

Your Name:

MY HEALTHY COOKING PLEDGE

*A Health Pledge is your commitment to taking small steps to achieve a big change. It will encourage you to make the small, easy steps which will lead to a big improvement in your **health**. Join us in some healthy cooking activities to improve your health.*

1 Food Safety

Food storage

Caring for your food properly helps to prevent food poisoning from bacteria.

- Keep your fridge between 0-5 degrees Celsius
- Keep your freezer between -15 and -18 degrees Celsius
- Store eggs, raw meat and poultry in the fridge
- It is not safe to refreeze thawed food

Food preparation

- Don't allow raw meat or poultry to touch other food
- Defrost food in the bottom of the fridge or in the microwave.
- Frozen food should be thawed before it is reheated and consumed
- Wash and dry chopping boards, utensils and work surfaces with hot soapy water after preparing raw meats and poultry to prevent cross contamination.



2 Healthy Eating

The 5 food groups are:

- Vegetables
- Grains
- Meat
- Dairy
- Fruit

3 Vegetables

Vegetables are high in fibre, vitamins and minerals. Fibre helps with healthy digestive system; makes you feel full and helps lower bad cholesterol. Starchy vegetables have 3 times the kilojoules of non-starchy vegetables. All vegetables are low in fat except olives and avocado which are high in good fats.



4 Fruits

Fruit is low in fat, kilojoules and very nutritious. However, dried fruit and fruit juice should be consumed in moderation as they are concentrated forms of fruit and are high in sugar and kilojoules.

5 Grains

Wholegrains and wholegrain products contain more vitamins, minerals and fibre than processed alternatives. Choose unprocessed varieties such as oats, wheat, barley, brown rice and rye. Avoid processed cereals as they are often high in fats, salt and sugar.



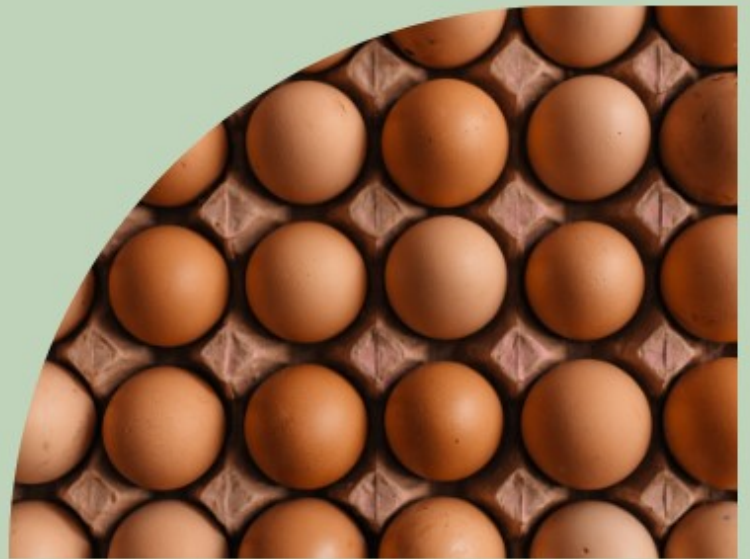
6 Dairy

Dairy products are high in calcium which is good for your bones and teeth.



7 Meat and alternatives

This layout is great for a detailed explanation of one topic. You could include up to 10-14 lines of text, as long as you break them up into paragraphs to make it easier to read. The circle on the left side can be replaced with an icon, chart, map, or even a photo that is relevant to your topic.



8 A Healthy Plate

A healthy plate contains one serve of grain, one serve of meat and two to three serves of vegetables.

Limit your intake of foods and drinks that are high in fat, sugar and/or salt and low in fibre. These foods include lollies, chocolate, fried chips, deep fried foods, burgers, chips and ice cream. Too much fat and sugar can cause weight gain, type 2 diabetes, tooth decay, kidney problems and increase the chance of heart attack.





Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



