

Living Smart

creating sustainable communities



Week 5

Health Smart You

Course Outline

<i>Wk 1: April 30</i>	<i>Intro to Living Smart</i>
<i>Wk 2: May 7</i>	<i>Power Smart</i>
<i>Wk 3: May 14</i>	<i>Waste Smart</i>
<i>Wk 4: May 21</i>	<i>Gardening for Fooa</i>
<i>Wk 5: May 28</i>	<i>Travel Smart & Peak Oil</i>
Wk 6: Jun 4	Healthy You
Wk 7: Jun 11	Gardening for Biodiversity
Wk 8: Jun 18	Water Smart
Wk 9: Jun 25	Healthy Home/Office
Wk 10: Jul 2	Beyond Living Smart
Field Trip ?	Community Smart - Painted Fish



What Have You Done Since Last Week?



- In Table Teams:
 - Discuss what you have done since last week;
 - Allocate raffle tickets according to level of achievement;
 - Prepare to report back to main group;

- Time: 5 minutes

Living
Smart

creating sustainable communities



Health Smart You

Nutritious food

Aerobic and Weight Bearing

Exercise

Time to de-stress & slow down



Influencing factors for not looking after yourself properly

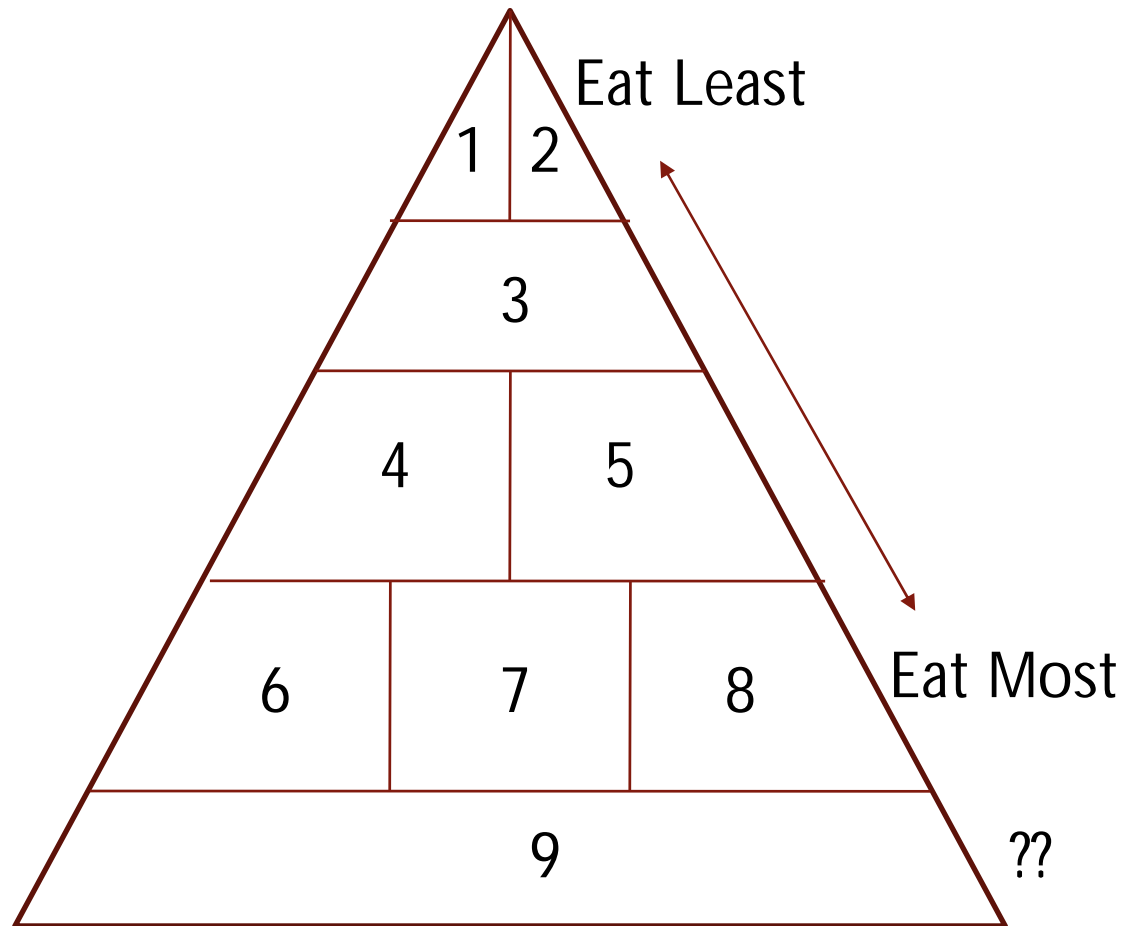


- Not enough time
- Too busy
- Not a priority
- Too lazy?
- Other distractions

What supports your wellbeing?



Which Foods Are Best for You?



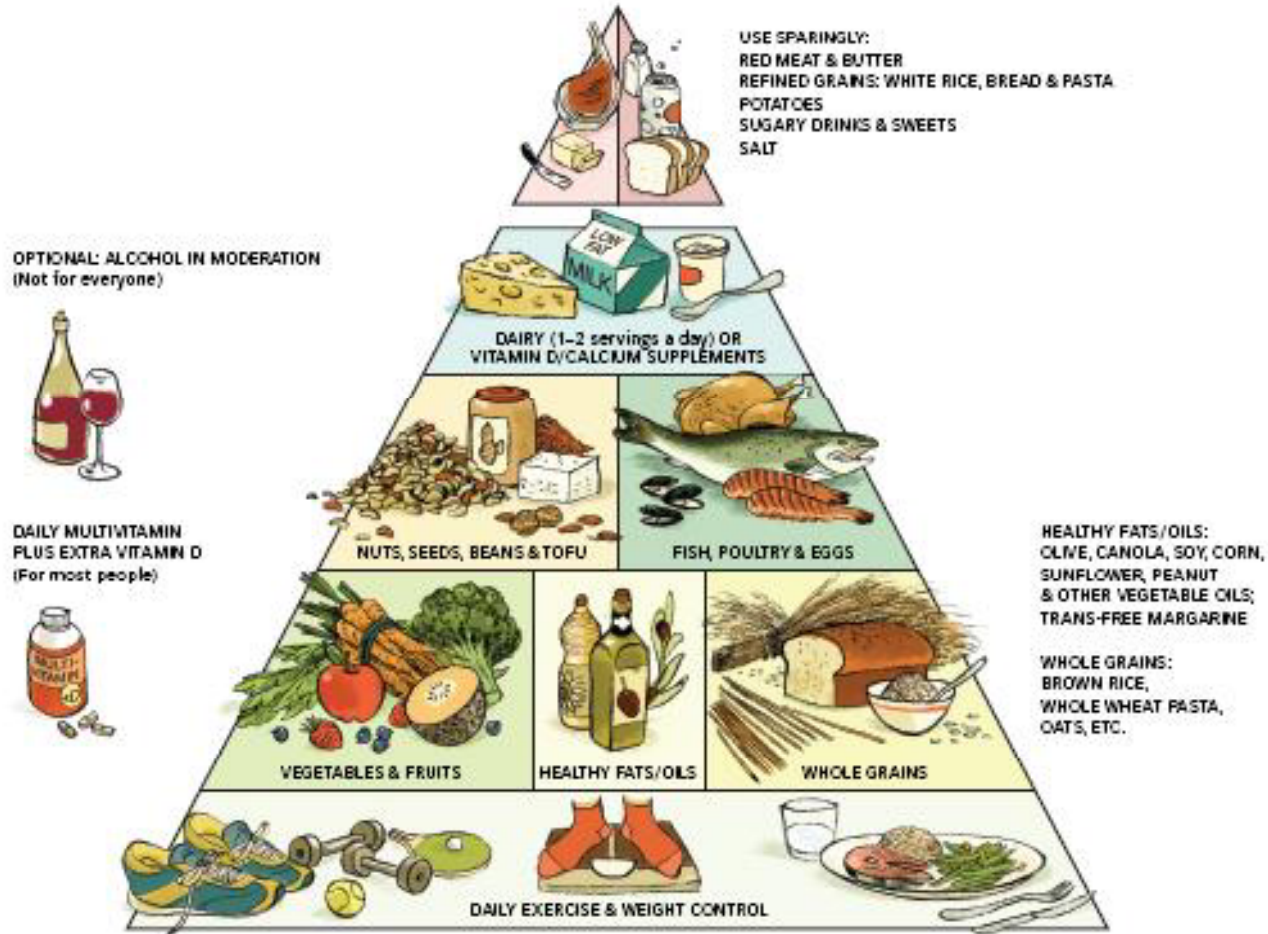
The OLD Food Pyramid



Source: Kellogg

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information, visit WWW.THENUTRITIONSOURCE.ORG

The 4 Ps to reduce

- Reduce the 4 Ps
 - Pasta
 - Pastries
 - Potatoes
 - Panne – bread
- Instead
 - Choose Diversity
 - Choose Colour



Your **choice** and **source** of food makes a difference to you AND the planet



- How was it grown/produced?
- What was the artificial fertilizer volume used?
- How much processing was involved?
- Where did it come from?
- Was it refrigerated for a long period?

The BEST Option:



The Next Best: Organic Suppliers e.g. Manna Wholefoods



274 South Terrace South Fremantle



Looking for other Organic Retailers?



Name	Street	Town	postcode	phone	Website
Greenmart Eco Store	175 Hay Street	East Perth	6004	08 93258881	www.greenmart.com.au
Thooggoorbu Fellowship	65 Auckland St	North Perth	6006		
Organic Farm Food Shop	227 Oxford St	Leederville	6007		
Earth Market Subiaco Mews	375 Hay St	Subiaco	6008		
Permaculture Association Of WA Inc	P.O. Box 430	Subiaco	6008		
Broadway Fair Health Foods	Shop 20 Broadway Fair	Nedlands	6009		
Freshline Organics	265 Curtain Ave	Cottesloe	6011		
Marwick's Free Range Shop		Cottesloe	6011		
Camen Pty Ltd	320 Cambridge Street	Wembley	6014	08 9387 9500	

go to <http://enviro.org.au/organics-directory-australia.asp>

Farmers Markets

Mount Claremont Primary School
Saturdays 8am to 11:30am



FERN – Cnr High Rd & Montreal Street
Sundays from 7:30am to 12:30pm

Buying Online



[About us](#)
[Retail venues](#)
[Our farm](#)

Orders

Organic

[Organic boxes](#)
[Organic vegetables](#)
[Organic fruit](#)
[Organic meat](#)
[Organic bread](#)
[Organic dairy, soy](#)
[Organic nuts, etc](#)
[Organic groceries](#)

Conventional

[Conventional boxes](#)
[Conventional fruit](#)



Farm Direct
certified organic produce

Welcome to Freshline Organics!

We deliver a wide range of *extra fresh* certified organic fruit and vegetables to most Perth suburbs and a growing number of [country customers](#) in Western Australia.

In partnership with Freshline Groceries, we also deliver fresh conventionally-grown fruit and vegetables, and our customers can order any combination of organic and non-organic produce that they want.

Much of the certified organic produce we sell comes directly from our [organic farm](#) certified by [Australian Certified Organic \(ACO\)](#) the Serpentine district south-east of Perth.

The remainder of our produce is purchased from organic and conventional wholesalers. For example, our [biodynamic meat](#) is supplied by Boatshed Quality Meats.

We accept orders ONLY from within Western Australia. **Details concerning delivery fee, delivery day and minimum order requirements are listed on our [Deliveries](#) page.**

www.freshline.com.au

Eat Super Foods



Food Source	Nutrient and function
Asparagus	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B3: Helps maintain a healthy nervous system. Vitamin K: Helps prevent bone diseases.
Oranges	Vitamin A and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and terpenes: Helps keep body cells healthy. Vitamin C: Helps maintain immune system.
Broccoli	Vitamin A, beta carotene and carotenoids: Helps prevent eye diseases. Folate: Reduces risk of heart disease. Vitamin B1 and B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases. Flavonoids: Reduces risk of heart diseases, bone diseases and cancer.
Sweet potatoes	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B6: Reduces risk of nervous system disorders. Vitamin K: Helps prevent bone diseases.
Spinach	Vitamin A and carotenoids: Helps prevent eye diseases. Folate and vitamin E: Reduces risk of heart disease and stroke. Vitamin B2: Helps keep body cells healthy. Vitamin K: Helps prevent bone diseases.
Strawberries	Vitamin C: Helps maintain immune system. Saponins: Helps to ensure a healthy gut. Flavonoids: Reduces risk of heart disease, bone diseases and cancer. Carotenoids: Helps prevent eye diseases.



Value of Breakfast



- Snack frequently and eat breakfast
 - avoid brain fog
- Skipping breakfast
 - Reduces concentration by 20%
 - Creates glucose shortage in the brain
 - Sends you into starvation mode
 - Generally eat more later in the day

Beware of Food Additives

SOUTHAMPTON STUDY COLOURS

NUMBER	NAME	EFFECTS
102	Tartrazine	Linked to hyperactivity, skin rashes, migraines, asthma, behavioural problems, Thyroid problems and chromosomal damage in animal studies. Banned in Norway and Austria.
104	Quinoline Yellow	Suspected carcinogen, linked to hyperactivity, skin rashes, asthma. Banned in USA, Norway - previously banned in Australia.
110	Sunset Yellow	Suspected carcinogen, allergies, hyperactivity, stomach upsets, skin rashes, asthma. Kidney tumours and chromosomal damage in animal studies, Banned in Norway,
122	Carmoisine	Suspected carcinogen, mutagen, skin rashes, oedema, hyperactivity, asthma. Banned in Sweden, USA, Austria and Norway,
124	Ponceau Red	Suspected carcinogen, asthma, hyperactivity. Banned in USA and Norway.
129	Allura Red	Suspected carcinogen, skin rashes, asthma, hyperactivity, Banned in Denmark, Belgium, France, Germany, Switzerland, Austria and Norway.

NEED TO KNOW MORE ??

Southampton Study Details - The Lancet Vol 370, Issue 9598, 3 November 2007, Pages 1560 - 1567
 "Food additives and hyperactive behaviour in 3-year-old and 8/9-year-old children in the community: a randomised, double-blinded, placebo-controlled trial"

<http://www.thelancet.com/journals/lancet/article/PIIS0140673607613063/abstract>



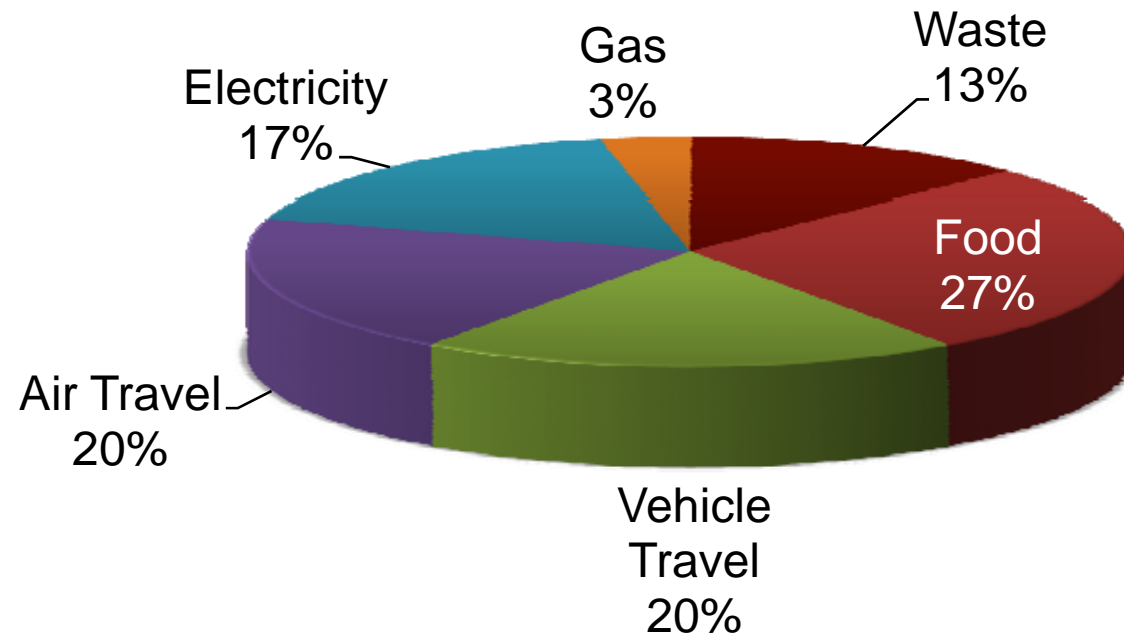
Slow eating

Make time to eat, both chew and digest

- Eating on the run compromises our ability to digest our food and absorb nutrients. – less digestive juices, less peristalsis ...sluggish, nutrient-deficient and tend to overeat.
- Sit down for a few minutes – relax and sense the food, before slow eating



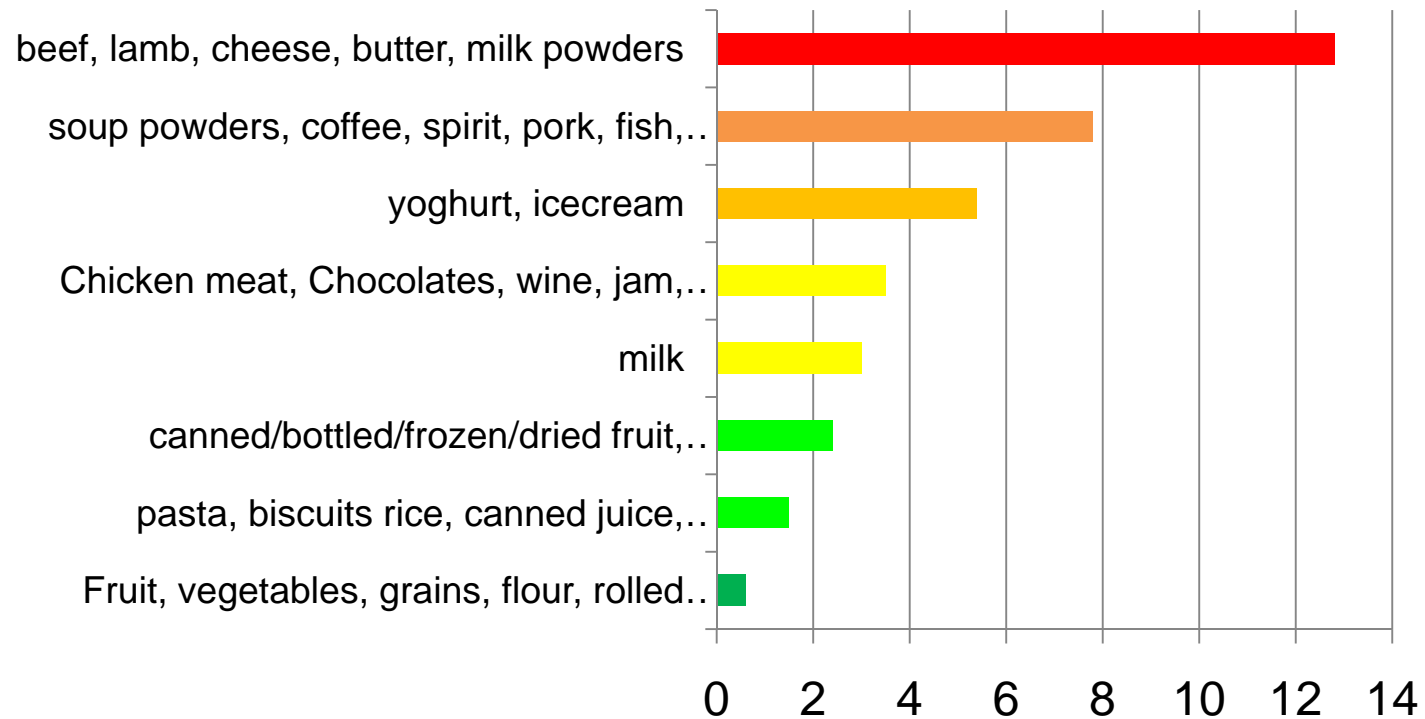
For most Aussies, what they eat is their biggest contribution to Climate Change



The Greenhouse Emissions of the Food You Eat

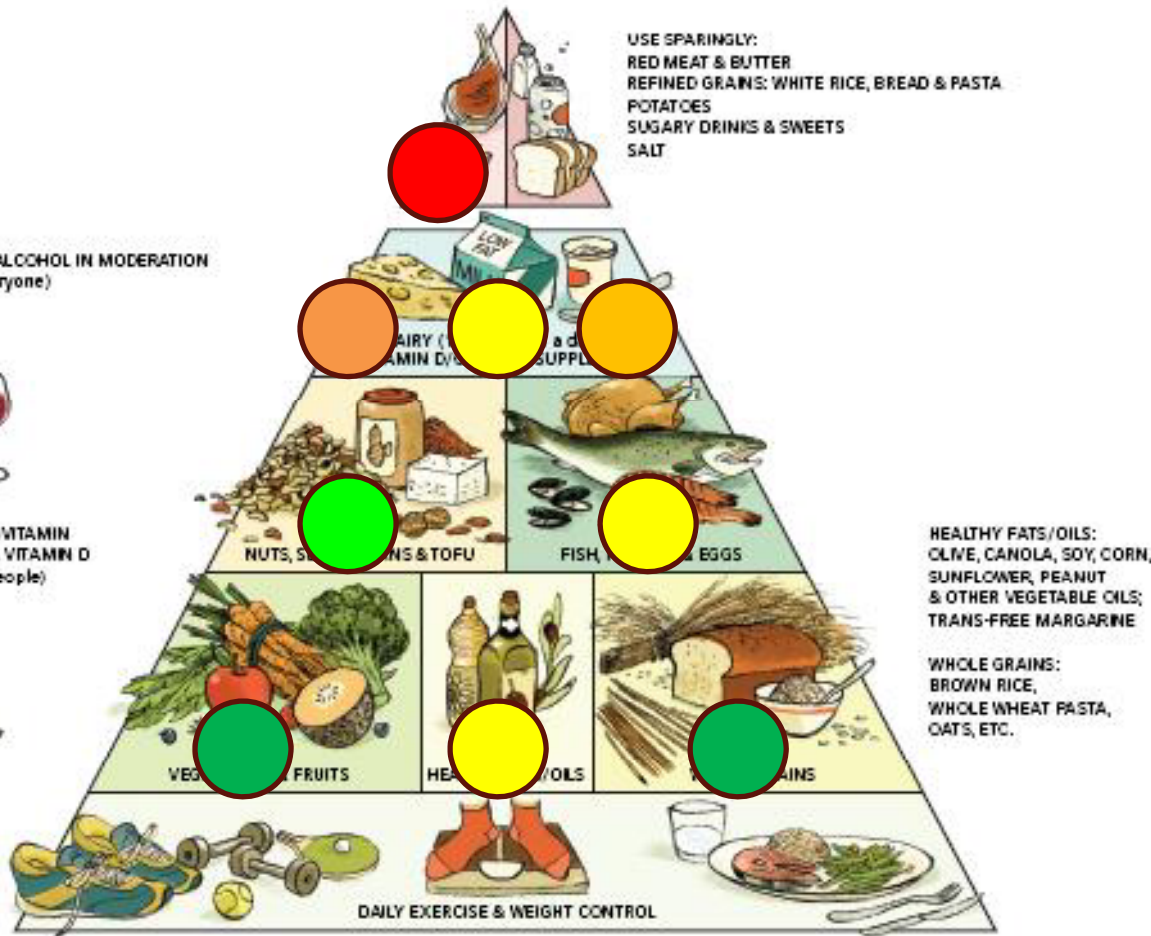


kg Co2/kg food



THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



For more information, visit WWW.THE NUTRITION SOURCE.ORG

My Low Carbon Diet (Specific Carbohydrate Diet)



- ✓ ONLY Fresh foods;
- ✓ Heaps of fruit and vegies – IN SEASON;
- ✓ Some chicken and eggs;
- ✓ Nuts and nut flours
- ✗ No processed foods;
- ✗ No pasta, rice, flour;
- ✗ Limited beef, lamb, pork;
- ✗ No sugar;

Looking for Low Carbon & SCD Recipes?



Your source of ideas, inspiration, resources and links on how to...

Ward off Climate Change

Home Latest Carbon Calculator Campaigns Information Contact

About the author

Home Page

Recipe of the Week
Balti Vegetable Curry


Calculate Your Footprint

- Recipe Archive
- Take Action
- Lectures
- Friends of the Environment
- Why I'm Concerned about Climate Change
- Humour
- Newsletters
- Calendar

www.wardoffclimatechange.org.au

Looking for More Ideas?





your personal chef



Recipes
Beverages
Articles
Use Ingredient
Glossary
Forums
Login

Save Time & Money with Mealopedia

Rising food prices starting to take more out of your pocket? Tired of wandering aimlessly around the supermarket?

Mealopedia helps you to achieve affordable and painless grocery shopping by creating your weekly menu & a shopping list that only contains the required amounts of ingredients you'll need. No more repeat supermarket trips to pick up forgotten items and no more half-baked meals.

NEW! Keep personal notes for all of your favourite recipes! Sign up or log in to find out more.

Stuck for ideas?

Have an ingredient in the fridge or cupboard but don't know what to do with it? Got a craving for something special? Try our new **Recipe Finder** to find recipes that match your needs!

Show me recipes containing:



- » Red Lentil, Carrot & Cumin Soup
- » Chicken, Broccolini & Cashew Stir Fry
- » Asparagus and Tuna Pasta Bake

Login

username

password

No account?
[Signup free!](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
Left Overs	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian	Vegetarian
Leftovers	Microwave Mushroom & Leek Risotto	Spicy Tomato & Olive Pasta	Herb Cream Penne	Ratatouille	Eggplant Parmigiana	French Onion Soup
Serves: 4 Takes: 10 min	Serves: 4 Takes: 25 min	Serves: 4 Takes: 25 min	Serves: 4 Takes: 35 min	Serves: 4 Takes: 40 min	Serves: 4 Takes: 35 min	Serves: 4 Takes: 25 min
The simplest meal of them all!	An easy and tasty meal.	A quick and easy spicy meal	A rich creamy pasta dish with a distinct flavour for a	Delicious as a meal or a side dish	A tasty and easy vegetarian weeknight meal	Onions are essential for flavour and vitamin

Healthy Exercise & Time out



- **Aerobic exercise**
 - Gardening, stairs, swimming, fast walking, dancing, aerobic classes
- **Resistance and Weight bearing activity** to stimulate Ca deposition and build muscle type 2.
 - Star jumps, sprints, push-ups, weights
- **Time to quieten and relax** the mind
 - Breathing exercises, meditation, yoga, gentle walk, midday nap, singing

Maintaining Well-being



- Aerobic exercise
 - at least 150 minutes of each week
- Resistance and Weight bearing activity to strengthen bones and build muscle type 2.
 - 10 minutes a day 3-4 times a week
- Time to quieten and relax the mind
 - Every day or every second day

Activity



- What can you do to ensure you achieve:
 - 150 minutes of aerobic exercise per week;
 - 10 minutes of resistance activity 3-4 times per week;
 - Quiet time every day

Your Goals for Next Week



Living Smart
creating sustainable communities



MY healthSmart you goal

My overall goal and steps to achieve this are:

goal: _____

step 1: _____

step 2: _____

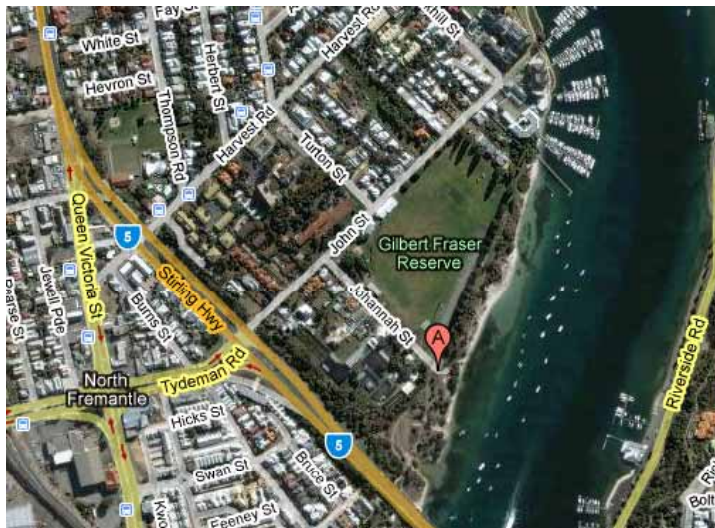
step 3: _____

Why i want to achieve my goal:

I will achieve my goal by:

"be the change we wish to see in the world"
M k Gandhi

Details of Next Week



- 10:45am depart CoF for Prawn Bay – Johannah Street North Fremantle;
- 12:45pm return to CoF;
- Bring covered shoes, trousers and water-proof jacket;
- We'll supply lunch out there;