

RESOURCES TOOLKIT

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- Fat
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Eating habits & physical activity assessment

Use the following checklist to identify problems:

Which meals are regularly eaten?

Breakfast Brunch/morning tea Lunch Dinner

▶ When setting goals, encourage your patient to eat meals at regular times.

When are snacks eaten?

Morning Afternoon Evening Overnight Throughout the day

What does the patient snack on?

- Check to find out the type of food and drinks being consumed regularly.
- Are these foods in the high energy list below?

FOOD/DRINK	HOW MUCH?	HOW OFTEN?
Takeaways		
Pies, pastries		
Chocolate, lollies		
Muesli bars, muffins		
Cakes, cookies		
Ice-cream		
Crisps, Twisties, Shapes etc		
Cheese, dips		
Fizzy or energy drinks/fruit juice/cordial		
Alcohol		

▶ When setting goals, encourage your patient to reduce the frequency and/or quantity of snacks and drinks to help achieve an energy deficit.

Vegetables & fruit Check to find out the type and amount of vegetables your patient usually eats.

	HOW MUCH?	HOW OFTEN?
Vegetables		
Fruit		

▶ When setting goals encourage your patient to:

Eat at least 3 servings of vegetables and 2 servings of fruit each day and

- ✓ Have a variety of colours – fresh, frozen or canned are all good choices. Ideally half the plate should be colourful vegetables.
- ✓ Limit potato/kumara/taro/green banana to two palm sized servings (or one fist size) per meal.

Eating habits & physical activity assessment – CONTINUED**Milk & fats**

Find out the type and amounts of the following that your patient is using:

MILK	HOW MUCH?	HOW OFTEN?
Dark blue top (homogenised)		
Lite blue top (reduced fat)		
Green/yellow top (low fat/high calcium)		

SPREAD	HOW MUCH?	HOW OFTEN?
Butter		
Margarine		

COOKING FAT	HOW MUCH?	HOW OFTEN?
Dripping/lard/butter		
Margarine/oil		

- ▶ **When setting goals, encourage your patient to use low fat milk, a small amount only of margarine for spreading and of oil for cooking.**

Food shopping & cooking habits

Check to find out your patient's shopping and cooking habits:

- Who in their home usually does the cooking?
- Who usually does the food shopping?

Assessing physical activity

Check to find out about your patient's activity habits:

- How many days a week would some exercise/physical activity usually be undertaken?

Days per week? _____ Type of activity? _____

For how long? _____

- What types of physical exercise/activity are enjoyed (e.g gardening, walking, swimming, sport)?

- How often would he/she be able to engage in this?

- ▶ **Assist your patient to set a physical activity goal.**
- ▶ **Assess suitability for referral to Green Prescription.**

GOAL SETTING

This is an easy-to-use guide to help you identify your long term health goals and a realistic pathway to achieve them.

Date _____

Long term goal: Where do I want to be with my health in the future?

If I have more than one long term goal, which one do I want to focus on first?

How important is this to me?

Important

Very important

1	2	3	4	5	6	7	8	9	10
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How can I achieve this/what do I need to achieve this?

Action Plan

What exactly am I going to do? How, what, when, where, how often?

What will get in the way?

How will I overcome this?

What support do I need?

How confident to I feel?

Not confident

Very confident

1	2	3	4	5	6	7	8	9	10
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The Food Habits Programme

Food Habits is an electronic nutrition assessment and message library that is available to all General Practices across the Auckland District Health Board area.

ABOUT FOOD HABITS

- The programme generates messages tailored to a person's current eating habits and level of motivation.
- It has been developed to use with overweight and obese patients.
- It short circuits the process of undertaking a dietary assessment and then providing appropriate information.
- Therefore, it overcomes common barriers to giving nutritional advice in general practice, such as lack of time and nutrition training and inadequate resources.

THE PROCESS

- Food Habits can be accessed by logging on to a web page with an assigned user name and password.
- The patient completes a short web-based validated questionnaire that assesses their stage of change and their fat and sugary drink intake.
- The questionnaire takes four to six minutes to complete.
- Food Habits has been integrated into the Patient Information Screen in the Predict CVD and Diabetes Decision Support Tool. The link to Food Habits can be sent to the patient's home email address.

ADVICE GENERATED

- Four or five messages are generated targeting the most relevant food habits that could beneficially be changed.
- If the patient is a pre-contemplator, the messages will be aimed at raising awareness of the associated risks to health.
- Messages should be printed out and discussed with the patient as research shows that information is more likely to be retained by doing this.

For more information contact

Community liaison dietitian
ph 307 4949 ext 25082

Nausea during pregnancy

The term 'morning sickness' does not always apply, as nausea can hit at any time and anywhere.

The following tips will help to ease your nausea:

- Eat 5 - 6 small meals each day rather than attempting 2 - 3 large ones
- Do not stop eating. Hunger increases nausea – small, frequent snacks will prevent hunger
- Choose low fat foods and avoid fried or fatty foods. Fat takes longer to digest and may make nausea worse
- Drink fluids between meals rather than with meals
- Try sucking ice, peppermints, barley sugars or boiled sweets – they can be soothing and refreshing
- Find a drink that you like and drink 100 - 200ml every one to two hours, e.g. apple or other fruit juice (dilute if it is easier to tolerate) or ginger ale
- Sometimes it is better to let fizzy drinks go flat first
- Drinking helps you to prevent dehydration
- Try nibbling on potato crisps – the high salt content can help to soak up excess saliva and also encourages fluid intake
- Other snack ideas include fruit, milk, yoghurt, scones, muffins, crackers and cheese, plain biscuits
- If nausea and/or vomiting continue, high protein supplementary drinks may be required. Discuss these with your Practice Nurse
- Keep trying things until you find something that works.

IF THESE TRIGGERS INFLUENCE YOU – AVOID THEM

- ✗ Smells – food, especially hot food and cooking smells, perfume.
- ✗ Certain flavours.
- ✗ Getting out of bed on an empty stomach.
- ✗ Looking at a full plate of food.

Chances are that your nausea will improve at around 12 - 14 weeks.

Keep track of your weight and discuss it with your Practice Nurse or General Practitioner if concerned. Take care that your weight does not soar when your appetite recovers.



Fibre in your diet

WHAT IS FIBRE?

Fibre is only found in plant food. It is divided into two broad types based on the way it functions in the body:

1. Soluble fibre
2. Insoluble fibre

SOLUBLE FIBRE

Soluble fibre can benefit health by:

- ✓ Lowering blood cholesterol levels. High blood cholesterol levels are a risk factor for heart disease
- ✓ Delaying the absorption of sugar from the gut thereby improving control of blood glucose (sugar) levels for people with diabetes. Some foods high in fibre also have a low glycaemic index.

Good sources of soluble fibre

- ✓ Oats including rolled oats and porridge; barley.
- ✓ Legumes including baked beans, kidney beans, other dried beans (home cooked or canned), lentils, split peas, chickpeas.
- ✓ Fruit.

INSOLUBLE FIBRE

Insoluble fibre can benefit health by:

- ✓ Acting as a bulking agent. Through absorbing water and forming softer faeces, fibre helps to prevent constipation and keep the gut healthy
- ✓ Promoting a feeling of fullness so people are less likely to overeat – this can help with weight management.

Good food sources of insoluble fibre

- ✓ Wholemeal or wholegrain bread – check packet labels and use bread that has at least 5g fibre per 100g bread.
- ✓ Wholegrain/bran breakfast cereals e.g. wheat biscuits and flakes. Check packet labels and use cereals that have at least 6g fibre per 100g cereal.
- ✓ Vegetables and fruit.



How much fibre **do we need?**

Most New Zealanders do not eat enough fibre. It is best to increase fibre intake slowly to avoid an upset stomach.

GUIDELINES



Adults - 25-30g per day; 30-40g if you have diabetes or to improve heart health.

How to achieve 30-40g fibre per day:

This is a guide only

2 wholewheat (breakfast cereal) biscuits	5g
1 apple, skin on	2g
4 slices wholegrain bread	8g
½ cup baked beans	8g
1 pear, skin on	3g
1 kumara	3g
½ cup peas	4.5g
1 carrot	2.5g
Total	36g

TOP TIPS

- ✓ By including high fibre foods, you also benefit from many accompanying vitamins and minerals that protect your health.
-
- ✓ Having breakfast is important to reach the recommended fibre intake.
-
- ✓ Eat at least 3 servings of vegetables and 2 servings of fruit every day (one serving fits in the palm of your hand).
-
- ✓ Use legumes often, e.g. chickpeas, lentils, baked beans, chilli beans.



The Glycaemic Index (GI) of foods

TOP TIPS: TO LOWER THE GI OF YOUR DIET

- ✓ Concentrate on the list of low GI foods.
- ✓ Aim to incorporate one of these at each meal as this will lower the GI of the meal.
- ✓ Keeping foods 'whole' is a good guideline, e.g. wholegrain bread instead of wholemeal or white, whole fruit (especially unpeeled where practical) rather than juice.
- ✓ Consider the portion of food that you are eating if you have diabetes. A large portion of a low GI food can undesirably increase your blood glucose levels.
- ✓ While it is comparatively easy to incorporate low GI breads, cereals, fruit and pasta, it might be more challenging to use legumes and pulses. Experiment with adding these, e.g. chickpeas or kidney beans, to soups and stews. The canned varieties make this an easier choice. Barley is also a tasty and quick cooking low GI grain to use.
- ✓ You can use the low GI food to balance a high GI food and make your diet more flexible, e.g. using ordinary jam on wholegrain bread.
- ✓ If you have diabetes, note in your diary the impact of the low GI foods on your blood glucose level. It might lessen the insulin or medication that you need.

LOW GI (≤55)	MEDIUM GI (56-69)	HIGH GI (≥ 70)
BREADS		
<p>Heavier, dense, coarse wholegrain/rye/spelt/oat bran/durum wheat/sourdough breads, pumpnickel, heavier fruit breads</p> <p>EXAMPLES:</p> <p>Burgen, Vogel's, Molenberg: most varieties</p> <p>Pams Healthy range e.g Sunflower & Barley, Soy & Linseed</p> <p>Bakers Delight: Linseed & soy, Wholemeal Country grain, Hi-Fibre Lo-GI white bread, Cape seed, Kibbled wheat, Fruit, Fruit and muesli</p> <p>Tip Top: Goodness 9 grains, EnerGI white</p>	<p>White and wholemeal breads and rolls, Pita bread</p> <p>Molenberg: Balance</p> <p>Bakers Delight: Country Grain, Apricot delight, Toasty fruit, White sourdough Vienna</p> <p>Tip Top: Multigrain, Raisin toast</p> <p>Vogel's: Fruit and spice</p>	<p>'Fibre white', French, Turkish, Lebanese bread, Scones, Bagels gluten free</p>
CRACKERS		
<p>Arnotts: Vita-Weat Crispbread</p> <p>Ryvita: Pumpkin, Sunflower seeds and Oats Crispbread</p>	<p>Ryvita: Original Multigrain, Rye, Sesame and Rye Crispbread</p>	<p>Water/Sao crackers</p> <p>Rice cakes/crackers</p> <p>Corn thins, Kavli</p>

Note: Food manufacturers pay for the testing of Glycaemic Index so there are no comprehensive results.

The Glycaemic Index (GI) of foods – CONTINUED

LOW GI (≤55)	MEDIUM GI (56-69)	HIGH GI (≥ 70)
CEREALS		
Traditional (large flake) rolled oats, Oat bran, Rice bran Kellogg's: All-Bran Original, Special K original, Guardian, Sustain Healtheries: Bircher Muesli	Rolled oats (small flake), Vita-Brits, Weetbix (regular), 'Lite'/untoasted muesli, Mini Wheats (wholewheat), Just Right, Light'n'tasty, Nutrigrain	Instant oats, Shredded/puffed wheat, Bran Flakes, Cornflakes, Rice Bubbles/Ricies, Sultana Bran, Mini Wheats (blackcurrant), Chex, Coco Pops, Kellogg's All-Bran wheat flakes
GRAINS & LEGUMES/PULSES		
Lentils, Beans (e.g. kidney, baked), Chickpeas, Split peas, Barley (pearl), Quinoa, Burghul/bulgar wheat, Buckwheat, Rye, Semolina	Barley (rolled), Cornmeal, Couscous	Millet, Popcorn
RICE		
Uncle Ben's: Cajun style, Express, Garden style rice. Koshihikari (sushi) rice	Arborio, Basmati, Wild rice Uncle Ben's: Parboiled rice	White, brown, jasmine and glutinous rice
PASTA & NOODLES		
Fresh and Dried white & Wholemeal pasta		Corn and rice pasta
Soba (instant), Egg, Fresh rice noodles, Vermicelli	Udon, Dried rice noodles Rice, Vermicelli	
FRUIT		
Apple, Banana, Blueberry, Cherry, Grapes, Grapefruit, Kiwifruit, Mango, Orange, Pear, Peach, Plum, Strawberry	Apricot, Very ripe banana, Paw paw, Pineapple, Rockmelon Figs, Raisins, Sultanas	Watermelon, Lychees
VEGETABLES		
Sweetcorn, Yam, Green banana/plantain, Taro, Carrot	Baby new potatoes	Potato, Kumara, Tapioca, Broad beans
SUGAR		
Fructose (fruit sugar)	Sucrose (table sugar), Honey	Glucose

USEFUL WEBSITES

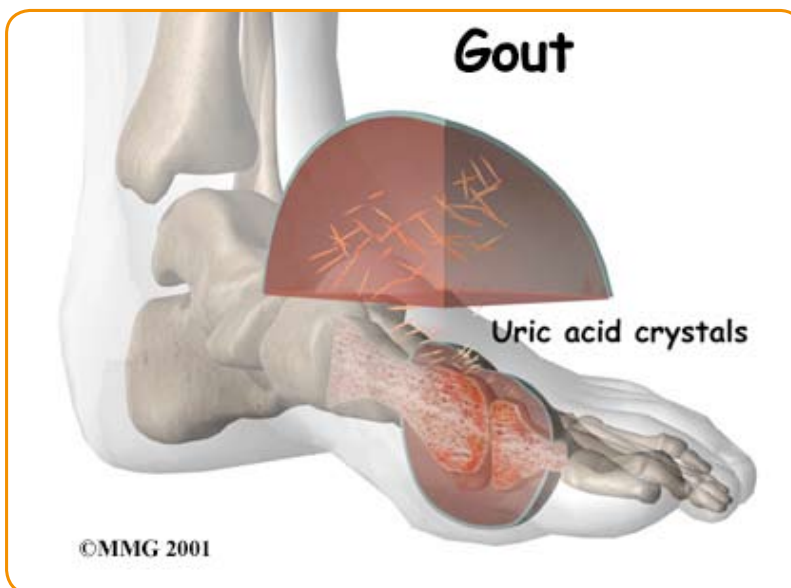


University of Sydney's website: www.glycemicindex.com

The GI diet guide: www.the-gi-diet.org

Gout – A painful problem

- ▶ Gout is a form of arthritis caused by increased levels of uric acid in the blood. The uric acid forms crystals and builds up in bone joints. This leads to inflammation and pain.



Gout is primarily controlled with medications, such as Allopurinol, but making some dietary changes can also help. Ways to do this include:

Reduce body weight - if you are overweight

- ✓ The most effective treatment for gout, aside from your medication, is weight loss if you are overweight.
- ✓ If you are overweight you are more likely to have higher uric acid levels and therefore more gout attacks. Aim to lower your body weight gradually (0.5-1kg per week) with healthy eating and physical activity.

Eat three meals each day

- ✓ Spread your food intake evenly through the day.
- ✓ Avoid crash dieting and long periods without eating as this can bring on an attack of gout.

Gout – a painful problem – CONTINUED**Choose small servings of meat and seafood**

- ✓ Eat only 1-2 palm sized servings of meat and seafood (beef, lamb, pork, shellfish, liver and kidney) each day to avoid high levels of uric acid accumulating in the blood.
- ✓ Chicken, legumes (e.g. chickpeas, kidney beans, lentils; canned are a convenient choice) and tofu are good substitutes for meat and seafood.

Enjoy low fat dairy products each day

- ✓ Two servings of low fat dairy products each day may help protect against gout.
- ✓ Examples of serving sizes:
 - » 1 glass of trim milk (250ml)
 - » 1 pottle of yoghurt (150g)
 - » 2 slices of low fat cheese (40g)
 - » ½ cup cottage cheese (80g)

Limit alcohol intake

- Certain types of alcohol increase your uric acid levels more than others. Avoid beer and have no more than 1-2 standard alcoholic drinks each day.
- One standard drink:
 - » 100ml wine (½ small wine glass)
 - » 30ml spirit (1 nip).
- Avoid any alcohol if you are having an attack.



Making some changes to the foods you eat and achieving a healthy weight may help reduce the number of gout attacks you have.

Fat

Fat (including oil) is the most concentrated source of calories in our diet and makes a big contribution to people being overweight. There are three types of fat – saturated, polyunsaturated and monounsaturated. All are equally high in calories.

- Saturated fat increases blood cholesterol levels. Avoid as much as possible as a high cholesterol level increases your risk of heart disease.
- Poly and monounsaturated fats have different health benefits. Use a mixture of these but in small amounts only. Omega 3 is a polyunsaturated fat which is heart protective. Oily fish are the best source and two servings a week are recommended.

Where is fat found?



FAT YOU CAN SEE

- Fat in and around meat, skin and surface fat on chicken
- Butter, margarine
- Oil, lard, dripping, suet, Chefade, Kremelta, ghee, vanaspati

FAT THAT IS HIDDEN IS MOSTLY SATURATED FAT

- Whole milk, cheese, ice-cream, cream, sour cream
- Processed meats – sausages, luncheon sausage, paté
- Pastry, quiche, croissants, pies, sausage rolls
- Salad dressings, mayonnaise, creamy sauces
- Fried foods, crumbed and battered food
- Muesli bars, cakes, biscuits, muffins
- Chocolate, carob
- Potato/corn chips, dips, paté

HIDDEN FAT WHICH IS HEART FRIENDLY *

- Avocado
 - Nuts and seeds
 - Olives
 - Peanut butter
- ▶ NB. * heart healthy fats, mono/polyunsaturated fats – however, still limit if trying to lose weight.

Identifying heart healthy fats

AVOID	USE THESE INSTEAD (IN SMALL AMOUNTS ONLY)	
Saturated fats	Polyunsaturated oils & spreads	Monounsaturated oils & spreads
Fat in meat, milk and cheese, takeaways and most baked goods	Corn	Avocado
Butter	Linseed	Canola
Coconut	Safflower	Olive
Ghee	Sesame	Peanut
Palm	Soyabean	Peanut butter
Vanaspati, Kremelta	Sunflower	Ricebran

How to keep your fat intake low

Trim visible fat from meat and skin from chicken before cooking.

Limit the use of high fat processed meats and meat products:

- ✗ Sausages, luncheon sausage, salami
- ✗ Canned corned beef, fatty bacon, povi masima, brisket
- ✗ Pies and pastries.

Substitute meat on some days with lower fat choices:

- ✓ Fish – fresh fish or canned (drain any oil)
- ✓ Legumes (canned are convenient) – dried beans, peas, split peas, lentils or add to extend meat dishes.

Use low fat dairy products:

- ✓ Fat reduced (lite blue top) or low fat milk (yellow/orange or green top)
- ✓ Low fat, unsweetened or 'diet'/'lite' yoghurt
- ✓ Low fat cheese – cottage cheese, ricotta, quark, low fat cheese slices
- ✓ Use a thin spread of margarine or reduced fat spread.

Replace high fat sauces/dressings with low fat choices:

- ✓ 'Lite', low fat or non-fat/oil based salad dressings and mayonnaise
- ✓ Tomato/vegetable sauces instead of creamy/cheese sauces
- ✓ Grainy mustard/herb or balsamic vinegars and a dash of olive oil.

Limit high fat takeaway foods to once a month occasional foods:

- ✓ Choose takeaways that are not deep fried e.g. sushi, kebabs, meat and vegetable stir-frys, wholegrain sandwiches and rolls, soups e.g. wonton, chicken and corn.



Salt – Break the habit!

Sodium is a mineral found in salt (sodium chloride). It is often added in large amounts to commercially prepared foods.

Too much sodium can:

- Cause high blood pressure
- Make you thirsty
- Make you hold extra fluid.

Where does sodium come from in our diet?

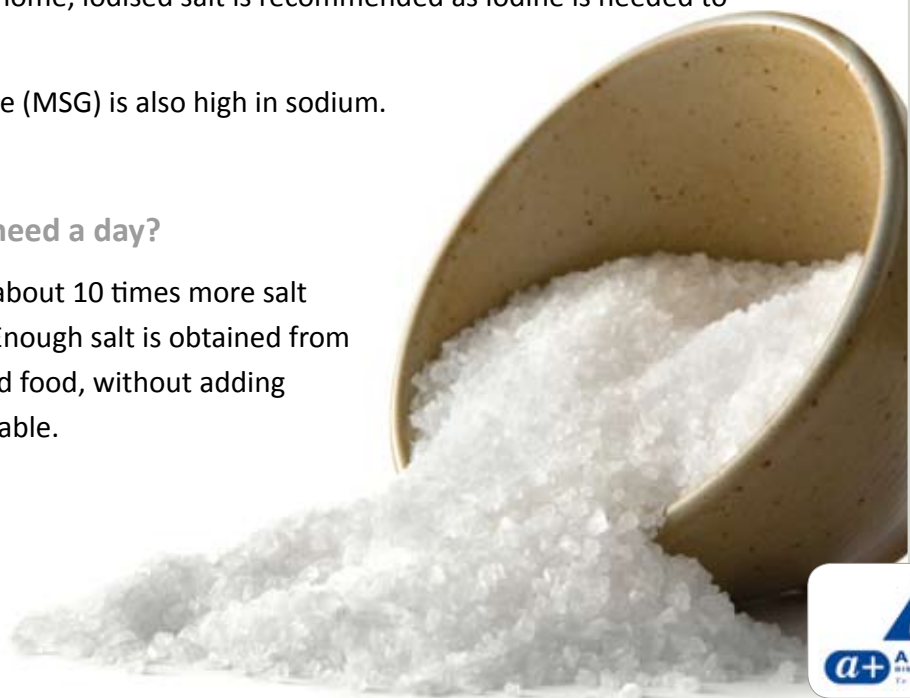
- 75% from processed and packaged foods.
- 15% from salt used in cooking or added to food at the table.
- 10% from sodium naturally occurring in foods.

TOP TIPS

- ✓ Salt is marketed under different names e.g. sea salt, rock salt, flavoured salts (e.g. garlic and lemon). They are all equally high in sodium.
- ✓ If you are using salt at home, iodised salt is recommended as iodine is needed to prevent goitre.
- ✓ Monosodium glutamate (MSG) is also high in sodium.

How much salt do you need a day?

Most New Zealanders eat about 10 times more salt (sodium) than they need. Enough salt is obtained from food, particularly processed food, without adding more in cooking or at the table.



How to keep your salt intake low – CONTINUED

How can you lower your salt intake:

- Limit processed foods and takeaways as these are very high in salt
- Buy salt-reduced or no-added salt foods whenever possible; check labels
- Use salt in cooking OR add salt to food at the table. Not both
- Use herbs, spices, pepper, mustard powder, lemon, onion, ginger, garlic, or vinegar (including fruit flavoured and balsamic) to flavour food instead of salt.

.....

You will find over time that you adjust to having less salt and notice other flavours more.

HIGH SALT	LOWER SALT TO HAVE INSTEAD ...
<p>Vegetables & fruit</p> <ul style="list-style-type: none"> ■ Vegetables canned with salt or pickled, tomato juice 	<ul style="list-style-type: none"> ■ All fresh and frozen vegetables, vegetables canned without salt (e.g. tomatoes) ■ All fruit- fresh, canned, frozen, dried
<p>Bread & cereals</p> <ul style="list-style-type: none"> ■ Canned spaghetti, 2 minute noodles ■ Cheese bread, foccacia, savoury breads ■ Cornflakes, rice bubbles, cocopops ■ Most crackers and crispbread 	<ul style="list-style-type: none"> ■ Rice, pasta ■ All bread has added salt. Check labels to find one which is lower, however wholegrain has more health benefits than white bread ■ Wheat biscuits, porridge, puffed wheat, muesli ■ Unsalted popcorn
<p>Meat, fish, chicken, legumes (dried beans, lentils), tofu</p> <ul style="list-style-type: none"> ■ Smoked, canned in brine or springwater, cured or salted meats and fish e.g. bacon, corned beef, salami, sausages, ham, luncheon sausage, meat pies, fish fingers, canned beans (including baked beans) 	<ul style="list-style-type: none"> ■ Fresh meat, chicken or fish, tofu, eggs. Fish canned without added salt (check label), legumes cooked without added salt

HIGH SALT	LOWER SALT TO HAVE INSTEAD ...
<p>Milk & milk products</p> <ul style="list-style-type: none"> ■ Buttermilk, malted milk ■ Cheese spread, cheddar cheese and all other cheeses; feta, parmesan, blue vein, gouda are especially high in salt 	<ul style="list-style-type: none"> ■ Milk, yoghurt ■ Cottage cheese, ricotta cheese
<p>Sauces & flavourings</p> <ul style="list-style-type: none"> ■ Soy, oyster, worcester and fish sauces, commercial stock, gravy powders ■ All salt – rock salt, seaweed or kelp, sea salt 	<ul style="list-style-type: none"> ■ Garlic, ginger, onion, lemon or lime juice, pepper, mustard powder, vinegar (including fruit flavoured and balsamic), herbs and spices
<p>Spreads</p> <ul style="list-style-type: none"> ■ Yeast spreads (e.g. Marmite, Vegemite), peanut butter, margarine, butter 	<ul style="list-style-type: none"> ■ Avocado, unsalted peanut butter, salt-reduced margarine
<p>Miscellaneous</p> <ul style="list-style-type: none"> ■ Olives, salted/flavoured roasted nuts, potato crisps, commercial soup including sachets, canned, cup-a-soup 	<ul style="list-style-type: none"> ■ Dried fruit and unsalted nuts, unsalted popcorn

Summary of recommendations & resources for nutrition related conditions

HEALTH ISSUE	NUTRITIONAL & LIFESTYLE RECOMMENDATIONS	RESOURCES
Overweight & Obesity	<ul style="list-style-type: none"> ■ Aim for approx 1kg weight loss every two weeks. ■ Reduce energy intake by 500 calories (2100kj) a day or meet 500 calorie deficit by reducing energy intake and increasing output. Achieve this by: <ul style="list-style-type: none"> ✓ Following low fat/low energy density diet ✓ Moderating serving/portion sizes ✓ Avoiding sugary drinks ✓ Limiting alcohol intake ✓ Increasing physical activity to at least 60 minutes each day ✓ Reducing sedentary behaviour, including screen time. ■ Weight loss is also facilitated by: <ul style="list-style-type: none"> ✓ Increasing colourful vegetables and wholegrains (reducing energy density) ✓ Eating breakfast, lunch and dinner every day. 	<ul style="list-style-type: none"> □ 'Healthy Weight for adults' MoH 1324* □ 'Oranga kai - Healthy eating for adult Maori' MoH 1440* □ 'Healthy eating for South Asian people' (English, Hindi, Gujarati, Punjabi); MoH (Auckland)* <ul style="list-style-type: none"> » Order from: <ul style="list-style-type: none"> *resourcecentre@adhb.govt.nz □ 'Want to lose some weight?' <ul style="list-style-type: none"> » Order from: <ul style="list-style-type: none"> annef@adhb.govt.nz ■ Online resources <ul style="list-style-type: none"> » www.alcohol.org.nz » Visit www.vegetables.co.nz for information on tasty ways to prepare vegetables.
Healthy & safe eating in pregnancy	<ul style="list-style-type: none"> ■ Recommended weight gain, as a general guide only, is: <ul style="list-style-type: none"> □ Underweight (BMI < 18.5): 12.5-18kg □ Healthy weight (BMI 18.5-24.9): 11.5-16kg □ Overweight (BMI 25-29.9): 7-11kg □ Obese (BMI ≥ 30): 5-9kg. 	<ul style="list-style-type: none"> □ Institute of Medicine 'Weight gain during pregnancy: re-examining the Guidelines'. (2009). □ Refer www.iom.edu/
	<p>Ensure a nutritionally adequate diet</p> <ul style="list-style-type: none"> ■ Choose the recommended number of servings from each of the four food groups (vegetables and fruit, bread and cereals [mainly wholegrain], milk and milk products, lean meat/fish/chicken/legumes). 	<ul style="list-style-type: none"> □ 'Eating for Healthy Pregnant Women'* MoH 6002 □ 'Folic acid and spina bifida' MoH 4147* <ul style="list-style-type: none"> » Order from: <ul style="list-style-type: none"> *resourcecentre@adhb.govt.nz □ Dietitians NZ Fact sheet: Nutrition during pregnancy www.dietitians.org.nz
	<p>Maintain adequate intake when experiencing nausea</p>	<ul style="list-style-type: none"> □ In the Resource Toolkit Nausea during pregnancy
	<p>Follow safe food practices</p> <ul style="list-style-type: none"> ■ Avoid potentially risky food. <p>Avoid alcohol</p>	<ul style="list-style-type: none"> □ 'Food safety in pregnancy' booklet: <ul style="list-style-type: none"> » Order from: NZ FSA, PO Box 2835, Wellington phone 0800 693 21 http://www.nzfsa.govt.nz

Summary of recommendations & resources for nutrition related conditions – CONTINUED

HEALTH ISSUE	NUTRITIONAL & LIFESTYLE RECOMMENDATIONS	RESOURCES
<p>Type 2 Diabetes</p>	<ul style="list-style-type: none"> ■ Lose weight if overweight. ■ Follow a low total and saturated fat diet. ■ Eat breakfast, lunch and dinner every day at consistent times. ■ Eat some carbohydrate (e.g. bread/ pasta / rice/potato) at each meal, limit to approx ¼ of plate at lunch and dinner. ■ Choose carbohydrate foods which are wholegrain or with a low glycaemic index in preference to other foods. ■ Include small serving low fat protein lunch and palm size portion dinner. ■ Eat plenty of colourful vegetables. ■ Limit food and drinks high in sugar. ■ Reduce salt (sodium) intake. ■ Limit alcohol intake. ■ Stop smoking. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute ‘snack’ size amounts to add up to 30 minutes over the day. ■ Reduce sedentary activity, including screen time. 	<ul style="list-style-type: none"> □ Weight loss: Refer Overweight & Obesity □ Diabetes specific: <ul style="list-style-type: none"> » Diabetes NZ : ‘Ina te kai ora – here’s healthy food’ and ‘diabetes and healthy food choices’ Order from: info@diabetes.org.nz » ‘Keeping Well with Diabetes’ English (1154), te Reo Maori (1155), Samoan (1156), Cook Islands Maori (1157) Tongan (1158), Niuean 91159); includes basic nutrition information. NZ MoH. Order from: *resourcecentre@adhb.govt.nz □ In the Resource Toolkit <ul style="list-style-type: none"> Fat Fibre in your diet Glycaemic index Salt – Break the habit! ■ Online resources <ul style="list-style-type: none"> » www.alcohol.org.nz □ In the Resource Toolkit <ul style="list-style-type: none"> List of smoking cessation providers
<p>Polycystic ovary syndrome</p>	<ul style="list-style-type: none"> ■ Lose weight if overweight. ■ Follow a low fat eating plan especially low in saturated fat. ■ Eat some carbohydrate (e.g. bread/pasta/ rice/potato) at each meal (three meals a day) but limit to approx ¼ of plate. ■ Choose carbohydrate foods that are wholegrain or with a low glycaemic index in preference to other foods. ■ Limit food and drinks high in sugar. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute ‘snack’ size amounts to add up to 30 minutes over the day. 	<ul style="list-style-type: none"> □ Weight loss: Refer Overweight & Obesity □ General information including diet: ‘Polycystic Ovarian syndrome – A Guide for Women’ Estelle – 5 ED, go to www.estelle35.co.nz □ In the Resource Toolkit <ul style="list-style-type: none"> Fat Fibre in your diet Glycaemic index



Summary of recommendations & resources for nutrition related conditions – CONTINUED

HEALTH ISSUE	NUTRITIONAL & LIFESTYLE RECOMMENDATIONS	RESOURCES
Gout	<ul style="list-style-type: none"> ■ Lose weight slowly if overweight. ■ Avoid crash dieting and low carbohydrate diets. ■ Eat breakfast, lunch and dinner everyday – spreading food intake evenly over the day. ■ Eat no more than 1-2 palm sized servings of meat, offal and seafood each day; use legumes (dried beans, chick peas, lentils) or tofu at some meals. ■ Have 2 servings of low fat milk/milk products daily. ■ Avoid beer, limit other alcohol to 1-2 standard drinks per day. ■ Have 6-8 cups water or other non-alcoholic drinks every day. 	<ul style="list-style-type: none"> □ 'Out with Gout' is available in English, Maori, Samoan, Tongan, Nuiean. Call 0800 6600 50 or go to www.pharmac.govt.nz □ In the Resource Toolkit Gout – a painful problem ■ Online resources <ul style="list-style-type: none"> » www.alcohol.org.nz
HEART HEALTH		
Raised LDL cholesterol	<ul style="list-style-type: none"> ■ Reduce saturated and trans fatty acids: <ul style="list-style-type: none"> » Limit takeaways, baked goods e.g. pastries, pies, cakes » Use low fat milk and milk products » Trim fat from meat, skin chicken » Use 'lite' Coconut cream (where relevant). ■ Replace saturated fat with polyunsaturated (PUFA) and/or monounsaturated (MUFA) spreads and oils. ■ Limit dietary cholesterol: keep eggs (yolks) to 3 per week. ■ Lose weight if overweight. ■ Eat plenty of colourful vegetables and fruit. ■ Eat nuts and seeds regularly – up to ¼ cup (30g) per day (high in calories so watch amounts). ■ Have 4-5 servings legumes and pulses (e.g. lentils, baked beans) or soy products per week; use to replace meat. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute 'snack' size amounts to add up to 30 minutes over the day. ■ Reduce sedentary activity, including screen time. 	<p>Available resources</p> <ul style="list-style-type: none"> □ 'A Guide to Heart Healthy Eating' booklet: email info@hhf.org.nz (70c / copy) □ 'Heart to Heart – A simple guide to lower cholesterol through diet and lifestyle'. Phone 0800835672 or go to: www.ncepnz.co.nz □ 'Eating for a Healthy Heart' booklet: email annef@adhb.govt.nz □ Weight Loss: Refer Overweight & Obesity ■ Online resources <ul style="list-style-type: none"> » www.vegetables.co.nz □ In the Resource Toolkit Fat Fibre in your diet

Summary of recommendations & resources for nutrition related conditions – CONTINUED

HEALTH ISSUE	NUTRITIONAL & LIFESTYLE RECOMMENDATIONS	RESOURCES
HEART HEALTH – CONTINUED		
Low HDL cholesterol	<ul style="list-style-type: none"> ■ Lose weight if overweight. ■ Use poly and/or mono unsaturated fat instead of saturated fats (also reduce trans fatty acids). ■ Increase omega 3 intake: eat oily fish twice a week. ■ Stop smoking. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute ‘snack’ size amounts to add up to 30 minutes over the day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Weight Loss: Refer Overweight & Obesity <input type="checkbox"/> In the Resource Toolkit List of smoking cessation providers
Raised blood triglycerides	<ul style="list-style-type: none"> ■ Lose weight if overweight. ■ Use poly (UFA) and/or mono (MUFA) unsaturated fat instead of saturated fat. ■ Increase omega 3 – have oily fish twice a week. ■ Limit alcohol intake. ■ Eat plenty of colourful vegetables. ■ Stop smoking. ■ Consider factors contributing to stress. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute ‘snack’ size amounts to add up to 30 minutes over the day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Weight Loss: Refer Overweight & Obesity Online resources <input type="checkbox"/> www.alcohol.org.nz <input type="checkbox"/> In the Resource Toolkit List of smoking cessation providers

Summary of recommendations & resources for nutrition related conditions – CONTINUED

HEALTH ISSUE	NUTRITIONAL & LIFESTYLE RECOMMENDATIONS	RESOURCES
HEART HEALTH – CONTINUED		
<p>High blood pressure</p>	<ul style="list-style-type: none"> ■ Lose weight if overweight. ■ Reduce salt (sodium) intake: <ul style="list-style-type: none"> » Cut down on processed food (compare brands for sodium content) » Reduce salt added during cooking » Do not add salt at the table. ■ Increase omega 3 – have oily fish twice a week. ■ Limit alcohol intake. ■ Eat plenty of colourful vegetables. ■ Stop smoking. ■ Consider factors contributing to stress. ■ Be as active as possible – aim for at least 30 minutes exercise a day. This can be broken in to 10-minute ‘snack’ size amounts to add up to 30 minutes over the day. 	<ul style="list-style-type: none"> <input type="checkbox"/> Weight Loss: Refer Overweight & Obesity <input type="checkbox"/> In your Resource Toolkit Salt – Break the habit! <input type="checkbox"/> Online resources <ul style="list-style-type: none"> » www.alcohol.org.nz » www.vegetables.co.nz <input type="checkbox"/> In the Resource Toolkit List of smoking cessation providers
<p>Chronic Kidney disease – Stages 1 & 2.</p>	<ul style="list-style-type: none"> ■ Follow a nutritionally adequate eating pattern – choose the recommended number of servings from each of the four food groups. ■ Lose weight if overweight <ul style="list-style-type: none"> » Limit protein intake to general population goals, i.e. a small serve of protein food at lunch and medium (palm size) at dinner. » High protein, low carbohydrate diets and crash-dieting are not recommended. ■ Aim for optimal blood pressure: <ul style="list-style-type: none"> » Reduce sodium intake » Compliance with BP medication » Stop smoking » Be as active as possible. ■ Aim for at least 30 minutes exercise/day. ■ Reduce sedentary activity, including screen time. 	<ul style="list-style-type: none"> <input type="checkbox"/> In the Resource Toolkit List of smoking cessation providers

Smoking cessation providers

PROGRAMME	SERVICE	CONTACT
Quitline (National)	<ul style="list-style-type: none"> Free telephone advice, text service and Quitter Blog support group. Quit Card* supplied. 	<ul style="list-style-type: none"> Call: 0800 778 778 Mon-Thu 07.30-21.00, Fri 07.30-16.30, Sun 09.00-16.30. » www.quit.org.nz or www.txt2quit.org.nz
Smokestop (National)	<ul style="list-style-type: none"> Free email, text service, blog and bulletin board. Quit Card* supplied. 	<ul style="list-style-type: none"> Call: 0508 766 537 or 09 529 0316, Mon-Fri 10.00-14.00. » www.smokestop.co.nz
Active Stop (National)	<ul style="list-style-type: none"> Online and text service for 18+yr olds. 	<ul style="list-style-type: none"> Online service provided by Nicorette for their products » www.nicorette.co.nz
ADHB Smokefree Pregnancy Services: Aotea Health – Great Barrier Island	<ul style="list-style-type: none"> Intensive and specialised inpatient, outpatient and community support for pregnant women and their families. Quit Card* and product supplied. 	<ul style="list-style-type: none"> Call: 09 307 4949 x 27867, Mon-Fri 08.00-17.00 Fax: 09 623 4654 Email: smokefree@adhb.govt.nz
Ngati Whatua o Orakei Health (Aukati Kaipapa network)	<ul style="list-style-type: none"> Free face to face support with professional quit coach. NRT products supplied. 	<ul style="list-style-type: none"> Call: 09 578 0967 Fax: 09 578 0197 » www.orakeihealth.org.nz
Pacific Quit Smoking Service	<ul style="list-style-type: none"> Free face to face support; Tongan, Samoan & Niuean cessation advisors. NRT products supplied. Leaflet available. 	<ul style="list-style-type: none"> Call: 0800 TO QUIT (867 848) » www.pacificquit@adhb.govt.nz
Pasifika Smoking Cessation at Orakei Health	<ul style="list-style-type: none"> Free face to face support with professional quit coach. NRT products supplied. 	<ul style="list-style-type: none"> Call: 09 578 0967 Fax: 09 578 0197 » www.orakeihealth.org.nz
Piritahi Hau Ora Trust - Waiheke Island	<ul style="list-style-type: none"> Free face to face, telephone and text support. Quit Card* supplied. 	<ul style="list-style-type: none"> Call: 09 372 0022 Fax: 09 372 8814 Mon-Fri 09.00-16.30 Email: piritahihauora@xtra.co.nz Tahatai Road, Blackpool, Waiheke Island, 1081

NICOTINE REPLACEMENT PRODUCTS

*Quit Card

- A Quit Card provides 8 weeks of subsidised nicotine patches, gum or lozenges for \$3.00 per item. (NRT - Nicotine Replacement Therapy)
- Inhalers and microtabs are also available but are not subsidised. Ask your pharmacist or GP for more information.