



MEDIA RELEASE
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Eat your way to better health, says Dr Jane Watson Ethos Health Dietitian

Dietitians Association of Australia (DAA) launched Australia's Healthy Weight Week (AHWW) on 17 February. With events being held across the country, this year's campaign will be urging Australians to ditch the quick-fix diets that you can't stick to over the long haul.

Dr Jane Watson, Ethos Health Dietitian, says the latest statistics show almost two thirds (64%) of men and women aged 25-54 years are overweight or obese. Jane encourages her clients to adopt a long-term view when it comes to food and avoid serious health problems, such as diabetes, heart disease and cancer, which already affect many in our Community.

Jane said there are many diets that promise quick and easy weight loss. Sadly, the good results are just as quick and then just as easily gone.

'I encourage all my clients to look at how they eat for long-term health. Making small changes, such as controlling your portion sizes, is where the best health gains will be made,' says Dr Jane Watson.

For more information on Australia's Healthy Weight Week, an initiative of Australia's peak nutrition body, the Dietitians Association of Australia, visit: www.healthyweightweek.com.au

Five week cooking guide for the New Year:

Making small and sustainable changes to your eating can make a big difference to your long-term health. Start making changes today using my 5-week cooking guide:

- **WEEK 1: Plan your weekly meals.** Set aside one day each week to write down your weekly meals to prevent last-minute takeaways. Include everything you need on your shopping list!
- **WEEK 2: Choose a healthy cooking method.** When you plan your meals, choose dishes that require microwaving, steaming, grilling or stir-frying. These are great ways to cook as they don't require lots of fats and oils.
- **WEEK 3: Make it colourful.** Lunch and dinner meals can be dull without vegetables. Add one more serve at lunch or dinner each day to help get your recommended five serves.
- **WEEK 4: Shrink portion sizes.** Check your plate (or bowl) size. Using a plate 25 per cent smaller, means you'll be eating 25 per cent less food!
- **WEEK 5: Switch to healthier drinks.** Water and reduced-fat varieties of milk are the best choices when it comes to hydration. And if you're partial to a glass of wine while you cook, use a smaller glass, dilute your wine with mineral water or soda water, or opt for water instead.