

Ask the expert

"I live on my own and over the last few months my weight has increased. My downfall is eating sweets or chocolates when watching TV. Can you advise on healthy snacks?"

*Marjory
from Te Puke*

**Siobhan says...
a balanced
approach
to snacking is
important.**



Many people feel guilty about eating between meals believing that all snack foods are bad for us. The fact is that snacking is totally normal and an acceptable part of everyone's diet. Snacks make a valuable contribution to our overall nutrient intake, the right choice of snack foods can help us to reach our daily vitamin and mineral requirements.

If your favourite snacks tend to be sweets and chocolates then a balanced approach is needed. Shopping for snacks should be just the same as other food shopping, think about what you want in advance, write a list and stick to it. If you have fruit and crackers in the pantry instead of chocolate and sweets, that's what you will choose first when you want a snack.

Ideal snack choices for people wanting to watch their weight include; dried fruit and seeds; home-made popcorn; vegetable sticks e.g. carrot, cucumber, celery; wholemeal crackers; mini muffin with fruit such as blueberry; lower fat biscuits such as arrowroot; low fat yoghurt. Take advantage of the wide variety of fruit available at this time of year. Look for roadside bargains which are often cheaper than in the shops. Apples, bananas, nectarines, melon and grapes are an ideal snack.

Snack tips:

- Remember that snacks are smaller than meals, so watch the portion size!
- Plan your snacks at regular intervals and stick to them, rather than grazing all day
- Plan ahead and make sure your cupboard has a range of snacks from the list above

Questions?

Do you have a question about a particular food or meal, or want to know how to make healthy choices for you and your family? Send a question to Siobhan Miller, a nutrition expert working for Toi Te Ora - Public Health.



Email your question to Siobhan at heha@bopdhb.govt.nz or post your question to:

BOPDHB Communications Team
Tauranga Hospital
Cameron Road
Private Bay 12024
Tauranga 3143

National festival special for Te Kaha community



Tauramaitawhiti kapa haka group and supporters

Thirty seven years after it began, Te Matatini National Kapa Haka Festival will be hosted by the Bay of Plenty for the first time. The February 19-22 event is expected to attract more than 40,000 visitors to Baypark Stadium in Tauranga.

For Te Kaha's Leanne and Warwick Morehu the event has a very special meaning as their kapa haka group Tauramaitawhiti, will perform on the one year anniversary of their daughter's death.

"Awi was the lead guitarist for the group. She was on her way to join us for the national qualification round when she was killed instantly in a car accident," says Leanne. "My husband and I were going to give up kapa haka when Awi died but she's actually become the driver for us to keep going."

Tauramaitawhiti kapa haka group was established in 2005 and is one of six groups in the competition from the Bay of Plenty. "We need to make sure that everyone is prepared, mentally and physically. Kapa haka is a very physical activity," says Leanne.

During practice the group found that they were running out of breath towards the end of their performance and realised that fitness was going to be the key to their success.

"One of our performers had a goal to lose 25kg before the event. She has already lost 20kg and is well on track. Her voice was fantastic before but since she lost the weight, it's even better!"

Many members of the team have achieved health and fitness improvements through preparing for the competition.

"We set ourselves some key goals; to eat healthier, get fitter and drink more water. We do kick boxing classes, weight training, running and walking groups here in Te Kaha. Two people live in the Bay of Islands and four in Wellington and they do lots of walking and have joined a

gym - anything it takes to get healthier. Everyone is much more aware of the level of fitness required to compete."

The team has regular health checks with one of the Te Kaha clinic nurses. Leanne also enlisted the help of Stephen Cameron, the Healthy Eating Healthy Action (HEHA) community educator at the Bay of Plenty District Health Board. Stephen delivers health education programmes focusing on nutrition and physical activity. Leanne said that Stephen's sessions were fantastic and they gave everyone the basic knowledge and motivation to make small yet important changes to their lifestyle.

Leanne says that kapa haka is much more than just performing and competing. "It teaches our young people about leadership, commitment, dedication and self esteem, as well as how important it is to be healthy."



The Morehu family before Awi's death. From left to right; Warwick and Te Whanarere at the back, with Awi, Erina and Leanne.

HEHA for health

Healthy Eating Healthy Action (HEHA) is a Ministry of Health campaign to improve nutrition and increase our physical activity. It is a joint approach between the Ministry of Health, Ministry of Education, and Sport and Recreation New Zealand (SPARC). A variety of projects to meet these goals are going on in the Bay of Plenty. For more information about HEHA visit www.bopdhb.govt.nz and click on the HEHA logo.



Simple steps to healthy living



Healthy eating is...

...using healthy options to boost the flavour of everyday foods.

Instead of adding butter to mashed potato, add a little trim milk, light sour cream and ground pepper. Instead of butter on sandwiches, choose a low-fat tasty spread such as hummus, mustard or chutney. They will be just as tasty with much less fat. Trim the fat off meat and don't add salt to cooking. Instead use other flavourings such as fresh or dried herbs, or garlic. Garlic is full of antioxidants to boost the immune system and fight 'bad' cholesterol.



...trying out new ideas for dessert.

Banana is sumptuously creamy when frozen. Just peel, cover with plastic wrap and pop in the freezer overnight. Chop and sprinkle with cinnamon, a dollop of frozen yoghurt or some Milo - yummy, healthy and cheap! Source: Healthy Food Guide www.healthyfood.co.nz



Healthy action is...

...asking your doctor for a green prescription.

A green prescription is a health professional's written advice to a patient to be physically active, as part of the patient's health management. SPARC (Sport and Recreation New Zealand) surveyed 2500 green prescription patients and found that more than eight months after receiving their prescription, 48 per cent of patients are still more active than they were before. Call 0800 ACTIVE (0800 228 483) for more information. Source: Healthy Food Guide www.healthyfood.co.nz



...improving the quality of your sleep.

Sleeping well can improve your concentration, your mood and your overall health. Regular exercise improves your quality of sleep, reduces stress and anxiety levels, making it easier to sleep. Sport BOP has lots of ideas for getting started with regular exercise as well as events taking place throughout the Bay of Plenty. Visit www.sportbop.co.nz.

