghurt and stir to combine. Refrigerate.

You can vary the degree of heat by altering the amount of sambal olek you add.

Reproduced from from www.foodwatch.com.au

Healthy Weight Loss Creed:

- My past efforts to lose weight are history. I am making a fresh start.
- I will ignore quick fix diets. Counting every calorie and expensive programs with the fat before and skinny after pictures -- are out!
- I will lose weight by following good eating guidelines and increasing activity -- without ever forgetting that "I am running the show!"
- I will be patient because I know slow, steady and forever is best.
- I am realistic and expect to have some bumpy patches as I change my old habits. So what! if I slip up and put a couple of kilos back on. It's just a minor detour on my road to success.
- I will have occasional treats and enjoy them without even a remote thought of feeling guilty.
- I genuinely believe in myself and my ability to lose weight and keep it off.
- I will enjoy the new healthy me and I will enjoy the journey getting there.

Convince yourself – read it out loud.

GOOD EATING GUIDELINES

You are what you eat! As simple as it sounds, what you put in your mouth really makes a difference to how efficiently you function, how long you live and how much fun you have along the way.

Modern eating has strayed considerably from that of our ancestors - more refined foods, more saturated fats, less fruit and vegetables, more sugars - more in total.

And, on average we are not burning it off. So give yourself a rating for each of the guidelines and, if necessary, make some gradual changes to achieve long-term healthy eating.

Please note:

These lists are not complete. For more detailed information see sites such as:

nutritionaustralia.com.au
foodwatch.com.au

*refined foods - white bread, white sugar, white flour and polished white rice are examples of refined food products that during processing have had many nutrients such as fibre & vitamins removed.

More Fibre:

- Bread- whole grain, rye, soy & linseed
- Vegetables
- Fruits & dried fruits
- Nuts & seeds
- Wholemeal pasta & brown rice
- Legumes - beans, lentils, chick peas, baked beans
- Raw bran -wheat, oat, barley, or rice, psyllium
- Cereals - eg. weet bix, sultana bran, all bran, rolled oats, fibre plus, muesli (untoasted)

More Good Fats:

- Olive & canola oil
- Avocado, most raw nuts (including almonds, cashews, hazelnuts, macadamias)
- Oily fish: salmon, tuna sardines, trout
- Linseeds, legumes, dark green leafy vegetables

More iron:

- Lean red meat, fish, chicken
- Cereal, grains, legumes, nuts
- Vegetables

More calcium:

- Low fat dairy - milk, cheese, yoghurt
- Almonds, brazil & hazelnuts, sesame seeds, tahini
- Salmon, sardines, prawns

More Fluid:

- Aim to drink two litres of fluid per day

Less refined/energy dense carbohydrates and sugars*:

- Choose "no added sugar" products
- Limit soft drink, flavoured mineral water, flavoured milk
- Limit lollies, chocolates, sweet biscuits, cakes, desserts as snacks
- Limit the addition of sugar to foods like tea, coffee, cereals and fruit
- Limit white bread, pasta, rice, sweet cereals
- Limit juice to one or two glasses per day

Less Bad Fats:

- Limit full cream dairy products
- Limit skin on chicken and fat on meat
- Limit palm, coconut, safflower, corn, cottonseed, peanut, sunflower oils and margarine
- Limit fatty meats, processed meats, bacon and sausages
- Limit processed commercial foods - cakes, donuts, biscuits, pastries and muesli bars

Less Salt:

- Choose "no added salt" or "reduced salt" products
- Limit adding cooking salt, sea salt or vegetable salts to food
- Limit meat tenderisers, MSG, olives, dried kelp, gravy powder, stock cubes
- Limit salami, ham, corned beef, devon, chicken loaf
- Limit bottled sauces, soy sauce, salted pretzels, nuts and biscuits, canned & packet soups, takeaway, pies, sausage rolls, pasties

Less Alcohol:

- See the "Rule of Two" in previous newsletter or health appraisal reports

Good Health -- Great Future

Issue A4

How Do You Rate Yourself?

| | Rating | Goals and Actions |
|-------------------------------------|--------|-------------------|
| Physical Activity | | |
| Body Weight | | |
| Alcohol | | |
| Cigarettes | | |
| Dietary Fibre Intake | | |
| Dietary Fat Intake | | |
| Sugar Intake | | |
| Fluid Intake | | |
| Stress Management | | |
| Time to Relax | | |
| Back Care Exercises | | |
| Cholesterol/Triglyceride | | |
| Skin Self Checking | | |
| Check Stools for Blood | | |
| Breast/Testicular Self Check | | |
| PAP Test | | |
| Mammogram | | |
| Dental Check Up | | |

Replies, Replacement Reports and Back Issues

If you would like back issues of this newsletter you can "reply" but the subject must be: "Back Issues".

A new appraisal report is available, but due to the number of people who have taken part in the program, we are unable to provide new reports without charging a small fee. \$40 covers production and postage of a CD report (including your results and approximately 2000 pages of resources). Reports are sent after payment (by cheque) to: Health Futures Pty Ltd, Level 1, 44-52 Townshend Street, Phillip ACT 2606. Please indicate date of birth, also previous name if your name has changed.

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat wholemeal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose wholegrain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important) -- take some time to ponder your situation and how you can make positive change in the context of the other demands on your energy and time.

Have a great day