

Nutrition

Good tucker

The facts!

Aboriginal people were once the world's best hunters and gatherers of food. They had a very healthy diet.

Today Aboriginal people suffer poor health from not eating good food.

NSW Chronic Care for Aboriginal People Program

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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Aboriginal Health and Medical Research Council:
www.ahmrc.org.au

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*Chronic Care
for Aboriginal People*





Healthy eating

- It is important we get a healthy balanced diet so our bodies and minds can work properly
- Poor nutrition can lead to a lot of health problems such as heart disease and diabetes
- Children need to eat right so they can fight off infections, concentrate at school and grow strong and healthy
- Babies born underweight can have health problems later in life like kidney disease.

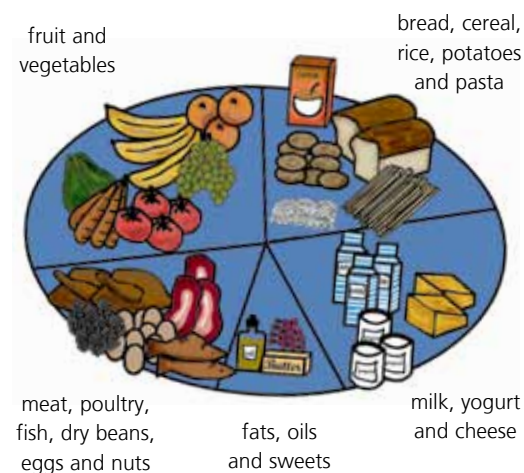
Babies and children

- Breast-feeding is best because it helps baby be strong, healthy and grow good teeth.

Older people

- Older people need to eat healthy also.

Five food groups plate



What foods should I eat?

- Eat enough food from each of the five food groups (see the 'Five food groups plate' diagram)
- Choose different varieties of things from the food groups
- Eat plenty of plant fibre/foods (bread, cereal, rice, pasta, noodles, vegetables, and fruit)
- Eat moderate amounts of animal foods (milk, yoghurt, cheese, meat, fish, chicken, eggs)
- Eat small amounts of fats
- Drink plenty of water.

How to give your kids the best start in life

Pregnant mums need to eat healthy to give babies the best chance in life.

- Eat healthy
- Grow strong
- Live long.

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