

## 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](mailto:heha@bopdhb.govt.nz) or post your question to:

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

## Funding helps kids grow their own veggies



Kids at Otumoetai Playcentre are getting their hands dirty and learning where their food comes from.

Children at Otumoetai Playcentre are planting summer vegetables and herbs and learning about where their food comes from.

"Everyone gets involved including kids from two years upwards who love to help with the digging," says mum Trish Knox.

Money from the Healthy Eating Healthy Action (HEHA) nutrition fund has allowed the playcentre to expand its existing veggie patch.

"The small veggie patch wasn't very successful as I don't think it got enough sun and the drainage was poor. The new raised beds are thriving, we've just harvested heaps of broccoli," says Trish.

A large garden shed is currently being put up to house new tools and equipment.

Parents are encouraged to carry on teaching their kids at home by growing vegetables and herbs in their own gardens.

"Children learn by example and develop lifelong eating habits from their parents and the foods they eat as a child," says BOPDHB HEHA district coordinator Jessica Burke.

Some families get to take vegetables home if they're not used up at the playcentre.

"It's nice to be able to help families out by giving them some fresh vegetables to take home," says Trish. "Cherry tomatoes are a big hit with the kids - they love them. And they really enjoy the veggies with dips like hummus."

## Funding available now

- Schools and early childhood centres can apply for funding through the Bay of Plenty District Health Board to help them develop a culture of healthy eating and nutrition.
- Funding can be for anything that relates to nutrition such as building a vegetable garden, healthy eating shows, compiling a healthy recipe book or improving the canteen.
- There is one funding round each year during spring.
- Funding applications for the current round must be received by 14 November 2008.



For more information or to apply for funding contact the HEHA district coordinator, Jessica Burke on 07 579 8283

Email [jessica.burke@bopdhb.govt.nz](mailto:jessica.burke@bopdhb.govt.nz). For more information visit the website [www.bopdhb.govt.nz](http://www.bopdhb.govt.nz) and click on the HEHA logo.

## 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](http://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](http://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.

