



Did you know the excess weight can cause cancer? Find out how you measure up – assess your weight and your health risk.

Many people don't know that being overweight or obese can increase their cancer risk. Excess body weight is linked with cancers of the bowel, breast, kidney, pancreas, endometrium (lining of the uterus), and gallbladder.

How do you measure up?

There are two measures you can take to assess your weight and your health risk:

- i. A Body Mass Index (BMI)
- ii. A waistline measurement.

BMI

BMI estimates your weight in relation to your height. To work out your BMI, divide your weight in kilograms, by your height in metres squared.

$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$
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How do you measure up?

BMI	What does that mean?
Less than 18.5	You are underweight, talk with your General Practitioner (GP) to help you get to a healthier weight.
Between 18.5 and 25	You have a healthy body weight. Eating a healthy diet and being active can help you maintain a healthy weight.
Between 25 and 30	You are over the ideal weight for your height. Make some changes to your current eating and activity habits.
More than 30	You are well over the ideal weight for your height.

If your BMI is over 25, talk to your GP or a dietitian as a first step to achieving a healthier weight.

Waistline measurement

Fat that is carried around your waist can be particularly bad for your health, as this places excess strain on your organs. A waist measurement of less than 80cm is recommended for women and less than 94cm for men.

How to measure your waist

Women should measure around the narrowest point of their waist and men should measure around their navel.

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| <ul style="list-style-type: none"> Place the tape measure directly over your skin or light clothing Make sure the tape is firm, but not squeezing the skin Take the measurement after breathing out normally Assess your health risk using the table below. |
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How do you measure up?

Health Risk	Waist Measurement (cm)	
	Women	Men
Increased	80cm or more	94cm or more
Greatly increased	88cm or more	102cm or more



How do you measure up

Eat Less, Move More



What you can do to manage your weight and reduce your cancer risk.

Having a healthy body weight can help protect you against some types of cancer, as well as other health problems. A healthy body weight can also keep you feeling and looking great.

What measures will you take?

Managing your weight involves making a long-term pledge to a healthy lifestyle. Start by making small and sustainable changes to your eating and activity habits and gradually build on these. Look at the tips below for some ideas to kick-start healthier habits.



Healthy weight tips

- Find out how you measure up – measure your waist circumference and BMI
- Make plant foods (vegetables, fruit, wholegrain breads and cereals) the basis of your diet
- Eat at least 5 serves of vegetables and 2 serves of fruit everyday
- Eat moderate amounts of lean meats and low fat dairy
- Limit 'sometimes' food and drinks i.e. chips, biscuits, cakes, pies, deep fried foods and soft drink. You can still enjoy these occasionally.
- Eat slowly and listen to your body – only eat when you're hungry and stop eating when you're full
- Cut back on food and drink portions. Try using a smaller dinner plate or serving a slightly smaller amount
- Don't skip meals, especially breakfast – you will only eat more later
- Drink plenty of water each day. Thirst can often disguise itself as hunger
- Write a shopping list and stick to it
- Shop more regularly for fresh fruit and vegetables
- Bulk up meat dishes using beans and vegetables – this will also help reduce your shopping bill
- Read food labels and compare foods when shopping – use the 'per 100g' column
- Trim meat and remove skin from meat and chicken before cooking
- Use low fat cooking methods – grilling, steaming, poaching or baking. Use a non-stick frypan or a spray of oil when pan frying
- Find time each day to be active. Aim for at least 30 minutes of moderate activity every day
- Monitor your progress and reward your achievements – treat yourself to some new clothes, a new book or a massage.



**Did you know that having a healthy body weight can prevent some cancers?
Learn about one of the key strategies to manage your weight.**

Maintaining a healthy body weight, being active and eating a healthy diet can help protect against some types of cancers, as well as other health problems. A healthy body weight can also keep you feeling and looking great.

What is energy?

Energy is your body's fuel, and is another name for kilojoules and calories. Your body needs energy to perform its normal functions like breathing, digestion etc. Food and drinks provide your body with energy - in the form of carbohydrates, fat and protein.

What causes weight gain?

Weight gain occurs when the energy you consume (from food and drinks) is greater than the energy you use up (from breathing, digestion, physical activity). The excess energy is stored in the body as fat.

Energy balance

To achieve a healthier body weight, you need to use up more energy than you consume. Eat less and move more – which can be easier said than done. This doesn't mean you need to count kilojoules! Try to make some small, realistic and life-long changes to your current eating and activity habits.

If you are already a healthy weight, balance is the key to preventing weight gain. Your energy intake needs to balance the energy you use up. We've put together a list a tips that will help you to manage your weight.

- Make fruit, vegetables, breads and cereals the main staples in your diet
- Choose low fat foods
- Keep portion sizes moderate – try serving a slightly smaller amount
- Don't skip meals, especially breakfast
- Limit 'sometimes' food and drinks i.e. chips, biscuits, cakes, pies, deep fried foods and soft drink – these are all high in energy
- Eat slowly and listen to your body
- Drink plenty of water each day. Thirst can often disguise itself as hunger
- Replace sugary drinks like soft drink, cordial and juice with water
- Limit your alcohol intake, if you choose to drink
- Fit more activity into your daily lifestyle. Aim for at least 30 minutes each day.



What is a Serve? A Guide to Healthy Eating

Do you know what a serve is equal to for each of the food groups? Find out how much you should be eating and information about serves.

Eating a healthy and well-balanced diet means eating a wide variety of different foods from each of the five food groups everyday. The Australian Guide to Healthy Eating is the national guideline for a healthy diet, and recommends the types and amounts of foods that should be eaten each day.

Serving sizes for healthy eating

Breads & Cereals

6-12 serves are recommended for adult males, and
4-9 serves are recommended for adult females

One serve of breads and cereals is equal to:

- 2 slices of bread or a medium bread roll
- 1 cup cooked rice or pasta
- A small bowl of cereal - 1 cup of porridge, 1 1/3 cups of cereal flakes or 1/2 cup of muesli

Vegetables & Legumes

5 serves of vegetables and legumes are recommended for all adults

One serve of vegetables and legumes is equal to:

- 1/2 cup cooked vegetables or 1 handful
- 1 cup salad vegetables
- 1 medium potato (the size of a closed fist)
- 1/2 cup cooked beans or lentils

Fruit

2 serves of fruit are recommended for all adults

One serve of fruit is equal to:

- 1 medium sized piece of fruit – apple, pear or orange (the size of a tennis ball)
- 2 smaller pieces of fruit – kiwi fruit, plums, apricots (the size of 2 golf balls)
- 1 cup of canned fruit
- 1/2 cup juice
- 1 1/2 tablespoons of dried fruit (1 small handful)

Lean Meat, Eggs and Nuts

1 serve is recommended for all adults

One serve of lean meat, eggs and nuts is equal to:

- 65-100g cooked meat or chicken (the size of a deck of cards). Eg. 1/2 cup minced meat, 2 lean chops or 2 slices of roast meat
- 80-120g of cooked fish (the size of your palm)
- 2 small eggs
- 1/3 cup of nuts, eg. almonds or peanuts

Milk, Yoghurt and Cheese

2 serve is recommended for all adults

One serve of milk, yogurt and cheese is equal to:

- 1 cup (250 mL) milk
- 2 slices of cheese
- 1 small tub (200g) yogurt
- 1 cup (250mL) custard

Points to remember:

- When aiming to reach a healthier body weight you should limit consumption of 'extra' food and drinks i.e. chips, soft drinks, cakes and biscuits; or eat smaller portions
- The serving sizes on Nutrition Information Panels of food and drink products don't always match the serving sizes for healthy eating.



Find how you can take control of your food and drink portions.

Being overweight or obese can put you at greater risk of some types of cancers. In fact, 11% of bowel cancers and 9% of breast cancers have been linked to overweight and obesity.

Obesity rates in Australia have more than doubled over the past 20 years. Portion sizes of food and drinks have been getting bigger and bigger, and so have our waistlines. One of the most important ways to manage your weight is to cut back on your food and drink portions. We've put together a list of tips to help you can take control of your portions.



When eating out

- Start your meal with a salad or soup
- Drink plenty of water, as thirst can often be mistaken for hunger
- Resist up-sizing or buying meal deals – these just add extra kilojoules and encourage you to overeat
- Order an entree size if the mains are large
- Share an entree or dessert with a friend
- Ask if they serve healthier options
- Order extra vegetables or salad with your meal
- Don't feel you have to eat everything on your plate
- Avoid smorgasbords – where it is easy to overeat

At home

- Get the balance right – fill half of your plate with vegetables or salad, one quarter with lean meat, poultry or legumes and the other quarter with rice, pasta, noodles or potato
- Listen to your body and use hunger as a guide - only eat when you're hungry and stop eating when you're full
- Use a smaller dinner plate or serve a slightly smaller amount
- Eat slowly and wait 20 minutes before deciding if you need more food – it takes this long for your brain to tell your stomach that it's satisfied
- Limit or eat smaller portions of foods that are high in fat and sugar. Avoid buying family value packs of these food and drinks.

Building a Healthy Lunchbox

A healthy lunchbox is vital for growing and active children. Learn some helpful tips on how to create a healthy lunchbox your child will enjoy.

Healthy lunches and snacks provide children with the energy and nutrients they require everyday.

Many parents struggle with their children bringing home their lunch uneaten. The trick to getting your child to eat healthy food at school is to be creative and it more appealing. Try involving your child in choosing the foods to include in their lunchbox, and preparing their lunch – make it fun!

Here are some steps to building a healthy and tasty lunchbox that your children will enjoy.

- Starchy carbohydrate base – choose from bread, rolls, wraps, crisp bread – preferably wholegrain or wholemeal as these are higher in fibre.
- Fillings – lean beef, chicken, ham, tuna, cheese or baked beans
- Include 2 or more vegetables – cooked or raw vegies or a salad
- A piece of fruit – fresh or tinned in natural juice.
- A bottle of water
- One serve of a dairy food – milk, cheese, yoghurt, or custard

Healthy lunchbox tips

- Cut food into smaller pieces i.e. fruit, veggie sticks sandwiches, wraps. Try using cookie cutters to make different shaped sandwiches
- Put stickers on their lunchbox and individually wrapped foods
- Try different breads and vary the fillings
- Try a colourful veggie box (cherry tomatoes, celery and carrot sticks) with low fat dip
- Keep their lunch cold in an insulated cooler bag with an ice pack or frozen drink
- Pack your child's lunchbox the night before so you're not rushing around in the morning
- Drinks like fruit juice, cordial, sports drinks and soft drinks are high in sugar and energy (kilojoules or calories), and can lead to dental problems. These drinks should only be consumed occasionally.



Healthy drinks for kids

Childhood is an important time to set up life-long healthy lifestyle habits. Find out how to encourage healthier drinks to your children.

Parents can play an important role in teaching and encouraging children to adopt healthy eating and drinking behaviours. Healthy drinks form an important part of a healthy diet, and provide vitamins and minerals for growth and development. Healthy drinks can also help prevent dehydration, which can improve concentration levels and alertness.

The Good

Water

Water that is lost from our body by breathing, sweating etc, needs to be replaced by drinking fluid. Water is the best drink, as it quenches thirst and has no added sugar, kilojoules or colourings. Children should be encouraged to drink plenty of water each day. Drinking water also helps to prevent dental problems, as fluoride contained in tap water is needed for strong teeth.

Encouraging kids to drink more water

- Pack a bottle filled with tap water when you go out
- Keep a jug of cold water in the fridge
- You're kids don't like water? Try putting slices of lemon or orange in cold water
- Water down juices, cordials and sports drinks
- Serve sugary drinks in smaller glasses

Milk

Reduced fat milk is another great drink, for children over 2 years. It provides them with calcium, protein and other vitamins and minerals important for strong bones and teeth. One glass of reduced fat milk provides kids with about half their daily calcium needs.

The Bad

Cordial, sports and soft drinks

Soft drinks, cordial, sports drinks and juices are full of empty kilojoules, which means they provide very few nutrients and are high in sugar (up to 6 teaspoons per glass) and kilojoules. Sweet drinks can cause dental problems due to their high acidity. These drinks are not necessary as part of a healthy diet and should only be consumed occasionally.

Fruit Juice

Fruit juice is often thought to be a healthy option, but in fact juice is high in sugar and energy (even 100% juice). Did you know that it takes 3 to 4 oranges to make half a glass of juice? Whole fruit should be offered instead of fruit juice as it provides fibre, which juice lacks.

And the Ugly

Do you know how much sugar is in soft drinks and fruit juices?

Drink	Amount of sugar per 250ml glass
Apple juice	6 teaspoons
Lemonade	6 teaspoons
Cola drinks	6 teaspoons
Cordial	5 teaspoons
Fruit drink	5 teaspoons
Orange juice (no added sugar)	4 teaspoons
Water	0 teaspoons