

Ask the expert

"Over the winter my family hasn't had a great diet and I have put on a bit of weight. I find it hard to stick to a diet, what can I do to stay motivated?"
Donna, Tauranga.

Siobhan says...
keeping track of your weight can help you stay motivated.



Spring is here, the days are getting longer and we are all looking forward to summer. This is a good time to get motivated. There are lots of approaches to weight loss, but essentially they all involve becoming more active, and eating a healthier diet. The trick is to maintain your motivation. Positive changes rather than 'dieting' will help avoid the yo-yo effects that diets can have.

Keeping a track of your weight can be tricky, but is helpful to keep the kilos off. It doesn't matter what sort of weighing scales you use, as long as you use the same ones each time, since it is the change in weight that is important. Weekly weighing is best, at around the same time of day each time, the scales should be on a hard and even surface, not on a carpet or rug. Often, the kitchen or bathroom is best if it has a tiled floor.

Think about whether you want to keep your weight record private or whether sharing progress with friends or family would help give you extra motivation. You can record your weight in a private diary or calendar, on your mobile phone, computer or on a weight record chart.

A realistic goal for weight loss is about 0.5 to 1 kg per week. Attempting to lose more than 1 kg a week is unlikely to be successful and is often difficult to achieve and maintain.

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:

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

Healthy kai on Marae



One of the highlights of the course is learning how to bake bread. Kahu Hiko makes fresh wholemeal bread with the help of Chef John at the Tataiahape Marae in Waimana.

Eastern Bay residents are learning how to prepare healthy and nutritious food for their whanau thanks to funding from the BOPDHB Healthy Eating Healthy Action (HEHA) fund.

Meeting Chef John Lee inspired Sandy Watene and her colleagues from the Te Huinga a Matariki ki Tuhoē Māori Women's Welfare League to apply for the funding and develop the Marae-based cooking course.

"John is a qualified chef with 30 years experience," says Sandy.

John's philosophy is that cooking should be fun and not just "a job for women". "Women are often put in the position of having to cook nutritious meals for their whanau without any training or support and it can become a chore," says John. "The classes help to raise their self esteem by giving them confidence in their abilities. It's a win-win situation because the whole whanau benefits."

The cooking classes are not just for women, there is an open door policy for anyone who wants to attend.

"We aim to reinforce health and well-being with men and women of all ages and make the healthy choice the easy choice," says John.

John makes sure that participants are hands-on with the food from day one. "One of the simplest things that people learn is 'less meat, more vegetables'," says John.

"One lady told me she was using four kilos of mince to make a meal for her whanau of 11. I showed her how to substitute two of the kilos with vegetables. She was surprised to discover that her whanau actually preferred the taste!"

John gives advice on how to shop within a budget, using examples of discounted veggies from the supermarket. Some of the funding goes towards helping the community to set up gardens on their land.

Māori Community Action Projects - funding available now

- Hapu and/or Marae communities can apply for funding to improve nutrition through increasing vegetable and fruit intake.
- Funding can be used for projects such as building a community garden or orchard, cooking demonstrations and cuisine courses.
- Projects must be led by the whanau with good planning and vision to ensure long term change.
- Applications for the current round of funding close on November 14.



For more information or to submit an application, contact Cynthia Turuwhenua on 07 579 8555 or visit the website www.bopdhb.govt.nz, click on the HEHA logo, then go to Community Info.

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 further information about HEHA visit www.bopdhb.govt.nz and click on the HEHA logo.



Simple steps to healthy living



Healthy eating is...

discovering new and different ways of using vegetables in your daily meals. If you're stuck for an idea, or bored with making the same dishes, check out the website www.vegetables.co.nz. You can select a vegetable and get tips on how to cook it, what to look for when buying it, how to store it and its nutritional value.

Potatoes



How to prepare

When possible, don't peel your potato as most of the antioxidants and fibre are just under the skin. Leaving the skin on will also help prevent water soluble vitamins leaching out during cooking. Simply wash and scrub it. Any green areas should be chopped out and discarded.

Ways to eat

There are many ways to cook potatoes - the serving suggestions are endless! You can eat them baked, mashed, boiled, sautéed, scalloped, as wedges, potato skins, roasted, added to soups, in salads.

When you can get it

All year round. You can buy new season potatoes from late August until February.

Recipe idea

Scrub potatoes and slice into wedges. Shake in a bag with 2tsp garlic salt and 2tsp of dried or fresh rosemary. Spray oven tray lightly with olive oil. Heat oven to 200°C (180°C fanbake) and bake for 30-40 mins, turning halfway. A real family favourite - yum!

Healthy action is...

... snack-itivity! Achieving the target of 30 minutes activity per day is easier if you break it down into small chunks. Don't forget that lots of things you do each day count as exercise, like walking, climbing stairs, housework, cycling, gardening and dancing.

