Why?

- Resource to follow on from cooking group
- Working alongside the metabolic work – Self manage
- Physical Health, weight gain etc
- Through discussion found it was needed and would be valuable
What we wanted:

- Easy to read and understand
- Visual
- Have a resource that clients can learn from and work on themselves
- Recipes that were affordable, healthy and can be made with limited cooking equipment
- All round information book focusing on living a healthier lifestyle
- Clients input
Who?

- Consumers
- Family/Whanau
- Staff resource
What’s inside?

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The Four Food Groups

- Fruit and Vegetables (fresh, frozen or canned)
- Grain Foods (breads and cereals)
- Milk and Milk Products
- Red Meat, Poultry, Seafood, Eggs, Legumes, Nuts and Seeds

- Recommended serving each day
- Examples of a serving size for each group
Food Portions

- Visual hand diagrams of portion sizes for each food group
- Tips about portion control
Label Reading

- Ingredient list – order of products, biggest to smallest amount
- Easy and something catchy to remember – Going to supermarket with client
- 10:10:6 Rule

### NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>Average Quantity Per serving</th>
<th>Average Quantity Per 100g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>ENERGY</strong></td>
<td>895kJ</td>
<td>425kJ</td>
</tr>
<tr>
<td><strong>PROTEIN</strong></td>
<td>10.8g</td>
<td>5.1g</td>
</tr>
<tr>
<td><strong>FAT: TOTAL</strong></td>
<td>1.2g</td>
<td>0.6g</td>
</tr>
<tr>
<td>-SATURATED</td>
<td>0.2g</td>
<td>0.1g</td>
</tr>
<tr>
<td><strong>CARBOHYDRATE</strong></td>
<td>33.7g</td>
<td>16.1g</td>
</tr>
<tr>
<td>-SUGARS</td>
<td>15.5g</td>
<td>7.4g</td>
</tr>
<tr>
<td><strong>DIETARY FIBRE</strong></td>
<td>11.9g</td>
<td>5.7g</td>
</tr>
<tr>
<td><strong>SODIUM</strong></td>
<td>1300mg</td>
<td>620mg</td>
</tr>
<tr>
<td><strong>POTASSIUM</strong></td>
<td>850mg</td>
<td>310mg</td>
</tr>
<tr>
<td><strong>IRON</strong></td>
<td>2.7mg</td>
<td>1.3mg</td>
</tr>
</tbody>
</table>

- Find the 100g column on the product
- Fat Choose **less** than 10g
- Sugar Choose **less** than 10g
- Dietary Fibre Choose **more** than 6g
Identifying Fat and Sugar on Food Labels

- Showing that marketing can be tricky sometimes and pays to read the back of labels
- List of other words that mean FAT on food labels
  (Animal oil, vegetable oil, lard, palm oil, dripping, butter etc)
- Other words that mean SUGAR on food labels
  (Sucrose, fructose, lactose, golden syrup, honey, molasses etc)
Fridge and Pantry Basics

- Look at and think about what to buy at the supermarket
- Foods that last
- Basics to most meals
- Examples: Eggs, frozen vegetables, soy sauce, brown rice, flour, stock cubes, cumin spice, rolled oats
Importance of Sleep

- Healthy brain and maintain physical health
- Can affect behaviour, learning, wellbeing and weight
- Tips on improving sleep
  - Regular bedtime routine
  - Regular bedtime
  - Avoid screen use
  - Comfortable sleeping routine
  - Avoid caffininated drinks
  - Being active throughout the day
Anti-Psychotic Medication and Appetite

- Explaining why Olanzapine and Clozapine can cause weight-gain
- How the side effects affect a clients weight
- Help to reduce the weight gain

- Wanted to have information that client can have at home to read themselves
Physical Activity and Mental Health

- Benefits of doing regular physical activity – Weight management, endorphins, more energy, improve sleep
- 2 ½ of moderate exercise over a week – recommended
- General well-being
- Help reduce symptoms of mental health, depression anxiety
- Services in Christchurch that can support with P/A
Sustaining a Lifestyle Change

- Dr Kate Martin, Senior Clinical Psychologist, Specialist in Weight Management, her tips on sustaining a healthy lifestyle change
- Getting starting and continuing – Sustainable changes, making small achievable goals for short term
- Enjoy food – Eating mindfully
- Eating at home – Smaller plate, portion sizes, put left overs in fridge
- Socialising – Prepare for meals out, bring a healthy dish
- Increasing fitness – Try new things, don’t do something you hate, listen to music
Recipes

- Easy, affordable and yummy!
- All tested by the clients at either cooking group or with their Case Managers
- Recipes designed to suit kitchens with limited equipment
- Recipes were made from Chef Matt and other clients at Totara House
- Readable instructions
- Potato Salad, Burgers, Muesli Biscuits, Mexican baked eggs, Hummus, Pikelets
In the ingredient section have how much you would need for 1, 2 or 4 servings for example.

Gave the option of cooking for themselves or their friends and family.

**Matt’s Chicken Stir-Fry**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>1 serving</th>
<th>2 servings</th>
<th>4 servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti or rice noodles</td>
<td>25g</td>
<td>50g</td>
<td>100g</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>1 tsp</td>
<td>½ Tbsp</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Courgette</td>
<td>¼</td>
<td>½</td>
<td>1</td>
</tr>
<tr>
<td>Red onion</td>
<td>¼</td>
<td>½</td>
<td>1</td>
</tr>
<tr>
<td>Broccoli</td>
<td>¼</td>
<td>½</td>
<td>1</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>1 small</td>
<td>1 large</td>
<td>2 large</td>
</tr>
<tr>
<td>Chicken</td>
<td>100g</td>
<td>200g</td>
<td>400g</td>
</tr>
<tr>
<td>Carrot</td>
<td>¼</td>
<td>½</td>
<td>1</td>
</tr>
<tr>
<td>Frozen green beans</td>
<td>75g</td>
<td>125g</td>
<td>250g</td>
</tr>
<tr>
<td>Soy sauce</td>
<td>1 Tbsp</td>
<td>11/2 Tbsp</td>
<td>3 Tbsp</td>
</tr>
<tr>
<td>Oyster sauce</td>
<td>½ Tbsp</td>
<td>1 Tbsp</td>
<td>2 Tbsp</td>
</tr>
<tr>
<td>Plum sauce (optional)</td>
<td>1 tsp</td>
<td>½ Tbsp</td>
<td>1 Tbsp</td>
</tr>
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Over View

- A book that was accessible for our clients at home
- Easy to read but informative
- Colourful and a visual
- Age specific
- Totara staff are passionate about having resources that they can see benefits from
- Something can clients can feel they can self manage
- A resource that staff can refer back to
- Work in progress!