

# Aukati Kai Paipa Training




**NZ Made – to move!**

# Contents

- Smoking and Weight Management
- Food & Nutrition Guidelines
- Reading Food Labels





# Smoking influences the body in many ways:

- Causes Cancer and Heart Disease
- Stimulant
- Appetite suppressant
- Affects taste and smell



## Activity- Foods You Ate Yesterday

# Food & Nutrition Guidelines Pg 9

1. Maintain a healthy body weight by eating well & by daily physical activity



# Food & Nutrition Guidelines

## 2. Eat a variety of foods from the four major food group

- Eat plenty of fruit & vegetables
- Eat plenty of breads & cereals, preferably wholegrain
- Have milk & milk products in your diet, preferably reduced or low fat options
- Include lean meat, poultry, seafood, eggs or meat alternatives

# Food & Nutrition Guidelines

## 3. Prepare foods or chose pre-prepared foods, drinks & snacks that are:

- Low in added fat, especially saturated fat
- Low in salt, if using salt, choose iodised salt
- Low in added sugar

# Food & Nutrition Guidelines

4. Drink plenty of liquids each day, especially water



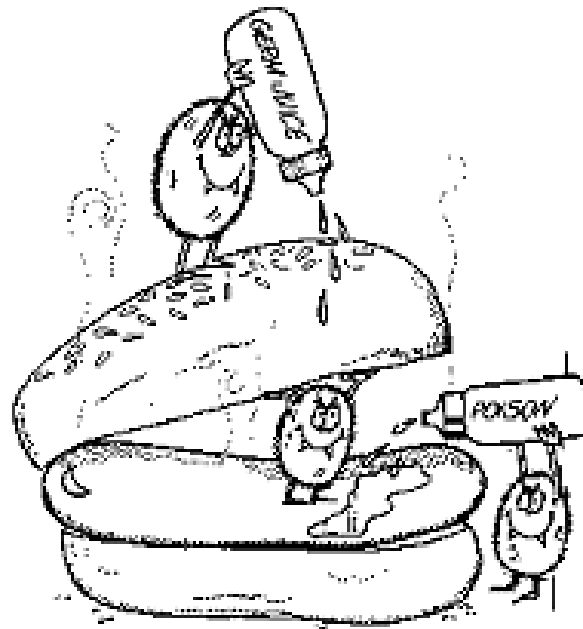
# Food & Nutrition Guidelines

5. If you drink alcohol, limit your intake



# Food & Nutrition Guidelines

6. Purchase, prepare, cook & store food  
to ensure food safety



# Nga Rourou Kai e Toru

Kia iti te kai

Kia aata kai

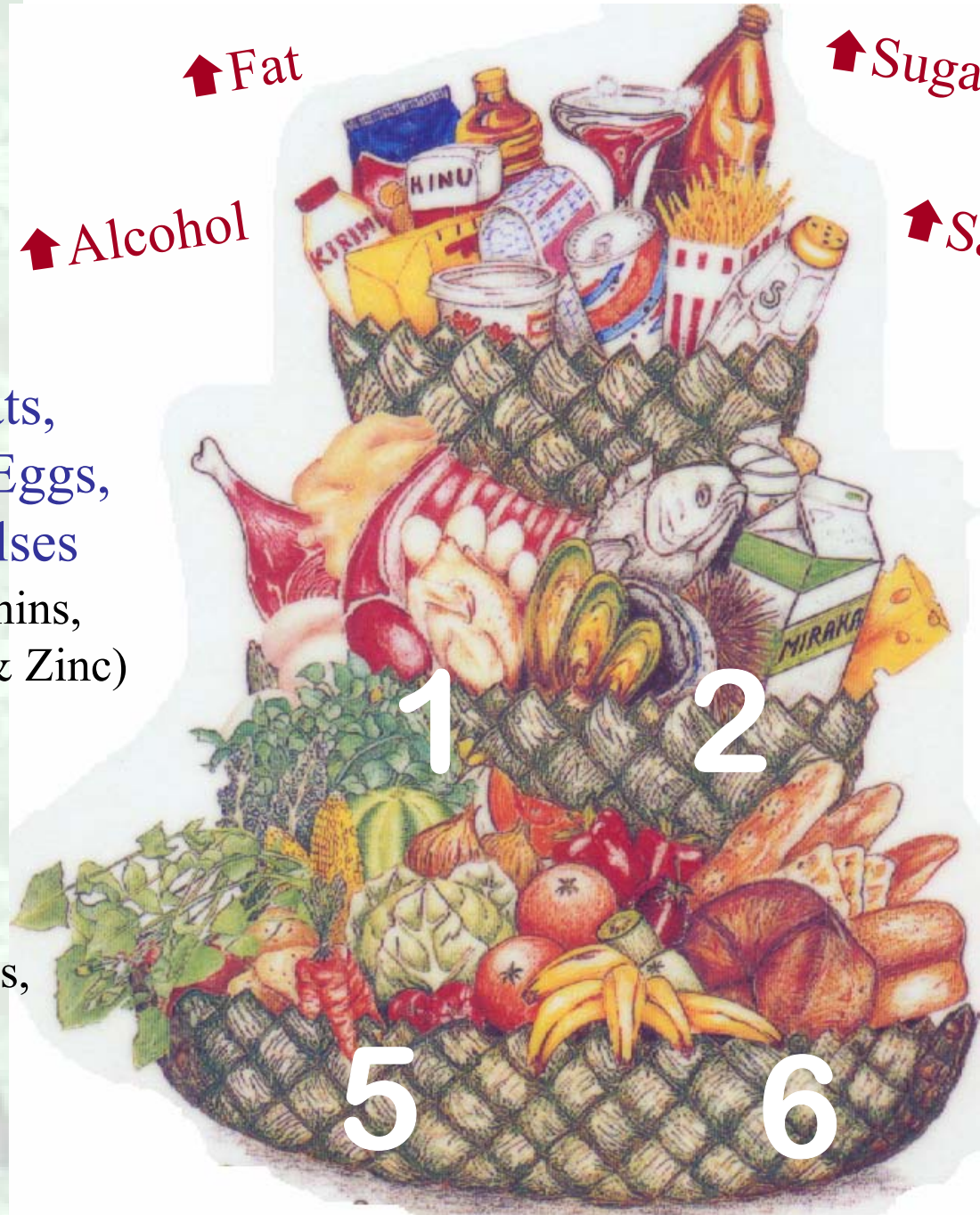
Kia kaha te kai





Lean Meats,  
Kaimoana, Eggs,  
Nuts & Pulses  
Protein, Vitamins,  
Minerals (Iron & Zinc)

Fruit &  
Vegetables  
Vitamins, Minerals,  
Complex  
Carbohydrates,  
Fibre, Water



↑ Fat  
↑ Alcohol

↑ Sugar  
↑ Salt

Milk & Milk  
Products  
Protein,  
Calcium

Breads &  
Cereals  
Carbohydrates,  
Fibre

1 2  
5 6

## Serving size

- A serving size is what comfortably fits into the palm of your hand.
- Not a whole watermelon or chicken!!

Pg 19 for more examples





## Activity - Complete Foods You Ate Yesterday Again

# Food labels



## Nutrition Facts

Serving Size 1 muffin

Servings Per Container 2

### Amount Per Serving

Calories 250    Calories from Fat 110

### % Daily Value\*

**Total Fat** 12g    **18%**

    Saturated Fat 3g    **15%**

**Cholesterol** 30mg    **10%**

**Sodium** 470mg    **20%**

**Total Carbohydrate** 31g    **10%**

    Dietary Fiber 3g    **12%**

    Sugars 5g

**Protein** 5g



# Reading labels

Food labels are a useful source of information

- Nutrition labelling
- Name or description of food
- Manufacturers details
- Information for allergy sufferers
- Date marking
- Ingredients list
- Storage requirements

# Reading Nutrition Information Panels

**Fat** < 10g total per 100g

**Sugar** < 10g per 100g

**Salt** < 120mg per 100g

|                   | Per Biscuit  | Per 100g     |
|-------------------|--------------|--------------|
| Energy            | 215kj        | 1107kj       |
| Carbohydrate      | 12.3g        | 65.1g        |
| <b>Sugar</b>      | <b>11.2g</b> | <b>61.5g</b> |
| Protein           | 1.4g         | 7.4g         |
| <b>Fat Total</b>  | <b>4.7g</b>  | <b>25.0g</b> |
| Saturated         | 4.5g         | 24.0g        |
| Polyunsaturated   | Less 1g      | Less 1g      |
| Monounsaturated   | Less 1g      | Less 1g      |
| Fibre             | Less 1g      | Less 1g      |
| <b>Salt</b>       | <b>220mg</b> | <b>780mg</b> |
| 1 biscuit ~ 18.9g |              |              |

**Remember this is a guide only**



# Find your way around a label pg 17

- Find out how much fat, sugar & salt is in 100g of your product
- Report back to the class & explain if your food product is a healthy programme