



POSITIVE DIRECTIONS TRUST HE TOHUTOHU PAI KI WAITAHA

Community Resilience, Healthy Lifestyle Options & Vocational Excellence

Nutrition Resource for Providers Working with Rangatahi in Otautahi

“Tama tu tama ora tama noho tama mate”

An active person will remain healthy while an inactive one will not!

In association with



Haere Mai

One in four adults (15+) in New Zealand are obese. These numbers are particularly high with both Maori and Pacific Island adults which are 44.7% and 57.9% respectively.

These overwhelming statistics can be a result of a number of factors including:

- 1. Lack of access to healthy foods**
- 2. Poverty**
- 3. Lack of Nutrition/Health Education**
- 4. Financial constraints**
- 5. Influential marketing activities from 'junk food' manufacturers**
- 6. Changes in mind set/attitude of New Zealand youths**



One of the most likely reasons is the lack of education and understanding of nutrition nationwide. New Zealanders have not been taught a strong foundation at an early age of what foods are good and what foods are bad. This misinformation is continually being passed down from parent to child without any new learning's being introduced.

The 'Food Pyramid' is outdated, and yet is still being fabled as the be all and end all of good nutrition education.

Changes in attitude and behaviour of rangatahi is proving to be a hurdle in the education of nutrition. What was once a simple process of teaching children about nutrition in the classroom has now become increasingly difficult due to a range of factors including technology, introduction of social media, increased exposure to mass media, and an overall change of the mind-set of youths today compared with those 10+ years ago.

New Zealand is quickly becoming an obese nation. Something needs to be done to turn these statistics around and educate New Zealander's, and more specifically Maori and Pacific Island rangatahi about the dangers of obesity, and what can be done to mitigate the risks.



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Section 1

Te Timata:

Introduction

Te Timata: Introduction

This resource is designed for Māori providers when working with their rangatahi clients.

It is specifically designed to bring nutrition education to rangatahi in a simple and interactive way.



This resource targets rangatahi of ages 11-18 and is designed to help overcome the 4 main challenges faced by rangatahi as outlined by providers at the hui

Those challenges are:

- *Rangatahi not eating frequently enough, or not much at all*
- *Food security. i.e Lack of money in the home*
- *Lack of authentic role models, and*
- *Getting them to listen*



The tools that are contained in this resource are designed to help effectively communicate healthy eating principles to rangatahi in a way that is important to them, and in a way that meets as many of the food criteria agreed upon at the Māori Provider hui

Those criteria are:

- Colourful/bright/attractive
- Convenient/fast
- Nice/tasty
- Fun
- Cool
- Easy

This means that whatever food related activity you do with rangatahi must meet these criteria.



Section 2

Te Rangahau:

**How to Reach
Rangatahi with the
Nutrition Message**

A. Catching the Attention of Rangatahi

This is a step-by-step guide to using the values exercise to communicate your message to rangatahi.

Whenever communicating with rangatahi, we know they don't tend to follow your lead unless they can see that what you're telling them can help them meet their values.



Step 1: Be interested in the things that they are interested in with No Agenda.

This step may take some time depending on how familiar you are with their individual interests. But you can be pretty sure it's one of the top 5 we established at the Feb/March Hui.

Example: Watching them play their sport at training or a game.

Step 2: Establish what the problem is by asking questions.

We should probably be careful not to assume we know what the problem is and don't move to the next step unless permission has been granted.

Example: The first ½ you played like a champ, what happened in the 2nd half? What did you eat before the game?

Step 3: Offer the solution in terms of what's important to them

Example: You could try eating something before the game to keep your energy up

Step 4: Assist with the solution, making sure it meets the criteria outlined in the introduction.

Example: Do you want to try this pre-game smoothie?

B. Helping Rangatahi Understand the Value of Nutrition



Determining Values

You can discover what drives rangatahi by going through the '**9 Value Determinants**'. This is a series of carefully constructed questions that reveal what a person truly values. You can also do it for yourself.

In answering the questions, you will see a pattern forming. Then you need to categorise the answers to find out what came up the most, second most, third most and so on until you have compiled a hierarchy of about five values. Number one on the list is what is highest on their values, the thing that is most important to them, and number five will generally get less of their attention.

You will recognise a rangatahi's highest values because you don't need to use outside motivation to get them to act, they can always find energy for what's highest on their values.

1. How do they fill their personal space?

Matua scenario - When you look around their room, what do you see? Do you see photos, sports trophies, awards, books? Do you see beautiful objects?

Perhaps the rangatahi space is full of games, puzzles, DVDs, CDs, or other forms of entertainment. Whatever you see around you is a very strong clue as to what they value most.

Write these things down: (minimum of 3)

2. How do they spend their time?

Look at their typical day. What do rangatahi spend the most time doing? They always find time for doing these things. And almost never find time for doing things which are low on their list of values.

How rangatahi spend their time tells you what matters to them most.

Write this down: (minimum of 3)

3. How do they spend their energy?

There's always energy for things that are important to rangatahi.

Rangatahi will run out of energy for things that don't. Things that are low among their values drain them.

Where do you see them having lots of energy and what are they doing?

Write this down: (minimum of 3)

4. How do they spend their money?

Rangatahi will always find money for things that are valuable to them, but will never want to part with money for things that are not

At this point, you might be noticing some similarities between what they fill their space with and how they spend their time, energy, and money.

Even if they're repeating, write these things down: (minimum of 3)

5. Where do they have the most order and organisation?

Look at where rangatahi have the greatest order and organisation, and you'll have a good sense of what matters most to them. Is their room tidy, their car, is their cell phone or ipod organised with album artwork and playlists. Wherever you see order. It's important to them.

Write this down: (minimum of 3)

6. Where are they most reliable, disciplined, and focused?

They don't have to be reminded by you to do the things they value the most. Look at the activities, relationships, and goals for which they are disciplined, reliable, and focused – the things that nobody has to get them up to do.

Write these things down: (minimum of 3)

7. What do they talk about in social settings?

What are the topics that they keep wanting to bring into the conversation that not you or anybody has to remind them to talk about?
What subjects turn them into an instant extrovert?

Write this down: (minimum of 3)

8. What inspires them? (Great for older teens)

What inspires them now?

What has inspired them in the past? What is common to the people who inspire them?

Figuring out what inspires them most reveals what they value most.

Write this down: (minimum of 3)

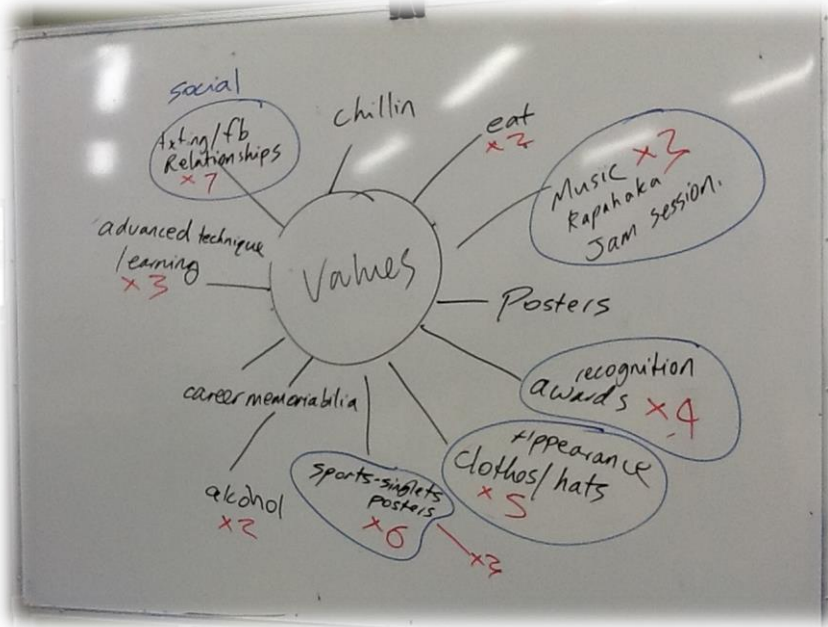
9. What do they love to learn and read about most?

What are the three most common topics they love learning or reading about most?

What three topics can they stay focused on and love learning about without distraction?

Write these down: (minimum of 3)

C. Rangatahi Values Exercise



This picture shows the rangatahi values we discussed at the wananga.

Participants at the wananga completed the exercise by thinking about a specific rangatahi that they work with.

These are the top 5 values listed in hierarchy of importance:

1. **Social**
2. **Sports**
3. **Appearance**
4. **Recognition**
5. **Music**

Surprised - or not? How did they match up to the exercise you did? Remember values are what's important to them, not what we think they should be. This process reveals what their life demonstrates and that's what we need to know if we have any chance in changing the eating habits of rangatahi.

So, why is it so important to know? Does this mean that you should negate what's important to you? No way, technically you should have a better idea of what's good for rangatahi than they do. So how do we use this information to get them to listen? You've got to start communicating what's important to you in terms of what's important to them.

In the previous chapter, there is a step by step process in how to do this. For some of you it could be a completely new concept. For others it will only be reinforcing what you already know and do. It's a skill and the better you are at it, the better your relationships will become and the better chance you'll have at influencing them in the right direction. Go well!

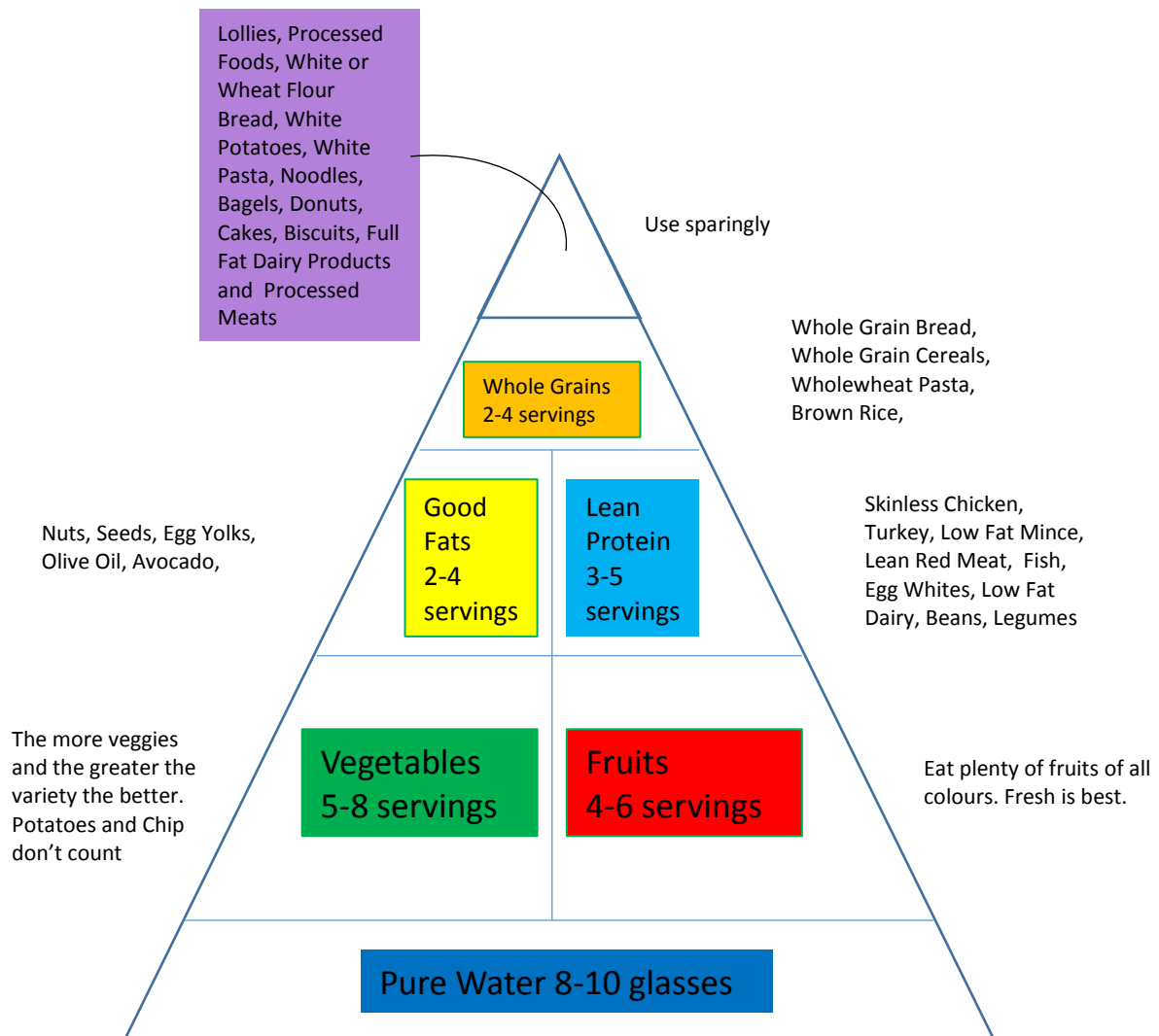


Section 3

Mahi Atū!

Practical Exercises

A. The New Rangatahi Food Pyramid



How to Teach the Food Pyramid to Rangatahi

Teaching rangatahi about the food pyramid is an important lesson in healthy eating. The food pyramid is ideal for rangatahi because it gives them a visual reference to remember. The activity will help them discover more about healthy eating, and choosing foods in moderation. Knowledge about the food groups and how to eat is a lesson that they will take with them for the rest of their lives; that could affect their health, eating habits and relationship with food in the future.



Things You'll Need

- *Poster board*
- *Coloured construction paper*
- *Old magazines with pictures of food*
- *Scissors*
- *Gluestick*

Step 1

Cut a large triangle out of a piece of poster board. It should be large enough to fit all of the different strips of colour in it for the pyramid. The larger you make the triangle, the more foods can be glued onto it.

Step 2

Cut coloured strips out of the construction paper. Blue for water (base), $\frac{1}{2}$ red and $\frac{1}{2}$ green for fruit and vegetables (second layer), $\frac{1}{2}$ yellow and $\frac{1}{2}$ blue for protein and good fats (third layer), orange for whole grains (forth layer), and purple for processed grains and sweets (top layer). Cut their widths according to the Real Food Pyramid diagram on the next page. The thickness of the strip relates to how much of the foods should be in their diet. The thicker the strip, the more of those foods can be enjoyed.



Step 3

Place the large triangle up where the rangatahi can see it, and hold up the coloured strips. With the rangatahi watching, write the name of the food group on each strip, and place it on the triangle while giving some examples of foods that might be included in that particular group. Use glue to stick the colours on until all of the strips are filled in. Examples of foods can be found on the next page.

Step 4

Hand out old magazines, and have rangatahi go through them to find pictures of food. Have them cut out the food from the magazines with scissors. They can cut as many pictures out as they want, keeping in mind that you may need a large pyramid to fit on all of the pictures.

Step 5

Invite each rangatahi to take a turn to come and place the picture of food that they have under the correct food group on the pyramid and glue it on. While they are placing the foods, talk about the foods they have chosen, if they like the food and whether it's a healthy food to eat. When everyone is done, the food pyramid should have a variety of food on it.

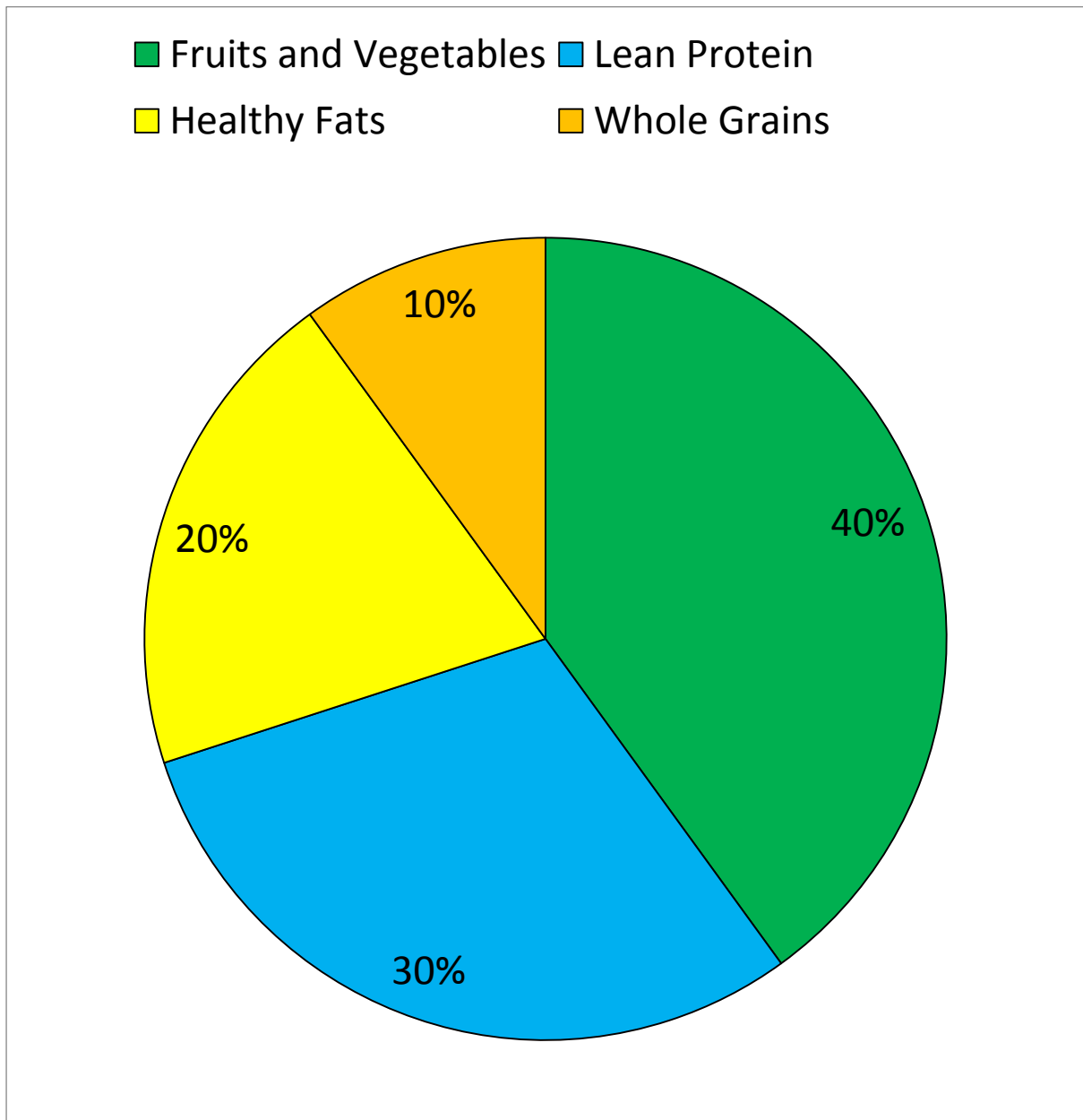


Step 6

Indicate the difference between foods that are nutritionally dense and those that have empty calories and don't offer much in the way of nutritional value. Indicate that most of their diet should be made up of nutritionally rich foods, while sweets and processed foods should be kept to a minimum as an occasional treat. Talk about trying lots of foods. You may also want to have some foods available for sampling.

B. The Healthy Kai Kono

Encouraging Rangatahi to Combine Foods for Maximum Energy



Teaching rangatahi about food combining is another important lesson in healthy eating. The Healthy Kai Kono/Plate activity is another great visual reference for rangatahi to remember on a day-to-day basis. The hands on nature of the activity will help rangatahi workout what proportions of different foods to eat. A picture of the Healthy Kai Pureti/Plate with proportions can be found on the following page.

Things You'll Need

- A. Large drawing paper or print of the Healthy Plate in the Resource Section
- B. Coloured Pens or old magazines with lots of pictures of foods

Step 1

Draw or find pictures of the food that they ate during the day... or during just one meal.

Step 2

Colour in the pictures or cut out the pictures from the old magazines

Step 3

Place the images on the giant plate.

Step 4

Talk with rangatahi about each food group. Talk about them during the day when they are eating.

Step 5

Get rangatahi to place the different foods on the plate and check to see how they did with eating vegetables and fruits and the other food groups that day.

C. Meal Frequency

Encouraging rangatahi to eat less more often

Most people will start the day with a very small breakfast. Either a cereal or a piece of toast in hand. What more often happens, especially with rangatahi, is that they skip breakfast all together.



As a result by lunch time their attention and energy begin to reduce so their lunch time meal becomes larger. Usually between lunch and dinner there can be 6-7 hours so we begin snacking on sugary things and by the time we get home we are ravenous. What are the types of foods rangatahi eat when they arrive home at the end of the day? Anything. How much? Everything. Dinner

then becomes the biggest meal of the day, at a time when the body requires the least amount of energy. Over time your body begins to take on the shape to the left on page 17.

Our bodies require the most amount of energy first thing in the morning. It's important to fuel the body with carbohydrates and fats for energy, and most importantly protein. Have a snack in-between main meals so your blood sugars don't drop causing extreme hunger and the desire to eat unnecessarily.

Because the day is set up right, you will not need as large a lunch. Snack in-between lunch and dinner to keep blood sugars stable

Have a lighter dinner. This is the time of day your body requires the least amount of energy. Unless you have sport in the evenings, eat light. Over time, the body will start to take the shape to the right (see diagram on page 19)

Step 1

Draw a small 'B' for breakfast, on a whiteboard and explain that most people start the day with a small or no breakfast

Step 2

Draw a larger 'L' for lunch, below the 'B' and explain that because of eating a small or no breakfast this causes you to eat a larger lunch

Step 3

Draw an even larger 'D' for dinner, below the 'L' and explain that because of having a small or no breakfast this has caused you to eat a larger lunch and then an even larger dinner.

Step 4

Draw a triangle around the three letters with a head and two legs just like the diagram on the following page. Explain that this is the shape your body will take on if you eat this way.

Step 5

Draw a large 'B' next to your first diagram. Explain that by having a large breakfast it will set you up for the day.

Step 6

Explain that if you have a small snack for morning tea then you won't need as large a lunch. Write snack below the large 'B'.

Step 7

Draw a smaller 'L' and explain that because you've had a larger breakfast and a small snack for morning tea you're not feeling as hungry at lunch time.

Step 8

Explain that if you have a small snack for afternoon tea then you won't need as large a dinner. Write snack below the smaller 'L'.

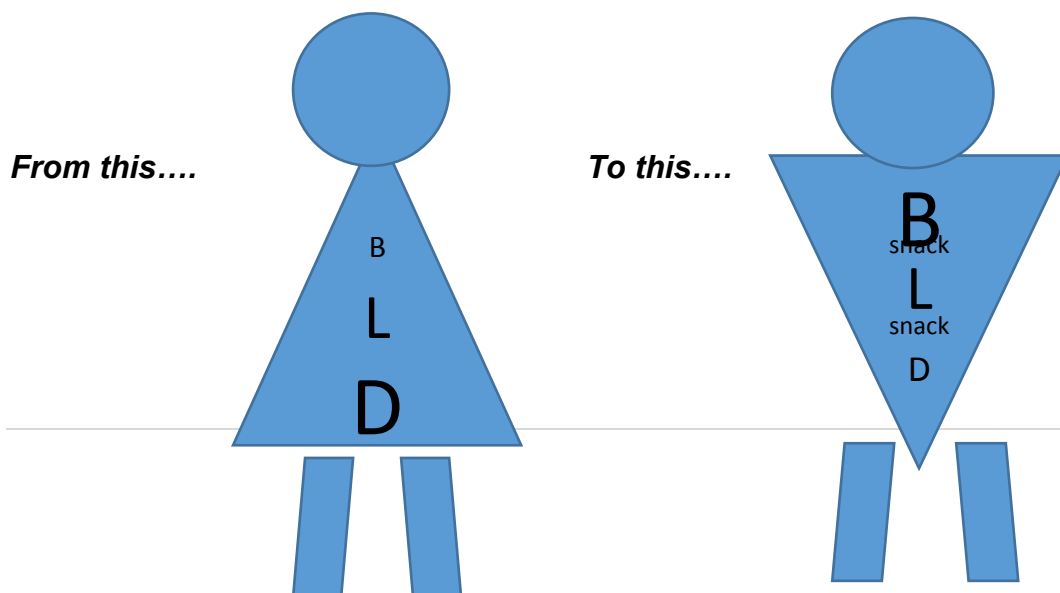
Step 9

Draw an even smaller 'D' and explain that because you've had a larger breakfast, small snack, lighter lunch and another small snack, then you're not as hungry at dinner.

Step 10

Draw an upside down triangle around the three letters with a head and two legs just like the diagram on the following page. Explain that this is the shape your body will take on if you eat this way.

Use these 2 diagrams to highlight the importance of eating frequently:



D. Hydrate and Feel Awesome



Teaching Rangatahi the Importance of Staying Hydrated

The need to hydrate is just another way of saying, "Drink plenty of fluids throughout the day." But not just any fluids—because the kinds of liquids rangatahi drink are just as important as the foods they eat. Water is the most needed nutrient of all. In fact, most of the human body is made of water. On a regular day, your child's body loses two to three litres of water. Add some physical activity or sweat, and he or she can lose even more. That's why it's important for rangatahi to take in plenty of fluids.

One great way to do it is to make sure they have their own drink bottle. Make a mark on the drink bottle and set them a goal to drink down to that mark by a certain time of the day.

Here is an experiment you can do with rangatahi to show them how corrosive other drinks are.

Things You'll Need:

- 1 small bottle each of Coca Cola, Pepsi, Sprite, Mountain Dew, Red Bull.
- Tap water
- 6 plastic cups
- 6 tarnished 10 cent coins
- Notepad
- Measuring cup
- Marker for creating cup labels

This experiment is expected to take about one week before you get to see and assess the results. The longer it takes, the clearer the results will be.

Step 1

Take all the 6 plastic cups and label each using the marker. Assign one cup for each drink - one for Coca Cola, one for Pepsi, one for Sprite, one for Mountain Dew, one for Red Bull and the last one for the tap water. Pour each liquid into the designated cup and drop one tarnished 10 cent coin for each labelled cup.

Step 2

Observe what happens to each coin each day. Take note and record these observations in your notepad. You may pick the penny out of the cup to look at them closely but make sure you return them back inside after observing.

Step 3

When noting your observations, try to observe whether the darker coloured sodas remove the tarnish from the coins faster than the lighter-coloured ones. Also take note if the lighter coloured sodas change colour as they remove the tarnish. Do not forget to compare these observations to that of the coin soaked in the water. Continue doing this for a week and assess the trend if there is any.

Step 4: Discussion

You must have noticed, as days passed by, that the darker-coloured sodas removed the tarnish from the coins quicker than the lighter coloured ones. This means that the darker-coloured sodas are stronger and are more corrosive compared to the lighter colour sodas.

Step 5 Encourage rangatahi to draw their own conclusion as to what these drinks are doing to their insides.



E. Rangatahi in the Wharekai

Healthy meal and snack ideas for rangatahi on the go



The following pages include quick, cool, fun, tasty, meal and snack ideas that can be easily demonstrated. The key is to get rangatahi involved in preparing food as often as possible. The recipes must work for your rangatahi.

Make sure the following points are being discussed alongside the food being prepared:

- What food group the ingredients fall into.
- What proportion of that ingredient should be in your diet.

Breakfast

Some easy breakfast choices for busy rangatahi include:

1. Homemade whole grain cereal with milk and fruit
2. Egg sandwich: whole grain toast with a fried egg and a slice of low-fat cheese, paired with fruit
3. Yogurt mixed with high-fibre cereal (like All-Bran) and berries
4. Smoothies using a Whey Protein Powder, milk, ice, peanut butter and banana (or other favourite fruit)
5. Porridge with milk, nuts and fruit
6. Smoothie with Greek yogurt, milk, fruit and raw instant oats
7. Oat pancakes made with protein powder or topped with peanut butter,
8. French toast with eggs, using whole grain bread sprinkled with cinnamon, served with yogurt
9. Peanut butter on whole grain toast and fruit
10. Banana with a cup of low-fat milk
11. Greek yogurt with fresh berries or low fat vanilla yogurt with fresh, frozen or canned fruit with crunchy whole grain cereal.
12. Whole Grain cereal with low-fat milk and fresh fruit
13. 2 scrambled eggs and a fresh piece of fruit

F. Healthy Meal & Snack Ideas for Rangatahi on the Go

Breakfast

If rangatahi are not hungry in the morning, try smoothies, shakes or homemade breakfast bars. (see recipe below)

And remember: they don't have to have typical breakfast foods. Sandwiches can be a great choice, for example, or try a breakfast burrito.



Breakfast Burrito

- Serves 1
- Ingredients:
- 1 egg and 1 egg white scrambled
- 1/2 cup of cut up sausage or mince meat
- 1 Tb diced onion
- 1 Tb diced capsicum - red or green
- 20g of Edam cheese
- Oil Spray
- Tomato sauce (optional)
- Whole wheat, spinach or tomato tortilla

Directions:

Heat pan and add oil spray

Sauté onion and capsicum with sausage or mince.

Add scrambled eggs and salt to the pan, add tomato sauce (optional)

Add cheese at very end - heat on low

Wrap!

Five Minute, No-Bake Sunflower Seed and Oat Breakfast Bars

Makes 10-12 bars

- 2 ½ cups rolled or quick oats (substitute gluten free oats if needed)
- 1 cup sunflower seeds (raw)
- ½ cup raisins
- ½ cup chocolate or carob chips
- ⅓ cup Low GI cane sugar or coconut sugar
- ½ cup peanut butter
- ½ – ⅔ cup melted coconut oil (adjust based on how well things stick together)

1) Mix oats, sunflower seeds, raisins, and carob chips in a large bowl.

2) Whisk together peanut butter and coconut oil. Pour into oat mixture, and mix well, till everything is sticky and combined. If it's too dry, add a bit more wet mixture.

3) Press mixture into a shallow baking dish, and refrigerate for 4 hours.

4) Cut into bar shapes, wrap, and keep refrigerated till ready to use. They ought to last two weeks at least.

G. Healthy Lunch Options

Here are some healthy lunch and after-school snack choices you can demonstrate with rangatahi that offer flavour and variety along with nutritional benefits:



Pita Pocket:

- A whole grain or corn pita, no nitrate lunch meat, lettuce or other leafy green, sliced tomato and hummus or whipped avocado as a pita dressing.

Tuna Wraps:

- A whole grain or corn tortilla, lettuce, tomato, cucumber, avocado, small can of tuna with chilli sauce and mayonnaise

Vegetarian Nachos:

- 1 can of Watties Salsa beans heated up in microwave or stove top, serve on Mexicana corn chips with grated cheese on top. May serve with low fat yogurt or mashed avocado on the side.

Peanut butter sandwich:

- 2 pieces of whole grain bread
- 1-2 Tablespoons of peanut butter
- ½ cup of mashed fresh berries

Egg muffins:

- Diced 1 onion and fry with some frozen mixed veges. While that's cooking scramble 12 eggs in a bowl, add some salt and pepper, mixed herbs. Put vege mixture in the bottom of the muffin trays, pour over egg mixture to ¾ fill each muffin hole. Bake at 180 degrees for 15-20mins.

Chicken Salad Sandwich:

- 2 pieces of whole grain bread, chicken, and salad ingredients.

H. Smart Snack Suggestions

The following snacks will help fill rangatahi up and keep them going until there next meal. Many can be pre-packaged the night before:

- a. Banana sliced in half and spread lightly with peanut butter.
- b. Cheese and vegemite on toast (whole grain bread with low-fat cheese)
- c. Cut-up vegetables with hummus.
- d. Edamame beans (steamed Japanese soybeans).
- e. Hummus on a whole-wheat pita.
- f. Low-fat yogurt with a tablespoon of chopped walnuts.
- g. Peanut butter and banana sandwich on whole-grain bread. (Use half a banana)
- h. Popcorn without butter (sprinkle with Parmesan cheese).
- i. Red grapes and cheese sticks.
- j. Roasted chickpeas
- k. Trail mix (measure one serving).
- l. Tuna sandwich on whole-grain bread.
- m. Vegetable soup with whole-grain crackers.
- n. Whole-grain cereal with low-fat milk.
- o. A piece of fruit or vegetable slices with raw or natural peanut butter
- p. Apple slices spread with peanut butter and sprinkled with raisins.



Section 4



Rauemi Tonu:

Resources



A. Healthy Meals to Feed Your Rangatahi Athlete Before the Big Game

The food your rangatahi athlete eats prior to game time can have a big impact on their energy, stamina and overall performance.

What your aspiring All Black or Silver Fern should eat is often affected by the timing of their game.

Here are three examples that should help

For early morning games:

Obviously you should not send your players out there on an empty stomach, but they will not have much time to eat and digest before they have to get moving.

A glass of orange juice and a piece of toast or apple spread with peanut butter or a protein shake will get them through the first game. If they have time, add in a scrambled egg.

You want to give your athlete enough food to keep them full and focused, but keep in mind this early morning pre-game meal isn't going to give them the bulk of their energy.

It's important that they eat balanced meals that include complex carbohydrates for long term energy, lean protein to rebuild muscles, healthy fats and fibre (another name for vegetables) consistently throughout the whole week.

This will ensure your athlete has the energy stores of nutrition they need to perform.

So the night before, make sure your rangatahi athlete has a well-balanced meal.

In-between games

An all-day tournament usually means they only have a ½ hour to 45 minutes between each game. They are going to need to eat something.

Stick to good old raisins and peanuts and other simple snacks like oranges and apples with a piece of cheese that will help stabilise their blood sugar, but won't make them feel stuffed.

Make sure to avoid those energy drinks! Although they taste good and are quick and easy to drink, they will quickly raise your athlete's blood sugar levels and then cause a crash in the middle of the day.

Something you want to avoid with another 3 games ahead of them!

For night games:

Night games can get tricky assuming they have school all day and then a game at 5 or 6 PM. It may be tough to get them home for a well-balanced meal.

So on game days, their school lunch becomes very important. They need a lunch filled with fruit fresh (not "fruit" snacks), a sandwich on whole grain bread with a couple slices of meat or chicken and lettuce.

Keep it simple. They might also need a few extra snacks like yogurt, homemade energy bar and carrot sticks for them to have later in the day, so they aren't hungry by the end of the day.

B. Tips for Choosing Whole Grains over Processed Grains

Whole vs. Processed

Rangatahi need to eat at least half of their grains from whole-grain or high-fibre foods because whole grains take longer to digest, and will leave them feeling full longer and make them less likely to overeat.

Refined grains, like those found in white bread and most baked goods, did not start out that way. In nature, all grains are “whole,” meaning they include the entire seed, or kernel, of the plant from which they are harvested. Food manufacturers process, refine and bleach grains like wheat and rice, removing the bran and the germ from the kernel. The product is stripped of many vital nutrients (including B-vitamins and healthy fats), loads of fibre and up to 25 percent of its original protein!

Which Grains Are Considered “Whole”?

Grains like wheat, corn, rice, oats, barley, quinoa, spelt, rye and popcorn can all be purchased and consumed in their whole form. Some products are labelled “100% Whole Grain,” which is a good indicator that they contain whole-grain ingredients.

Note: Be wary of products that say, “Made with Whole Grains.” As long as there is even a small amount of whole grain used in a food’s manufacture, this claim is considered legitimate. Your safest bet is to read the ingredients. If the words *whole wheat*, *whole grain* or *brown rice* appear first on the list, you can be pretty sure your food is a whole grain purchase.

10 Tips to Add Whole Grains to Your Diet

1. Use whole-grain bread for your sandwich or morning toast.
2. Serve brown rice or whole wheat pasta for dinner.
3. Whole grain pita breads or crackers dipped in hummus make a great snack.
4. Popcorn is a whole grain everyone loves! Use a hot air popper or pop it yourself on the stove top.
5. Warm porridge is great for breakfast, especially on cold days. If you don’t like it plain, stir in fresh fruit like berries or apples and cinnamon.
6. On cereal boxes, read the ingredients to see if the first ingredient is a whole grain.
7. Try some of the less common whole grains including, barley, quinoa, wild rice, bulgur, buckwheat and millet.
8. Many restaurants offer whole-grain substitutes for many of their dishes—all you have to do is ask.
9. When eating out, try asking for whole-wheat bread and brown rice.
10. Substitute whole-wheat flour for half of the white flour you need to make your favourite cakes, biscuits, bread, or muffins.

C. More Info on Proteins, Carbohydrates and Fats

These 3 food groups are referred to as macronutrients and are the nutrients that should make up the largest proportion of your diet.

Your body uses macronutrients for energy, growth, and repair. Different kinds of macronutrients do different things for your body, so it is important to get variety in your daily diet.

Carbohydrates

Carbohydrates are broken down by the digestive system into simple sugars. These sugars are taken to the bloodstream and then delivered to cells in your body with the help of a hormone called insulin. In the cells, these sugars provide energy to your body.

Carbohydrates come in different forms: Simple and Complex.

Simple carbohydrate foods contain sugars that do not need to be broken down further, so the body can use them for quick boosts of energy. Honey, maple syrup, fizzy drinks, biscuits, lollies, table sugar and cakes are all sources of these types of sugars, but since they are also high in calories, they should only be eaten occasionally. Instead, it is important to eat healthy sources of simple sugars, like fruit and fat-free or low-fat milk. These alternatives to sugary sweets offer vitamins, minerals and fibre as well.

Complex carbohydrates are larger, are digested more slowly and provide longer-lasting energy. Sources you should choose most often are vegetables, beans and whole-grain, high-fibre breads and cereals.

Protein

Protein is what makes up bodily tissues, like the muscles, skin and organs. When you eat food containing protein, your digestive system breaks it down into smaller parts called amino acids. These amino acids are later used by the body to build and repair cells and tissues.

The two main sources of protein are animal products like meat, milk, fish and eggs and vegetable products like beans, nuts, seeds and soy. To make sure you get all the essential amino acids, it's important to eat a wide variety of these protein-rich foods such as lean meats, fish, fat-free and low-fat dairy products, eggs, nuts, seed and beans.

Fat

Some fat is good for you. Your body needs it for proper brain development and to absorb certain vitamins.

There are two main types of fat: *saturated* and *unsaturated*.

Unsaturated fat is found in fish like salmon and tuna, nuts, seeds, avocados and most vegetable oils. Most of the fat you eat should come from these foods.

Saturated fat may increase your risk of heart disease, so it is important to limit the amount you consume. It is found in foods that come from animals like red meat, butter, cheese, milk (except fat-free) and ice cream. Coconut and palm oils are also high in saturated fat but are a better choice than the animal sources.

Trans fat also can raise the risk of heart disease. Trans fat is formed when liquid vegetable oils go through a chemical process called hydrogenation, which makes the oils more solid. Most foods will list the amount of *trans* fat on nutrition labels, so when eating packaged foods, try to pick foods labelled 0 grams *trans* fat per serving. Eating a diet rich in fruits, vegetables, whole-grain foods and fat-free and low-fat dairy will help limit the amount of saturated and trans fats you eat.

D. Recommended Food List

Listed in this section are the recommended foods to consider when making meal and snacks choices. These are broken down into three categories: Most Desirable, Moderately Desirable, and Least Desirable.

Most Desirable Carbohydrates

Fruit (based on a 1-cup serving)

Apple
Apricots
Blueberries
Cantaloupe/Honey Dew Melon
Cherries
Grapefruit
Grapes
Kiwifruit
Mango
Orange / Mandarin
Peach
Peach (canned in natural juice)
Pear
Pears (canned in natural juice)
Plums
Raspberries
Strawberries

Vegetables (based on a 1-cup serving)

Artichokes
Asparagus
Avocado
Beetroot
Broccoli
Cabbage
Carrots
Capsicum
Cauliflower
Celery
Cucumber
Mushrooms
Onion
Peas
Squash
Tomato
Zucchini

Legumes (based on a 1-cup serving)

Black beans
Butter beans
Chickpeas (Garbanzo Beans)
Kidney beans
Lentils, red
Lentils, green
Lentils, brown
Soy Beans
Split peas

Breakfast Cereals (based on a $\frac{3}{4}$ -cup serving)

All Bran, Kellogg's Original

Dairy Products (based on a 1-cup serving)

Yoghurt, low-fat
Soy Milk, low-fat
Milk, low-fat
Cottage Cheese, low-fat

Nuts (based on a $\frac{1}{2}$ -cup serving)

Almonds
Cashew Nuts
Hazelnuts
Macadamia
Pecan
Peanuts
Walnuts

Sugars and Sweeteners (based on a 1-teaspoon serving)

Fructose (Granulated)
Stevia
Low GI Cane Sugar (*Chelsea* brand)
Agave Nectar
Coconut Sugar

Moderately Desirable Carbohydrates

Fruit (based on a 1-cup serving)

Apricots, canned in light syrup
Banana (medium, ripe)
Pineapple
Prunes (½ cup)
Apricots, dried (½ cup)
Watermelon

Fruit Juices (based on a 1-cup serving)

Apple, unsweetened
Orange, unsweetened

Vegetables (based on a ½-cup serving unless specified)

Corn, sweet (½ cob)
Pumpkin (1 cup)
Kumara/Sweet Potato
New Potato or Baby Reds
Yam

Breakfast Cereals (based on specified serve)

Steel Cut Oats (½ cup)
Rolled Oats, wholegrain (⅓ cup)
Vogel's™ Ultra-Bran™,
Soy-Linseed Cereal (½ cup)

Sugars and Sweeteners (based on a 1-Tablespoon serving)

Honey
Maple Syrup

Breads and Crackers (based on 2 slices)

Bürgen™ for Weight Management
Bürgen™ Soy-Linseed
Bürgen™ Rye
Vogel's™ Honey & Oats Bread
Vogel's™ 12-Grain Toast
Vogel's™ Chia and Toasted Sesame
Pumpernickel Bread
Ryvita™ Crackers 'Pumpkin Seeds & Oats'
Ryvita™ Crackers 'Sunflower Seeds & Oats'

Grains (based on a 1-cup serving when cooked)

Rice, basmati,
Rice, brown
Rice, wild long grain
Quinoa, cooked
Barley, pearled
Bulgar wheat
Whole Wheat Tortilla (8 inch diameter)
Corn Chips (approx 16 chips)

Pasta and Noodles (based on a 1-cup serving when cooked)

Fettuccine, egg
Linguine
Macaroni
Noodles, instant
Spaghetti, white
Spaghetti, whole wheat

Least Desirable Carbohydrates

Fruit (based on a ½-cup serving)

Dates (approx 8-10 pieces)
Figs (approx 8-10 pieces)
Raisins

Fruit Juices (based on a 1-cup serving)

Cranberry juice
Pineapple juice

Vegetables (based on a ½-cup serving)

Parsnips
Baked, white
Instant, mashed
Home-made mashed potato

Breads (per single serve)

Bagel, white
Baguette, white (french stick)
Hamburger Bun
Naan Bread, plain
Pita bread, white (small)
White Flour bread
Whole Wheat Flour bread

Breakfast Cereals

(based on a ¾-cup serving)

Bran Flakes
Cheerios
Coco Pops
Corn Flakes
Instant Oatmeal
Nutrigrain
Muesli
Rice Bubbles
Special K
Weetbix

Grains (based on a 1-cup serving when cooked)

Noodles, rice
Rice, white
Rice, long grain
Rice, Jasmine
Rice, instant white

Sugars and Sweeteners (based on a 1-teaspoon serving)

Glucose
Table Sugar

E. Determining Values Worksheet

1. How do you fill your personal space?

When you look around your room, what do you see? do you see photos, sports trophies, awards, books? Do you see beautiful objects.

Perhaps your space is full of games, puzzles, DVDs, CDs, or other forms of entertainment. Whatever you see around you is a very strong clue as to what you value most.

Write these things down: (minimum of 3)

2. How do you spend your time?

Look at you typical day. What do you spend the most time doing? You'll always find time for doing these things. And almost never find time for doing things which are low on your list of values.

How you spend your time tells you what matters most.

Write this down: (minimum of 3)

3. How do you spend your energy?

There's always energy for things that are important to you.

You will run out of energy for things that don't. Things that are low among your values drain you.

Where do you have lots of energy and what are you doing?

Write this down: (minimum of 3)

4. How do you spend your money?

You will always find money for things that are valuable to you, but will never want to part with money for things that are not

At this point, you might be noticing some similarities between what you fill their space with and how you spend their time, energy, and money.

Even if they're repeating, write these things down: (minimum of 3)

5. Where do you have the most order and organisation?

Look at where they have the greatest order and organisation, and you'll have a good sense of what matters most to you. Is your room tidy, your car, is your cell phone or ipod organised with album artwork and playlists. Wherever you see order. Its important to you.

Write this down: (minimum of 3)

6. Where are you the most reliable, disciplined, and focused?

You don't have to be reminded to do the things you value most.

Look at the activities, relationships, and goals for which you are disciplined, reliable, and focused – the things that nobody has to get you up to do.

Write these things down: (minimum of 3)

7. What do you talk about in social settings?

What are the topics that you keep wanting to bring into the conversation?

What subjects turn you into an instant extrovert?

Write this down: (minimum of 3)

8. What inspires you? (great for older teens)

What inspires you now?

What has inspired you in the past? What is common to the people who inspire you?

Figuring out what inspires you most reveals what you value most.

Write this down: (minimum of 3)

9. What do you love to learn and read about most?

What are the three most common topics you love learning or reading about most?

What three topics can you stay focused on and love learning about without distraction?

Write these down: (minimum of 3)

Now take some time to distil your answers to find out what came up most, second most, third most and so on until you have compiled a hierarchy of about five values.

F. Healthy Pureti/Plate

