

Fuel up on the good stuff

Food is a fuel. As with your car, there are standard fuels and there are quality fuels to improve performance, endurance and keep you looking good on the inside and out.

So whilst you may be physically active and (if you're lucky) can eat most things without putting on weight, you may be denying yourself the nutrients that give you optimum physical and mental stamina, a competitive advantage, a good complexion and other long-term health advantages.

Fuelling up on the good stuff will reduce your risk of diabetes, heart disease, cardiovascular disease and cancer.

Eat for health

The best approach to eating for good health is to enjoy a variety of foods from the five groups every day.

- 1) **Vegetables / Legumes** (go for five serves a day)
- 2) **Fruit** (grab a piece or two when you head out)
- 3) **Bread /Grains** (grainy/brown/wholemeal are best)
- 4) **Lean meat** (more chicken and fish)
- 5) **Dairy products** (choose low fat options)

Healthy swaps

It is easy to get into bad habits with food but the good news is that small changes will make a difference. Having fewer foods containing saturated fat, added salt and sugars, and alcohol can be achieved with healthy 'swaps'.

Healthy 'swaps' could include:

- low-fat milk instead of full-cream milk
- a chicken sandwich instead of a hamburger
- small tin of beans and crackers instead of morning smoko pie and sausage roll
- strawberries instead of lollies
- water instead of soft drink

Other tips for better eating

Watch what you're really drinking!

Soft-drinks, flavoured milk, energy drinks and some fruit juices are often loaded with added sugar. These are one of the main culprits of "growing waistlines". Avoid or limit these drinks or make a healthy swap to water or sugar-free alternatives.

Keep hydrated

Water is one of life's essentials, and can help in maintain good eating habits. Filling your belly with water sends a full signal to the brain, preventing you from eating too much. A quick swig of water may also stop cravings for high-fat or high-salt snacks.



When and when not to eat

Skipping breakfast can put your body into semi-starvation mode. So by the time you get to eat, you're craving high fat / sugar / salt foods. If you're pushed for time in the morning, you can still grab things to have on the go that'll do the job (e.g. banana, yoghurt, trail mix). Whether you work day or night shift, aim for at least 8-12 hours of fasting in a 24 hour period.

Take control, get organised

A lot of guys complain that they don't have time to prepare their meals for the day. Get around this by making a bit extra for dinner the night before so it's ready for tomorrow's lunch (just be sure it's properly stored). It ends up being a lot cheaper than buying your lunch. Get involved with food preparation. You might be surprised at how good a cook you are!

Think fresh

Many men find it hard to eat the recommended daily amount of fruit (2 serves) and vegetables (5 serves).

1 serve vegetables = ½ a medium-sized potato or 1 cup of salad

Some men find raw vegetables (e.g. broccoli or carrot) taste better. Taste, cost and freshness are important so go for in-season fruit and vegetables. These are easy to identify as they are often the cheapest ones near the front of the supermarket.

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Be the role model

Research shows that families that have at least one sit-down meal a day are much more likely to adopt healthy eating patterns, including eating more fruit and vegetables. Research also shows that if Dads eat vegetables, their children are more likely to do the same!

Watch the booze

Alcohol has nearly as many kilojoules (or calories) per gram as fat. A full-strength stubbie of beer has about 12 grams of alcohol so regularly drinking more than the recommended standard drinks per day (eg. 2 schooners of regular strength beer) will affect your waistline.

Want more information?

Get Healthy A free, confidential telephone health coaching service that helps adults make lifestyle changes. Visit www.gethealthy.sa.gov.au

Eat for Health Check out the Australian Guide to Healthy Eating www.eatforhealth.gov.au

Healthy Living Jump on to the SA Health website's Healthy Living pages for more information and great resources on how to fuel up on the good stuff. www.sahealth.sa.gov.au/healthyliving

For more information

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If you require this information in an alternative language or format please contact SA Health on the details provided above and every effort will be made to assist you.



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SA Health acknowledges the valuable contribution of the Freemasons Foundation Centre for Men's Health (University of Adelaide) to the development of this leaflet.

Fuel right, function better

