

# FOOD FOR LIFE

**W**e all know about the health problems in our community – obesity, diabetes, heart and kidney disease, cancer – but there's nothing you can do about it, right? **Wrong!**

**T**here is plenty you can do – and it all starts with you leading a healthier lifestyle.

## How can my lifestyle make a difference?

While we can't always stop ourselves from getting sick, if you eat healthy food, drink

plenty of water and are physically active, you'll be more likely to live a long and healthy life.

A healthy lifestyle can help protect you from sicknesses like obesity, type 2 diabetes, heart and kidney disease, some cancers and other health problems.

So if you start leading a healthier lifestyle, and encourage your friends and family to do the same, you're helping to build a healthier community – today, tomorrow and into the future.

Celebrity chef Mark Olive works with food for a living, so he knows that healthy eating is the key to a healthy life.

"Eating a healthy, balanced diet can make all the difference," he says. "But you don't need to be a chef like me to eat right. Healthy food is easy to prepare and it also tastes great!"

## What is healthy eating?

Healthy eating means eating a whole variety of different foods. You need:

**Plenty of fruits** – oranges, apples, bananas, pineapple, mandarins, pawpaw, melons, berries – you pick your favourites!

**Plenty of vegetables and legumes** – carrots, zucchini, beetroot, broccoli, peas, beans, lentils and local bush tucker like bush tomatoes, yams, warrigal greens – the list goes on!

**Cereals** – foods like breads, rice, pasta and noodles – preferably wholegrain.

**Some meat and eggs** – lean meat, fish, poultry such as chicken (take the skin off!), eggs and nuts.

**Some dairy foods** – milk, yoghurt and cheese (choose low-fat varieties).

**Lots of fresh water** – try to drink water instead of sugary fruit juices or soft drinks.

"It's not always easy to get hold of fresh fruit and vegies," Mark says. "But healthy fruit and vegetables can be fresh, canned or frozen."

Healthy eating means cutting down on bad things too.

You should **cut down on fat, salt, sugar and alcohol.**

"These small changes can make a real difference," Mark says. "By making the commitment to eat healthier food, we're helping to build a healthier tomorrow – for ourselves, for our kids and for our community."

**For more information on how you can start building a healthier tomorrow, go to [www.australia.gov.au/tomorrowpeople](http://www.australia.gov.au/tomorrowpeople)**

**Tomorrow People starts today**  
Do it for our kids. Do it for our culture

Authorised by the Australian Government, Capital Hill, Canberra.

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Australian Better Health Initiative  
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