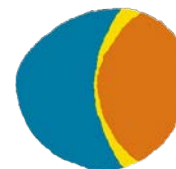


EON HEALTHY EATING KEY MESSAGE 3 RESOURCES REFERED TO IN LESSON PLANS

EON HEALTHY EATING



EON Foundation

EON KEY MESSAGE:

Reduce intake of foods high in salt, fat and added sugar as they bring diseases such as diabetes, kidney and heart disease.

This PDF contains the resources referred to in the lesson plans for the EON key message:
“Reduce intake of foods high in salt, fat and added sugar as they bring diseases such as diabetes, kidney and heart disease”.

(Click on the bookmark icon on the upper left of this PDF to navigate between the resources)

RESOURCES:

- Aboriginal and Torres Strait Islander Guide to Healthy Eating
- Body Chart
- Calories Information Sheet
- Carbohydrates Information Sheet
- Fact Information Sheet
- Fatty Food Cards
- Food Labels
- Food Mood Chart
- Immune System Information Sheet
- Nutrition Information Wallet Card
- Processed vs Unprocessed
- Salt Information Sheet

Recommended information sheets from the Baker Heart and Diabetes Institute:

- <https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-carbohydrates-and-glycaemic-index.pdf>
- <https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-eating-for-a-healthy-heart.pdf>
- <https://baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-dietary-fibre.pdf>



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EON HEALTHY EATING 



Aboriginal and Torres Strait Islander Guide to **Healthy** Eating

Eat different types of foods from the 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

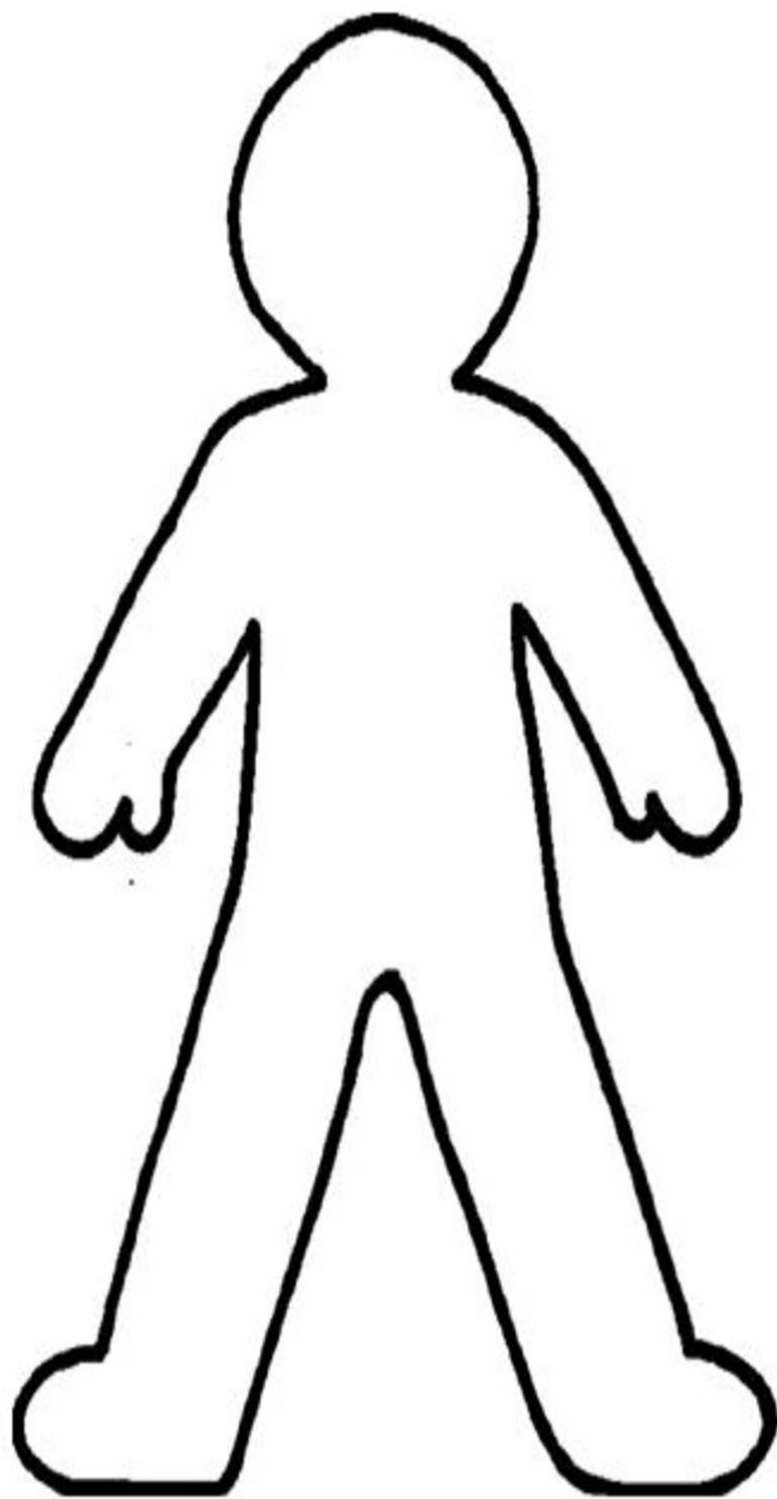


Use small amounts



Only sometimes and in small amounts





WHAT IS A CALORIE

Calories = Energy

Food is Fuel




- Calories also known as kilojoules are found in the food we eat
- They measure the amount of energy the food/drink provides our body
- We should aim to have foods which are high in nutrients
- We should have less energy dense, nutrient poor foods like chocolates, sugary drinks and cakes



- Eating too many of the foods above that are energy dense but nutrient poor can lead to diseases such as obesity, diabetes and heart disease

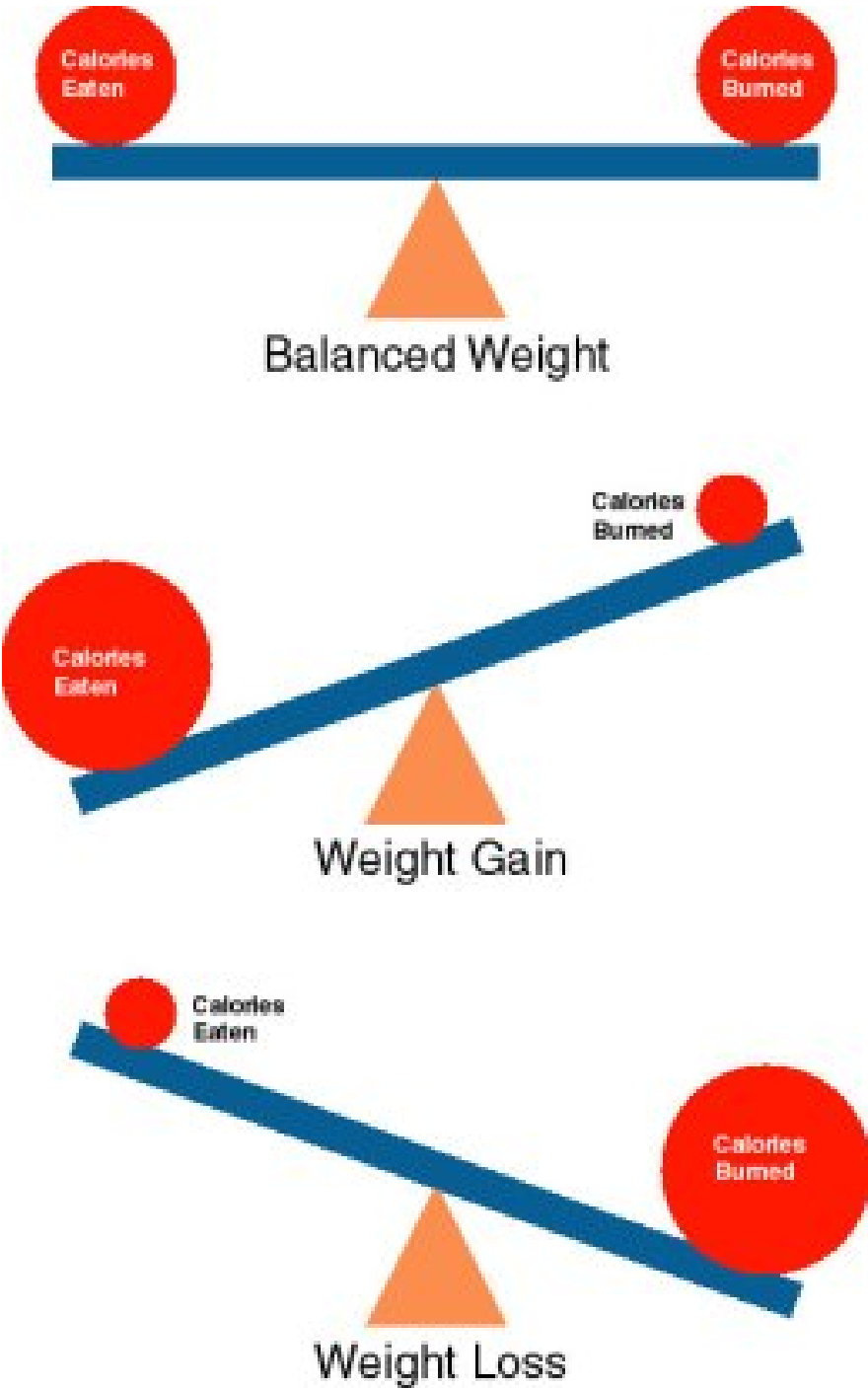
 PROTEIN - 4 CALORIES PER GRAM
 FAT - 9 CALORIES PER GRAM
 CARBS - 4 CALORIES PER GRAM

OR

 PROTEIN - 17 KILOJOULES PER GRAM
 FAT - 37 KILOJOULES PER
 CARBS - 16 KILOJOULES PER GRAM

You can burn calories or energy by exercising
and being active!

WEIGHT GAIN/LOSS BALANCE





CARBOHYDRATES

Carbohydrates are one of four main nutrients found in food.

They are the main source of energy for our body with 1 gram of carbohydrates supplying 16.7 kJ of energy.

Carbohydrates are important as they are the only source of energy for your RED BLOOD CELLS and extremely important fuel for your BRAIN CELLS.

All carbohydrate sources break down into sugar in your blood. It is important to eat the right quality and quantity of carbohydrates so that blood sugars do not become too high.

Sources of carbohydrates:

- Starch: simple and complex
- Fruits
- Dairy
- Processed food/ added sugars



VS



Starch: Good source of healthy carbohydrates as long as wholegrain, complex sources are chosen

- Simple: white, processed sources such as white bread and pastries
- Complex: wholegrain, minimally processed sources like multigrain bread, bran cereals, potato.

Fruits: There are natural sugars found in fruits called FRUCTOSE. It is important to have fruits in your diet because they have important vitamins and minerals for good health. It is important also not to have too many fruits in one day. Aim for 2 types of fruits per day!

Dairy: There are natural sugars found in dairy called LACTOSE. This can be found in milk, cheese and yoghurt.

Processed Foods/ Added Sugars: These sources of carbohydrates should not be consumed regularly. They do not add any nutritional benefits unlike the other sources of carbohydrates. Examples: soft drinks, chocolates and lollies.

Other names for added sugar on ingredients list of processed, junk food to hide added sugar.

WATCH OUT FOR THESE

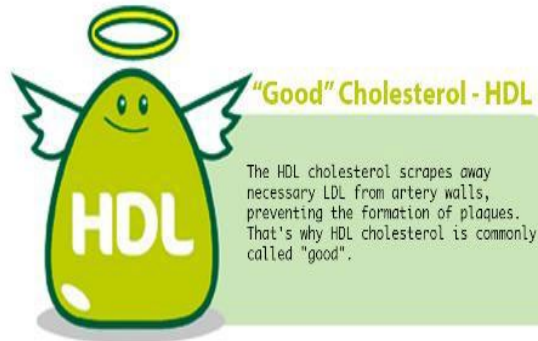
- Dextrose
- Fructose
- Glucose
- Golden syrup
- Honey
- Maple syrup
- Sucrose
- Malt
- Maltose
- Lactose
- Brown sugar
- Caster sugar
- Raw sugar

FATS

Healthy 'unsaturated' fats should be included in your diet every day. This may help improve your overall heart health. Unhealthy 'saturated and trans' fats should be limited.

Fats contribute to blood cholesterol: HDL (good) and LDL (bad).

Unsaturated fats increase good cholesterol while saturated and trans fats increase bad cholesterol



Poly-unsaturated fats (PUFA)



Choose healthier fats, oils and protein sources



Olive, canola, corn, soybean, safflower, sunflower oils



Avocado



Lean meat



Fish



Chicken



Nuts and seeds



Legumes

Mono-unsaturated fats (MUFA)

Saturated fats and trans fats

X

Limit unhealthy fats, oils and protein sources



Butter

Coconut and palm oil

Meat with fat still attached

Battered fish

Crumbed chicken



"Bad" Cholesterol - LDL

LDL, on the contrary, deposits excess cholesterol on the artery walls, thus promoting plaque formation. For this reason, the LDL cholesterol is defined as "bad".

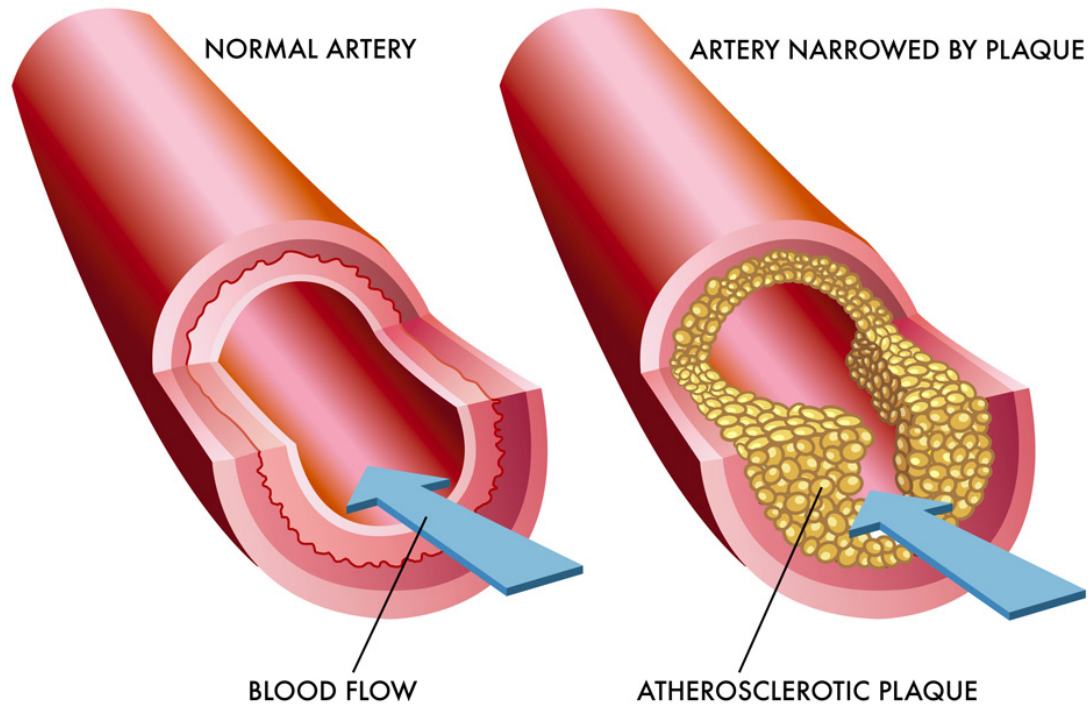
X

Limit takeaway foods



What does bad LDL cholesterol do?

ATHEROSCLEROSIS



Atherosclerosis is the narrowing of the arteries which results in blockages to blood flow.

When blood does not flow through the arteries properly it can cause a heart attack or a stroke which can result in death or permanent brain damage.

Diets high in saturated fat increases the amount of LDL that causes the plaque formation that leads to the blocking the arteries.

Diets high in unsaturated fats increase the amount of HDL which helps clear away this plaque.

















Nutrition Facts

Serv Size 2 tbsp. (37g)
 Servings about 10
Calories 200
 Fat Cal 110

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 12g	18%	Total Carb. 21g	7%
Sat. Fat 4g	20%	Fiber 1g	
Trans Fat 0g		Sugars 21g	
Cholest. 0mg	0%	Protein 2g	4%
Sodium 15mg	1%		

INGREDIENTS: SUGAR, PALM OIL, HAZELNUTS, COCOA, SKIM MILK, REDUCED MINERALS WHEY (MILK), LECITHIN AS EMULSIFIER (SOY), VANILLIN: AN ARTIFICIAL FLAVOR.

EXCL. DIST. FERRERO U.S.A., INC., SOMERSET, NJ 08873

MADE IN CANADA

DO NOT REFRIGERATE OR MICROWAVE

Questions? Call **1 (800) NUTELLA**



Like us on Facebook at [NutellaUSA](https://www.facebook.com/NutellaUSA)

www.nutellausa.com

75038411



ALL NUTRITION VALUES ARE AVERAGES.

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 1
 SERVING SIZE: 53g

Average Quantities	Per Serving	%DI Per Serve*	Per 100g
ENERGY	1020kJ	12%	1900kJ
PROTEIN	1.9g	4%	3.6g
FAT – Total	9.1g	13%	16.9g
– Saturated	4.4g	18%	8.2g
CARBOHYDRATE	37.6g	12%	70.3g
– Sugars	30.6g	34%	57.1g
SODIUM	76mg	3%	143mg

A MARS® BAR CONTAINS MILK CHOCOLATE 40%, NOUGAT 33% AND CARAMEL 27%. **INGREDIENTS:** SUGAR, GLUCOSE SYRUP (SOURCES INCLUDE WHEAT), MILK SOLIDS, VEGETABLE FAT, COCOA BUTTER, COCOA POWDER, BARLEY MALT EXTRACT, COCOA POWDER, EMULSIFIER (SOY LECITHIN), SALT, EGG WHITE, NATURAL FLAVOR (VANILLA EXTRACT). MILK CHOCOLATE CONTAINS A MINIMUM OF 25% COCOA SOLIDS AND 22% MILK SOLIDS. **MAY BE PRESENT: PEANUTS AND TREENUTS.**



BEST BEFORE

623C2

1208336

REAL NATURAL FRUIT

Carman's

Real food made with real passion. 

Classic
Fruit & Nut
Muesli Bars

BIG BARS

- ✓ Source of fibre
- ✓ High in whole grain*
- ✓ Preservative free fruit



3.5 HEALTH STAR RATING

Handmade & owned 6 big bars 270g

Classic
Fruit & Nut
Muesli Bar

INGREDIENTS
(GM free & Sulphite free fruit)
Carman's Muesli Blend 77% (Whole Grain Oats 52%, Fruit 14% [Sultanas, Currants, Raisins, Coconut 1.5%], Sunflower Oil, Nut [Almonds, Pecans], Seeds 7% [Sunflower Seed, Sesame Seeds, Pepitas], Golden Syrup, Out F Cinnamon), Glucose, Natural Vanilla Flavour

Suitable for a vegan diet.

NUTRITION INFORMATION
Servings per package: 6 Serving size: 45g

	Average Quantity per Serving	Average Quantity per 100g
Energy	768kJ 183kcal	1706kJ 406kcal
Protein	4.1g	9.1g
Fat, total	6.7g	14.9g
-saturated	1.1g	2.5g
Carbohydrate	25.1g	55.7g
-sugars	7.8g	17.3g
Dietary fibre	3.1g	6.8g
Sodium	9mg	20mg

CONTAINS: OATS, GLUTEN, ALMONDS, PECANS AND SESAME SEEDS. MAY BE PRESENT: PEANUTS, OTHER TREE NUTS, MILK PRODUCTS AND SOY.

*Contains 19.8g of whole grain per bar.

Our bars are made from natural ingredients and whilst every effort has been made to remove all nut shells, vine stalks and stones, the occasional ones may be found.

Our bars stay fresher when they're stored in a cool, dry place out of direct sunlight.



Never Oily, Never Dry

- Low GI* for longer lasting energy
- Gluten free
- No artificial colours, flavours or preservatives

KRAFT FOODS
 LEVEL 6, SOUTH WHARF TOWER
 30 CONVENTION CENTRE PLACE
 SOUTH WHARF, VICTORIA 3006 AUSTRALIA
 280 CUMBERLAND STREET
 DUNEDIN 9016 NEW ZEALAND

THE SHIELD AND BEAR DEVICE IS A TRADEMARK OF KRAFT FOODS. REG. NO. 649

SMOOTH PEANUT BUTTER

INGREDIENTS: ROASTED PEANUTS (85% MINIMUM), VEGETABLE OILS (ANTIOXIDANT (320)), SUGAR, SALT.
 ALLERGEN STATEMENT: CONTAINS PEANUTS.

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 18 SERVING SIZE: 20g

	AVG. QTY PER SERVING	% DAILY INTAKE* PER SERVING	AVG. QTY PER 100g
ENERGY	552kJ	6%	2760kJ
PROTEIN	4.8g	10%	23.9g
FAT, TOTAL	10.3g	15%	51.5g
- SATURATED	2.0g	8%	9.9g
- POLYUNSATURATED	Less than 1g		4.9g
- MONOUNSATURATED	7.5g		37.3g
CARBOHYDRATE	2.6g	1%	13.2g
- SUGARS	1.6g	2%	8.0g
SODIUM	116mg	5%	578mg
GLUTEN	**NO		**NO

* PERCENTAGE DAILY INTAKES ARE BASED ON AN AVERAGE ADULT DIET OF 8700 kJ. YOUR DAILY INTAKES MAY BE HIGHER OR LOWER DEPENDING ON YOUR ENERGY NEEDS.

** Not Detected *GI = 20

MADE IN AUSTRALIA FROM IMPORTED AND LOCAL INGREDIENTS

20002753

Ingredients: Popcorn (70%), sunflower oil, cheddar cheese seasoning (13%) (cheddar cheese powder, whey powder, salt, butter milk powder, yeast extract, natural colours (paprika extract, beta-carotene), lactic acid, garlic extract).

Allergen advice: contains milk or milk products.

Nutrition Information

Servings per package: 5

Serving size: 20g

	Average Quantity per serving	Average Quantity per 100g
Energy	399kJ	1998kJ
Protein	1.8g	8.8g
Fat - total	4.9g	24.7g
- saturated	0.6g	2.8g
- trans	< 0.1g	< 0.1g
- polyunsaturated	0.7g	3.4g
- monounsaturated	3.7g	18.5g
Carbohydrate - total	10.2g	51.2g
- sugars	0.7g	3.3g
Total Dietary Fibre	1.6g	7.9g
Sodium	110mg	550mg
Gluten	Nil	Nil

Made in Australia from local and imported ingredients.



At Smith's, we believe the simple things in life **are the best.**
Just like our Crinkle Cut Chips...

We take top quality **Aussie potatoes**, peel and slice them to just the right crinkle cut thickness, then cook them to perfection using healthier oils with **75% less saturated fat.**#

Then we sprinkle them with the Smith's Salt & Vinegar seasoning you know and love, so you can enjoy the classic crunch and unbeatable flavour that only the **best tasting** potato chip can bring!

Smith's. You know you love 'em.



^ Compared to potato chips cooked in 100% Palmolein Oil.
Compared to 100% Palmolein Oil.

Smith's[®] Salt & Vinegar Flavoured Crinkle Cut Potato Chips

INGREDIENTS

POTATOES, VEGETABLE OILS (SUNFLOWER AND/OR CANOLA), FOOD ACIDS (SODIUM DIACETATE, CITRIC ACID), LACTOSE (MILK), SALT, MINERAL SALT (POTASSIUM CHLORIDE), SUGAR, FLAVOUR ENHANCER (621), DEXTROSE, NATURAL FLAVOURS

Contains Gluten
Contains Milk or Milk Products
Contains Soybeans or Soybean Products

NUTRITION INFORMATION

SERVINGS PER PACKAGE: 6.3
SERVING SIZE: 27g (About 1.5 Chips)

	Average Quantity per Serving	% Daily Intake* per Serving	Average Quantity per 100g
ENERGY	602 kJ	7%	2230 kJ
PROTEIN	1.6 g	4%	6.5 g
FAT, TOTAL	8.9 g	13%	33.0 g
- SATURATED	0.9 g	4%	3.4 g
- TRANS	0.0 g		0.0 g
- POLYUNSATURATED	0.7 g		2.6 g
- MONOUNSATURATED	7.2 g		26.8 g
CARBOHYDRATE	13.5 g	4%	49.5 g
- SUGARS	0.8 g	1%	3.0 g
SODIUM	215 mg	9%	795 mg
POTASSIUM	467 mg		1730 mg

AVERAGE VALUES SUBJECT TO SEASONAL VARIATION

*Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

75% LOWER IN SATURATED FAT*
NO ARTIFICIAL COLOURS
NO PRESERVATIVES

CONSUMER ENQUIRIES

If you have any comments, questions or are not entirely satisfied with the quality of this Smith's product, please call our Consumer Information Centre on

☎ 1800 025 789

www.smiths.com.au

MADE IN AUSTRALIA BY THE SMITH'S SNACKFOOD COMPANY PTY LTD, 799 PACIFIC HIGHWAY, CHATSWOOD, NSW, 2067

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^ Compared to potato chips cooked in 100% Palmolein Oil.

PDPC353215



420019612



PLEASE DISPOSE OF PACK THOUGHTFULLY

MOOD FOODS!

GOOD MOOD 😊	BAD MOOD ☹️

IMMUNE SYSTEM

The immune system is your body's defence/shield/protection from germs and dangerous bugs.

We need to keep our body's protection strong so that we don't get sick!

To keep strong we need to fuel our body with nutritious Everyday Superhero foods! This will give it all the vitamins and minerals needed to keep it strong and working properly.




When we feed our body Zombie foods/ unhealthy foods/ bad tucker then we are letting our immune system down.

It becomes slow and tired and can't fight all the germs around us and we attract the Body Monsters like Illness and get sick.

When we get sick it is also harder to get better quickly if we keep eating Zombie Foods full of sugar, salt and fat so it is important to eat healthy while we are sick too.

NUTRITION INFORMATION WALLET CARDS

Use the nutrition information panel to compare similar packaged food items

Compare numbers in the 100g column	Best choice 	Okay sometimes 	Poor choice 
TOTAL FAT	Less than 3g	3 – 10g	More than 10g
SATURATED FAT	Less than 1.5g	1.5 – 3g	More than 3g
SUGAR	Less than 5g	5 – 15g	More than 15g
SODIUM (salt)	Less than 120mg	120 – 400mg	More than 400mg
FIBRE	Choose high fibre . Use the per serve column and choose more than 3g fibre per serve .		

DRINKS: Choose **water first**



PROCESSED vs UNPROCESSED FOOD

PROCESSED FOOD	UNPROCESSED FOOD

SALT

Salt is essential for life, however, it is consumed in unnecessarily large amounts. The terms salt and sodium are often used interchangeably but they refer to different things. Salt is made up of sodium and chloride and it's the sodium in salt that can be bad for your health if taken in excess.

Eating too much salt can increase your risk of disease such as:

- High blood pressure
- Heart failure/heart attack
- Kidney problems and kidney stones
- Oedema (fluid retention)
- Stroke
- Left ventricular hypertrophy (thickening of heart muscle)
- Osteoporosis

Recommended Intake:

To reduce blood pressure and lower the risk of heart disease, the Heart Foundation recommends adults eat less than 5g of salt (2000mg of sodium) a day. That's less than a teaspoon a day.

Sources of Salt

- Naturally found in everything we eat in different amounts
- Having a diet rich in fruits, vegetables, lean meats, dairy and grains would provide you with enough sodium to meet requirements
- Discretionary foods contribute large amounts of salt to the diet
- Food manufacturers use salt as a flavouring and a preservative in their products.
- Foods such as pizzas, pastries, biscuits and take away foods as a whole contribute the most sodium to the Australian diet.

Watch out for:

- Grain-based products and dishes (including pizza and savoury pasta dishes)
- Meat, poultry and their products (including processed meats, hamburgers and sausages)
- Cereal and cereal products (including bread and breakfast cereals).