

Some Healthy Eating Tips to get you started



1. Include at least 1-2 varied fresh/ tinned fish meals per week.
2. Include several varied lean red meat meals per week. Vegetarians need to eat legumes and/or nuts daily.
3. Include lean poultry or pork weekly.
4. Include at least one legume meal per week e.g. tofu, baked beans.

5. Include a handful of a variety of nuts/seeds several times a week.
6. Include eggs weekly.
7. Include several cups of a variety of vegetables daily. Include dark green leafy types, a variety of deep coloured vegetables across the week and garlic, onions and herbs in meals daily.
8. Use cooking methods that minimise the risk of cancer by adding herbs, spices, fruits, vinegar.
9. Include reduced fat milk products daily.
10. Have at least two different pieces of fruit daily.
11. Try to make most of your cereal serves whole grain and reduced in salt.
12. It is OK to sprinkle a little iodized salt on healthy foods to improve their flavour.
13. It is OK to sprinkle a little sugar on healthy foods to improve their flavour; prefer foods with naturally occurring sugars over those high in added sugar.
14. Have plentiful fluids using water and tea.
15. Minimise 'hidden fats' by choosing lean meats, reduced fat milk products and processed foods.
16. Prefer unrefined natural fat found in nuts, seeds, fish, soy, olives and avocado (because the fat is accompanied by other desirable nutrients).
17. Reserve added fats (preferably cold pressed monounsaturated oils) for cooking to improve the palatability of vegetables, legumes & fish dishes.

For more information see our on-line modules on "Healthy Eating Tips" and "Food Variety".



Healthy Eating Club



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Professor Mark Wahlqvist (Editor-in-Chief)
Dr Antigone Kouris-Blazos (Managing Editor)
Mr Chris Blazos (Webmaster)



healthy eating club

Emerald Hill Clinic, 157 Clarendon St, Southbank,
Vic, Australia, 3006
Phone: 613 9690 6527, Fax: 613 9699 4474
Email: info@healthyeatingclub.com

Creating a healthier universe...
one byte @ a time

<http://www.healthyeatingclub.com>



What is the Healthy Eating Club (HEC)?




The aim of HEC is to provide up-to-date reliable food and health information with resources, products and feedback to help members develop healthy eating patterns. HEC is headed by a medical nutritionist,

Professor Mark Wahlqvist, and nutrition scientist/dietitian, Dr Antigone Kouris-Blazos.

In a nutshell, HEC provides a short on-line course in healthy eating, an on-line 6 week wellness program, internet TV channel "Healthy Moments", downloadable dietary assessment tools, authoritative fact sheets, the latest in nutrition research (monthly newsletter), PhDs in nutrition, books, CDs, exercise video, recipes and more.

HEC is also the owner/publisher of the Medical/Nutrition journal (which is on Medline & Current Contents) *Asia Pacific Journal of Clinical Nutrition*.

HEC is content partner for the Australian Commonwealth Government and Victorian Government websites - Health Insite and Better Health Channel, respectively. HEC contributes course material to Med-e-Serv (InTouch) which provides on-line course materials for continuing education of doctors. HEC is also concerned with eco-nutrition i.e ways in which we can help the environment/universe through our eating habits.

 The approach of HEC is not one of diet dogma and self denial, but of health improvement through the small steps, of great consequence, which "lifestyle synergy" allows. The club's end-points are: *wellness, health and longevity*.

How much does it cost to become a member of the club?

You get lots of stuff for free, but if you become a member as either a:

1. Subscriber for AU\$29.95/yr, you'll get on-line access to the book "Food Facts" by Prof Wahlqvist AND on-line access to the 'Healthy Eating Tips' course module and discounts on other modules.

2. Megabyte member for AU\$195/yr you'll get benefits of subscribers plus access to 4 other course modules (forming the short on-line course in healthy eating) and copy of the ageACTIVE video on CD-rom

To become a member follow the prompts on the home page under "Latest News & Offers".

What is free?

- ♣ Fact sheets & Monthly newsletter
- ♣ Downloadable Dietary Assessment Tools
- ♣ 6 week Wellness On-line Program (WOLP)
- ♣ On-line Book "Food Questions and Answers" Wahlqvist & Briggs 
- ♣ On-line Book "Patient Problems in Clinical Nutrition" case studies from around the world, Wahlqvist & Vobecky (eds)
- ♣ HEC.iTV: our internet TV channel (short video clips) of the latest in nutrition research. 
- ♣ This brochure (with our Healthy Eating Tips) can be downloaded for home or to use at work 
- ♣ HEC nutrition booklet (pp14) by Prof Wahlqvist
- ♣ Recipes, Games and a Links Directory

HEC is on a secure server



HEC is on a secure server, which ensures that your personal and credit card information is secure as it travels across the Internet. The details you enter are encrypted by your browser before being transmitted.

What can you buy from our book store? www.healthyeatingclub.com/bookstore/

MEDICAL/NUTRITION JOURNAL

1. Asia Pacific Journal of Clinical Nutrition

AU\$135/year hard copy+online; AU\$120 on-line only
Institutions AU\$400 hard+on-line; AU\$170 on-line only

HARD COPY BOOKS

2. "Food & Nutrition: Australia & New Zealand" Wahlqvist (ed) 2002, AU\$69.95

3. "Age Fit" Savidge, Wahlqvist et al 2001 \$19.95

BOOKS ON CD-ROMS

4. "Food Habits in Later Life" International Union of Nutrition Sciences, 1995 AU\$25

5. "Food Questions & Answers", AU\$10

6. "Food Facts" composition tables, AU\$20

VIDEO ON CD-ROM

7. "ageACTIVE" exercises for older adults, 2001 AU\$25

REPORTS ON CD-ROMS VicHealth, Wood, Kouris et al. 2000

SPECIAL OFFER: Reports 8-13 below are available as a 6 report set for only AU\$99 (valued at \$180 if purchased individually)

- 8.** "School based healthy eating initiatives: recommendations for success" pp79, AU\$25
- 9.** "Healthy weight and physical activity interventions in Victoria: the current situation and recommendations for success" pp 40 AU\$25
- 10.** "Healthy eating for nutritionally vulnerable groups: some health promotion initiatives". pp 124 AU\$25
- 11.** "1995 National Nutrition Survey: all persons 16 yrs+ grouped by socio-economic disadvantage". pp149 AU\$35
- 12.** "1995 National Nutrition Survey: all persons 16 yrs+ grouped by equivalent income". pp 157 AU\$35
- 13.** "1995 National Nutrition Survey: all persons 16 yrs+ grouped by food security" pp 148 AU\$35
- 14.** "The SEIFA report" Coles-Rutishauser (ed). pp 128 AU\$35
- 15.** "Executive summary of the SEIFA report". pp 33 AU\$15
- 16.** Special Offer: 6 report set (reports 7-12) AU\$99

ON-LINE COURSE MODULES & SHORT COURSE

- 17.** What's in food: value of food variety AU\$70 (AU\$50 members)
- 18.** Healthy Eating Tips AU\$50 (AU\$35 for members)
- 19.** Body Image AU\$50 (free for members)
- 20.** Understanding Food Labels AU\$50 (AU\$35 for members)
- 21.** Physical activity AU\$75 (AU\$65 for members)
- 22.** 5 module certificate course in healthy eating AU\$295 (AU\$195 megabyte members)

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