Healthy eating can make you feel better

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Good physical health is linked to a positive mood, lower levels of stress, depression and anxiety, being able to concentrate better and feeling calm and relaxed.

You can help take care of both your body and mind by eating healthy meals, exercising regularly and getting enough sleep.

What is healthy eating?

Eating healthy means eating a variety of foods from the five food groups.

The five food groups are:

- bread and cereals, including rice, pasta, noodles and dry crackers
- vegetables
- fruit
- dairy foods, including milk, cheese and yoghurt
- meat (or vegetarian alternatives).

Benefits of healthy eating can be:

- it tastes great – do your own taste test and see
- you sleep well and wake feeling refreshed
- you have more energy and feel alert
- you have an increased sense of wellbeing
- it is easier to stay a healthy weight
- you are less likely to develop problems with your eating patterns
- you may decrease your risk of some diseases eg, diabetes, heart disease, cancer
- your bowels work better.

Dietitians are able to help you with:

- an individual consultation for any food related health issue (eg concerns around weight)
- cheap, easy meal and snack ideas
- developing healthy, affordable and tasty meal plans that suits you and your lifestyle
- advice on how to tackle your eating habits and ways to meet your new goals
- understanding food labels and help with selecting healthy food products from the supermarket
- more information on other local services such as cooking courses or supermarket tours.
Simple tips for healthy eating

> aim to eat a range of foods from each of the five food groups
> try to have regular meals throughout the day to keep your energy levels up
> remember to include a variety of vegetables with your main meals
> try wholegrain or rye bread
> drink water, soda water or mineral water, and avoid sugary drinks, such as flavoured milk and soft drinks
> be adventurous and try a new, simple, healthy meal once a week!

Easy meal ideas…

> enjoy a warm breakfast with quick oats and sliced banana
> have a lettuce, tomato and low-fat cheese sandwich made with multigrain or rye bread
> snack on fruit or yoghurt
> stir fry beef or chicken with mixed vegetables (use frozen veggies to save time)
> squeeze lime juice into soda water for a refreshing sugar free drink.

For more ideas see the Quick and Health Snack Fact Sheet

Where can I go for help?

If you feel that you would like to make a change, please don’t hesitate to contact your GP to arrange a consultation with a Dietitian. Dietitians can give you professional advice that suits your needs and will work with in your constraints.

Alternatively you can contact the Divisions of General Practice for further information: Please refer to the contact details below.

GP Partners Adelaide
First Floor, 120 Hutt Street
Adelaide SA 5000
Telephone: 08 8112 1100
Fax: 08 8227 2220
www.gppadelaide.org.au

Adelaide Northern Division of General Practice
2 Peachey Road
Elizabeth West SA 5113
Telephone: 08 8209 0700
Fax: 08 8252 9433
www.andgp.org.au

For Country Divisions of GP
Contact: General Practice SA Inc.
First Floor, 66 Greenhill Road
Wayville SA 5034
Telephone: 8271 8988
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www.gpsa.org.au

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For more information

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