



### ***Staying well and preventing sickness***

In Australia, unhealthy eating and lack of physical activity causes many health problems. Many children and adults are overweight and this contributes greatly to the development of some diseases such as diabetes and heart disease. The traditional eating patterns of many people new to Australia are much healthier than the fast foods and drinks, which are heavily advertised in Australia. Some foods are healthy and some are not healthy

The following things can help to keep your family healthy:

#### **Healthy foods:**

- eat 2 serves of fruit and 5 serves of vegetables every day
- eat plenty of cereal foods including rice, breads, pasta and noodles. Wholemeal is best
- drink plenty of water instead of sweetened drinks like soft drinks, cordial or sweet tea. In Australia it is safe to drink water from household taps

#### **Unhealthy foods:**

- avoid foods and drinks high in sugar, and caffeine, like soft drinks and energy drinks, confectionary, cakes and biscuits
- avoid deep fried and other fatty foods like pies, pizza, hamburgers and chocolate

#### **Also:**

- choose foods low in salt and do not add extra salt
- do at least 30 minutes of physical activity on most, preferably all, days. You can break it down into three lots of ten minutes of activity. Kids need to do more physical activity than adults – they need at least 60 minutes of activity each day. Physical activity is important for their growth and development. Examples are walking, riding a bicycle or playing sports.

