

# Healthy Eating Guidebook for Pacific Islander Communities

Ethnic Communities Council of Queensland



English



## Acknowledgement

This resource has been developed by Multicultural Health Staff and Accredited Practicing Dietitians at Ethnic Communities Council of Queensland (ECCQ) Chronic Disease Program in collaboration with dietetic students from the Queensland University of Technology, with support from Queensland Government, Department of Health. The Chronic Disease Program team at ECCQ would like to acknowledge the time and efforts of all our reviewers for their valuable inputs into the development of this resource.

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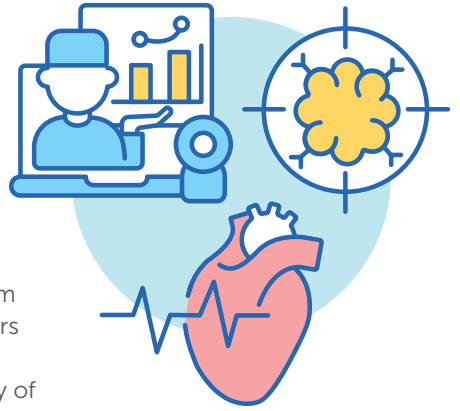
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## Introduction

This booklet provides information, tools and strategies to help our communities eat well. We have addressed some frequently asked questions that we have received from Pacific Islander and multicultural communities in Queensland.

Ethnic Communities Council of Queensland is a charity and non-governmental organisation representing the needs and interests of people from Culturally and Linguistically Diverse Communities (CALD) in Queensland. ECCQ Chronic Disease Program provides vital culturally appropriate and translated information, education, and support through face to face, telephone, and online platforms to the community about chronic disease prevention and self-management. If you need more information, please contact us at **(07) 3844 9166** or visit our website: **[www.eccq.com.au](http://www.eccq.com.au)**

# What are Chronic Diseases?



According to the Department of Health, the term “Chronic Diseases” or “Chronic Conditions” refers to long term illnesses or conditions which can significantly impact an individual’s overall quality of life. The major groups of chronic diseases are:

- Arthritis
- Asthma
- Back Pain
- Cancer
- Cardiovascular Disease
- Chronic Obstructive Pulmonary Disease
- Diabetes
- Mental Health Conditions
- Overweight and Obesity

Chronic conditions are very common. Australian Institute of Health and Welfare reported that half of all Australians have at least 1 of the following 8 major chronic conditions: Arthritis, Asthma, Back pain, Cancer, Cardiovascular disease, Chronic obstructive pulmonary disease, Diabetes and Mental Health conditions. (Australian Government Department of Health, 2021).



## How can healthy eating prevent Chronic Diseases?

- Healthy eating prevents obesity. Obesity is a major risk factor for many conditions, like type 2 diabetes, osteoporosis, stroke, and heart disease. Eating foods that are high in sugar, fats and calories can add extra weight to your body, weakening your bones and making your organs work harder. Studies showing that for people who are overweight or obese, a weight loss of 5-10% of the total body weight is beneficial in improving your blood pressure, total blood cholesterol and blood sugars (Blackburn, 1995) and (Ryan & Yockey, 2017).
- Healthy eating can help improve cholesterol levels by decreasing bad cholesterol (LDL) and increasing good cholesterol (HDL). Low bad cholesterol (LDL) levels can help lower our risk of heart disease.
- Healthy eating improves the mood, which in turn boosts physical activity. If we are happy, we are more likely to be active. Eating the right foods can help us be happier, therefore leading to more motivation for exercise and regular physical activity is an important strategy for chronic disease prevention.

## What are some tools and strategies to help us eat well?

Some nutritional issues that are prevalent in Pacific Islander Communities are:

- High intake of fats including coconut oils and animal-based oils;
- High intake of high energy grains, cereals and rice;
- Low consumption of fruits and vegetables;
- High intake of sugar and sweet foods and
- Cooking with high amount of oil.

In the next pages are some tools and strategies that can help our Pacific Islander communities address these concerns and live a healthy life.

# Healthy Eating Plate

Use the Healthy Eating Plate as a guide for creating a healthy and balanced meal. The plate size is on average 25cm in diameter. To build our plate, we divide our meals into 3 sections. Fill  $\frac{1}{2}$  of our plate with non-starchy vegetables including different types and colours,  $\frac{1}{4}$  with carbohydrates including mostly wholegrain or high fibre variety and  $\frac{1}{4}$  with protein including lean meats or other protein alternatives.



Fill  $\frac{1}{4}$  of our plate with carbohydrates or a fist size worth

$\frac{1}{4}$  plate carbohydrates



Fill  $\frac{1}{2}$  of our plate with non-starchy vegetables or 2 full hands worth

$\frac{1}{2}$  plate non-starchy vegetables



$\frac{1}{4}$  plate protein

Fill  $\frac{1}{4}$  of your plate with protein or a palm size worth



# What a healthy, balanced meal looks like...



**1/4**  
plate  
carbohydrates

**1/2**  
plate  
non-starchy  
vegetables

**1/4**  
plate  
protein

# Serving Sizes

To help make sure we are eating a balanced diet, the Australian Dietary Guidelines recommend the serving sizes for each food group depending on our age group. Below are the main age groups and their recommended daily serves.

## Vegetables & Legumes/ Beans



## Fruit



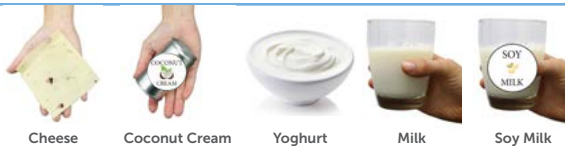
## Grain Foods (Cereal Foods)



## Meats & Poultry (eggs, nuts, tofu, fish)



## Dairy and/or Alternatives (Milk, yoghurt, cheese, alternatives)



## Water





A table of the Australian Dietary Guidelines recommended serves for all age groups can be found at the back of this booklet.

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	6 serves	5.5 serves	-
<b>Women</b>	5 serves	5 serves	5 serves

*1 serve = 75g of vegetables, 1/2 cup cooked/tinned vegetables, or 1 cup leafy salad vegetables*

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	2 serves	2 serves	-
<b>Women</b>	2 serves	2 serves	2 serves

*1 serve = 150g of fruit, or 30g pieces of dried fruit, or 2 small pieces (e.g., plums, kiwi), or 1 cup tinned fruit*

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	6 serves	6 serves	-
<b>Women</b>	6 serves	4 serves	8.5 serves

*1 serve = 1 slice of bread, or 1/2 cup cooked rice/pasta/noodles, or 1 small piece of Lebanese bread*

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	3 serves	2.5 serves	-
<b>Women</b>	2.5 serves	2 serves	3.5 serves

*1 serve = 80g of canned fish, or 2 large eggs, or 8-12 nuts, or palm size of red lean meat or hand-size of chicken/fish, or 1 cup of cooked beans*

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	2.5 serves	2.5 serves	-
<b>Women</b>	2.5 serves	4 serves	2.5 serves

*1 serve = 1 cup of any milk, or 2 slices of hard cheese, or 3/4 cup yoghurt, or 1 small wedge of soft cheese*

	19-50 year olds	51-70 year olds	Pregnant women
<b>Men</b>	2.6L/10 cups daily	2.6L/10 cups daily	-
<b>Women</b>	2.1L/8 cups daily	2.1L/8 cups daily	2.1L/9 cups daily

# Making Better Choices

We can enjoy all food if we eat them in moderation, therefore try not to identify food as good and bad but to focus on 'the better choices'. Try to choose foods that have more nutrients such as fruits, vegetables, whole grains and lean meats rather than foods containing high level of salt, sugar or fat.

Below are some examples of better food choices.

## Swap **THIS** for **THAT**



Chocolate



Berries



White Bread



Wholegrain or Wholemeal Bread



Short or Medium Grain Rice



Long Grain Brown or Basmati Rice



Hot Chips



Vegetable Sticks



Yoghurt (Full Fat)



Yoghurt (Low Fat)



Fatty Beef



Lean Beef



Soft Drink



Water



High Salt Beef or Chicken Stock Cubes



Reduced Salt Beef or Chicken Stock Cubes or Herbs and Spices



Fried Chicken



Skinless Baked Chicken



Ghee or Animal Fats



Canola or Olive Oil

# Healthy Recipes

- 12 Canned Mackerel Curry
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By making small changes in each recipe we can lower the amount of fats, sugars and salts we are eating while still enjoying our favourite foods.

The following are common dishes in the Pacific Islander culture. They have been modified to make a healthier version of traditional recipe. The fat content per serve is illustrated in teaspoons (where 1 teaspoon = 5g of fat).



Look out for the ingredients highlighted in green for the healthier substitute for the recipe.

# Canned Mackerel Curry

Serves: 4 | Preparation Time 🕒 50 min

## Ingredients

**4** (125g) cans of Mackerel in brine  
(broken into smaller pieces)

**3-4** medium potatoes (peeled and  
quartered)

**2** medium tomatoes (chopped)

**1** medium onion (sliced)

**4 cloves** of garlic (crushed)

**10g** ginger (peeled, crushed)

**2 tsp** of tamarind pulp or paste

✔ **2.5 tbsp of canola oil**

**15g** Garam Masala powder

**1 tsp** of turmeric

**1 tsp** of cumin seeds

**50g** of curry leaves

**1 tsp** of chilli powder (optional)

**2 tbsp** of chopped fresh coriander  
leaves (optional)

**1-2 cups** of water (as desired)

Salt to taste



### How we reduced the saturated fat content

Original recipe used coconut oil



Modified recipe with canola oil



## Method

1. Add oil to a heated large saucepan, and when hot, add tomatoes and onions. Cook on medium-high heat until soft (2-3 mins).
2. Add crushed garlic and ginger and cook for about a minute.
3. Remove the curry leaves from the stem and add with all the spices. Cook for 2-3 minutes and add some water if needed.
4. Add potatoes and some salt, and simmer for about 5 minutes.
5. Add fish and tamarind paste along with some water. Simmer again covered for 10 minutes, stirring occasionally.
6. Check to see if potatoes are cooked through. Add coriander and adjust salt as needed.
7. Turn off heat and serve hot with basmati rice or roti.



# Fa'alifu (Taro and Banana in coconut)

Serves: 4 | Preparation Time 🕒 35 min

## Ingredients

**1** packet of 750g frozen taro  
**4** green Cavendish bananas (peeled, and leave in a bowl of water to prevent it turning brown)

✔ **2 cups of reduced -fat coconut milk**

**1 tsp** of salt

**1** medium size onion (diced)

## Method

1. Put taro into a pot of boiling water, and let simmer for 10 minutes.
2. When taro is almost cooked, add bananas into the pot, and let it simmer for another 5 minutes.
3. Both taro and bananas should be cooked by now. Take the pot off the stove, pour out and discard all the hot water.
4. Add the diced onion, 2 cups of coconut milk and the salt to the pot of cooked taro and banana.
5. Place the pot back on the stove, bring it to boil, simmer for 2 minutes and turn stove off.
6. Enjoy it as a staple food, by itself or with other foods.



### How we reduced the fat content

Original recipe used regular coconut milk

**4 1/2**

Teaspoons per serve



Modified recipe with reduced-fat coconut milk

**2**

Teaspoons per serve



t milk)



5 Recommended daily serves for adults  
**Vegetables**

1 Large carrot

# Ika Lolo (Braised Fish in Coconut cream)

Serves: 4 | Preparation Time 🕒 35 min

## Ingredients

- 1 medium size Barramundi fish 165g (cleaned and sliced)
- ✔️ **400 ml** of evaporated coconut milk
- 3 medium size tomatoes (diced)
- 2 carrots (sliced)
- 3 cups of Bok Choy or cabbage (chopped)
- 1 medium size onion (sliced)
- 1 lemon (juiced)
- 1 cup of plain flour
- ✔️ **30ml** of canola oil
- 3 cups of water
- Salt and pepper to taste

## Method

1. Coat the pieces of fish in flour, and fry in a heated pan with oil until golden brown. Place fish aside in a dish.
2. Boil the water in a medium size pot, add the chopped veggies (onions, tomatoes, carrots and cabbage), simmer and stir for 3 minutes.
3. Put the fish back, on top of the vegetables, simmer for 3 minutes.
4. Add the coconut cream and let it simmer for another 3 minutes.
5. Take it off the heat, add some lemon juice, and salt and pepper to taste.
6. Best to enjoy with baked taro, cassava, or green banana.



### How we reduced the fat content

Original recipe used regular coconut cream

**9**  
Teaspoons  
per serve



Modified recipe with evaporated coconut milk

**2½**  
Teaspoons  
per serve





eam)



# Palusami (Taro leaves in coconut cream)

Serves: 8 | Preparation Time 🕒 75 min

## Ingredients

**1 handful** of taro leaves (24 leaves)

✔️ **400ml** of evaporated coconut milk

**1** medium sized onion (diced)

**1 tsp** of salt

Aluminium foil for wrapping  
(30x24cm each)

## Method

1. Prepare taro leaves by removing the leaf tip, the midrib, and 1cm around leaf junction area, as they may cause itching in the mouth or throat.
2. Mix the coconut cream, onion and salt to taste.
3. Arrange 6-8 prepared taro leaves on top of a square of foil placed in a small bowl, and gently push down the centre to form a cup.
4. Scoop 5 tablespoons of the coconut cream mixture into the leaves cup.
5. Slowly gather the ends of the taro leaves into the centre to form a round parcel.
6. Hold and place parcel in the middle of a square piece of foil, so as not to spill the contents.
7. Gather the ends of the foil together in the same way, twisting the ends together securely in the centre of the parcel.
8. Make 7 more parcels in the same way. Repeat until you run out of leaves or coconut cream.
9. Place the foil parcels in a roasting dish and bake at 180°C for 1 hour in a conventional oven.
10. Best to enjoy with baked taro or baked green banana.



### How we reduced the fat content

Original recipe used regular coconut cream

**5**

Teaspoons per serve



Modified recipe with evaporated coconut milk

**1/2**

Teaspoon per serve



eam)



# Oka (Marinated Raw Fish Salad in coconut)

Serves: 5 | Preparation Time 🕒 35 min

## Ingredients

500g of fresh snapper

2 limes

✔ 400ml reduced-fat coconut milk

2 medium tomatoes (diced)

2 small cucumbers (diced)

1 medium size onion (diced)

1 small green or red capsicum (optional) (diced)

2 small red chilli (optional) (chopped)

Salt and black pepper – to taste

## Method

1. Cut your fish into small cubes. Put in a bowl and squeeze the 2 limes on it, enough to cover it. Cover with wrap and marinate for about 10-15 minutes in the fridge.
2. Dice the onion, tomatoes, and cucumber into similar or smaller sized pieces.
3. Drain the fish of any juices and add the diced vegetables (including capsicum and chilli if you want).



### How we reduced the fat content

Original recipe used regular coconut milk

4

Teaspoons per serve



Modified recipe uses reduced fat coconut milk

2

Teaspoons per serve



4. Add the coconut milk, and some salt and black pepper to taste.
5. Chill in the fridge for 10-15 minutes before serving.
6. Enjoy it as an appetizer, a salad or main dish.



# Pacific Chop Suey

Serves: 6 | Preparation Time 🕒 45 min

## Ingredients

✔ **500g** lean beef strips (5-6cm length)

**1** large brown onion diced

**50g** ginger, grated/minced

**6 cloves** of garlic, minced

**200g** of vermicelli noodles

**4 tbsp** of reduced salt dark soy sauce

**1 tbsp** of canola oil

**3 cups** of frozen mixed vegetables

**1 cup** water

## Method

1. In a large bowl, marinate the beef in 2 tablespoons of soy sauce for 10-15 minutes.
2. In a large saucepan, over medium heat, heat the oil and sauté the onion ginger and garlic until the onion is soft and transparent.
3. Add the meat and water into the saucepan and simmer for 10 minutes or until the meat is cooked through turn off the heat and cover with a lid.
4. Prepare the vermicelli noodles as per the instructions on the packet. OPTIONAL: cut the noodles into smaller pieces when soft, using scissors.
5. Heat the saucepan on high and add the vermicelli noodles, vegetables and soy sauce to the saucepan and let simmer for 5 minutes.
6. Enjoy with taro, cassava, green banana or rice.



### How we reduced the fat content

Original recipe used fatty beef

**2½**

Teaspoons  
per serve



Modified recipe with lean beef

**1½**

Teaspoons  
per serve





# Suafa'i (Samoan Bananas and Coconuts)

Serves: 6 | Preparation Time 🕒 45 min

## Ingredients

**8** ripe or overripe bananas, peeled and cut into pieces

**4 cups** of water

**½ cup** tapioca pearls

✔ **1 cup** of reduced-fat coconut milk

**1 tbsp** of sugar

## Method

1. Place the bananas in a medium saucepan. Add the water and bring to the boil. Reduce the heat and allow the bananas to simmer for 20 minutes
2. Once simmered, mash the bananas up with a fork/masher/wooden spoon
3. While stirring, slowly sprinkle the tapioca into the saucepan
4. Add the coconut milk and allow to simmer for 15 minutes whilst stirring frequently
5. Add sugar to taste
6. Remove from heat, and set aside for 10 minutes before serving. Enjoy cool or refrigerated



### How we reduced the fat content

Original recipe used regular coconut cream

**1½**

Teaspoons per serve



Modified recipe with reduced-fat coconut milk

**1**

Teaspoon per serve





ut Cream)



# Example of Weekly Meal Plan

	Day One	Day Two	Day Three
Breakfast	<ul style="list-style-type: none"> <li>• 2 pieces of wholegrain toast, ¼ avocado</li> <li>• 1 medium sliced tomato</li> <li>• 1 boiled egg</li> <li>• 1 cup of tea/coffee</li> <li>• ½ cup of low-fat milk</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup Bran flakes cereal</li> <li>• 1/2 cup of low-fat milk</li> <li>• 1 medium banana</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas and Coconut Milk pudding (Suafa'i)</li> <li>• 1 slice wholegrain toast</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• ¼ cup of nuts</li> <li>• 8 brown rice crackers, 40g light cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of popcorn,</li> <li>• 200g low- fat yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apple,</li> <li>• ½ cup of carrot sticks</li> <li>• ½ cup reduced-fat cottage cheese</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>• Baked Fish (100g) with lime, 1 cup green leafy salad</li> <li>• 1 baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Green Curry with Chicken (80g),</li> <li>• 1 cup of cooked Bok Choy</li> <li>• 1 cup brown rice</li> </ul>	<p>Tuna sandwich:</p> <ul style="list-style-type: none"> <li>• 2 slices of wholegrain bread</li> <li>• 100g tuna,</li> <li>• 1cup diced cucumber and tomato</li> <li>• 2 tsp of low-fat mayonnaise</li> </ul>
Snack	<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• ½ cup of carrot sticks</li> <li>• ½ cup of reduced-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange</li> <li>• ½ cup of cucumber sticks</li> <li>• ½ cup of reduced-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 200g of low-fat yoghurt</li> </ul>
Dinner	<ul style="list-style-type: none"> <li>• Canned Mackerel Curry (100g)</li> <li>• 1 cup of cooked Bok Choy</li> <li>• 1 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 100g Salmon, 1 medium taro, 1 cup of cooked green</li> <li>• vegetables (Broccoli &amp; Green Beans)</li> </ul>	<ul style="list-style-type: none"> <li>• 65g lean beef mince with 1x wholegrain wrap topped with chopped lettuce, coriander and tomato</li> </ul>



Day Four	Day Five	Day Six	Day Seven
<ul style="list-style-type: none"> <li>• 2 pieces of wholegrain toast, ¼ avocado,</li> <li>• 1 medium sliced tomato</li> <li>• 1 boiled egg</li> <li>• 1 cup of tea/coffee</li> <li>• ½ cup of low-fat milk</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2 pieces of wholegrain toast, ¼ avocado</li> <li>• 1 medium sliced tomato</li> <li>• 1 boiled egg</li> <li>• 1 cup of tea/coffee</li> <li>• ½ cup of low-fat milk</li> <li>• 1 orange</li> </ul>	<ul style="list-style-type: none"> <li>• 2/3 cup Bran flakes cereal</li> <li>• 1/2 cup of low-fat milk</li> <li>• 1 medium banana</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas and Coconut Milk pudding (Suafa'i)</li> <li>• 1 slice wholegrain toast</li> </ul>
<ul style="list-style-type: none"> <li>• ¼ cup of nuts,</li> <li>• 8 brown rice crackers, 40g light cheese</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ cup of nuts,</li> <li>• 8 brown rice crackers, 40g light cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup of popcorn,</li> <li>• 200g low- fat yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange</li> <li>• ½ cup of cucumber sticks</li> <li>• ½ cup of reduced-fat cottage cheese</li> </ul>
<ul style="list-style-type: none"> <li>• Marinated Raw Fish (100g), 1 cup green leafy salad</li> <li>• 1 baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Fish (100g) with lime, 1 cup green leafy salad</li> <li>• 1baked potato</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Green Curry with Chicken (80g)</li> <li>• 1 cup of cooked Bok Choy</li> <li>• 1 cup brown rice</li> </ul>	<p>Tuna sandwich:</p> <ul style="list-style-type: none"> <li>• 2 slices of wholegrain bread</li> <li>• 100g tuna</li> <li>• 1 cup diced cucumber and tomato</li> <li>• 2 tsp of low-fat mayonnaise</li> </ul>
<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• ½ cup of carrot sticks</li> <li>• ½ cup of reduced-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• ½ cup of carrot sticks</li> <li>• ½ cup of reduced-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 1 orange</li> <li>• ½ cup of cucumber sticks, ½ cup of reduced-fat cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 200g of low-fat yoghurt</li> </ul>
<ul style="list-style-type: none"> <li>• Palusami with 2 cooked green bananas and 65g low fat grilled pork chop</li> </ul>	<ul style="list-style-type: none"> <li>• Pacific Chop Suey with beef (100g)</li> <li>• 1 cup of cooked Pak Choy</li> <li>• 1 cup brown rice</li> </ul>	<ul style="list-style-type: none"> <li>• 100g Salmon, 1 medium taro, 1 cup of cooked green</li> <li>• vegetables (Broccoli &amp; Green Beans)</li> </ul>	<ul style="list-style-type: none"> <li>• 65g lean beef mince with 1x wholegrain wrap topped with chopped lettuce, coriander and tomato</li> </ul>



# Frequently Asked Questions

## 1. How do we lose or gain weight?

Energy is the way we measure how much food we are consuming and using each day. It can be written in calories (cal) or kilojoules (kJ). The best way to think about weight loss or weight gain is through a scale.

- If we regularly consume more kilojoules than our body uses, we will store extra energy as fat and we are more likely to experience weight gain.
- If we regularly eat and drink fewer kilojoules than our body needs, we are more likely to experience weight loss.



## 2. Which kind of cooking oil is the best?

- The type of oil we use depends on the type of cooking we do as every fat has a different smoking point, which is when the fats we use begins to breakdown and become unhealthy and loses its flavour (American Heart Association, 2018).
- As a rule of thumb, it's good to remember that oils like extra virgin olive oil have a low smoking point, so it is the healthiest option for foods that don't require cooking like salads. Canola oil, sunflower oil or light olive oil is best for general cooking.
- Another thing to consider is how we cook our foods. We should avoid deep frying where possible and swap to baking, air-frying, or stir-frying in a pan instead. We should also try to use a non-sticking pans. This will reduce the overall amount of oil we add to our food, making it generally a lot healthier.



### 3. Are nuts healthy?

- Nuts are a good source of healthy fats and protein and can be eaten as a snack or an extra topping in our foods. These healthy fats support our hormones, lowers our cholesterol and is generally good for our overall wellbeing.
- However, it's important to remember that nuts contain fats, and eating a large amount of them, even though they are healthy, can be harmful to our health.
- Aiming to have 8-12, or a ¼ of a palm of any nuts as a snack throughout the day provides us with enough healthy fats to support our body and a healthy lifestyle (Baker Heart & Diabetes Institute, 2021).



### 4. How many eggs can be eaten daily?

- The Australian Heart Foundation states that we should have no more than 7 eggs in a week if you are currently suffering from high cholesterol, have existing heart conditions or have type 2 diabetes. We should limit our intake of eggs to only 7 because of the amount of cholesterol that are in them. Consuming a high amount of cholesterol can increase our risk of developing heart related diseases. (Heart Foundation Australia, 2019)
- However, if you don't have any health concerns, there is no limit to the number of eggs that can be consumed. Eggs are a great source of protein, healthy fats and vitamin D.



## 5. Are Pacific Islander root vegetables healthier than regular root vegetables?



- Regardless of the type or where we get our vegetables, it is important to have a variety of them every day. Root vegetables provide a good source of energy and fibre, which keeps us fuller for longer and maintains our gut health. However, it is important to remember that starchy vegetables like taro and cassava are high in calories and should be kept to one serve.
- In addition, having several non-starchy, green leafy vegetables can help increase the variety of nutrients we consume every day (Slavin & Lloyd, 2012).

## 6. Are coconut products recommended for cooking – is coconut oil and coconut cream healthy options?

- Coconut oil should be avoided as much as possible when we do our cooking. The oil is made up of 92% saturated or “bad” fats and can be harmful to our cholesterol levels and general heart health (Dietitians Australia, 2019). This is because of how the product is made and is over refined in the production process, making it very unhealthy.
- Coconut cream can also be a high fat option and should be avoided in our cooking for similar reasons.
- Some alternatives to both these coconut products include canola oil or olive oil. These provide subtle taste to food without increasing the amount of bad fats we are consuming. Using lite coconut cream or evaporated milk as alternatives to coconut cream can also reduce the amount of saturated fat in our daily meals.



## 7. What are some statistics related to Chronic Disease in Australia?

Over

**1.7**  
**MILLION**

Australians are diagnosed with Type II diabetes every year (280 people every day).<sup>1</sup>

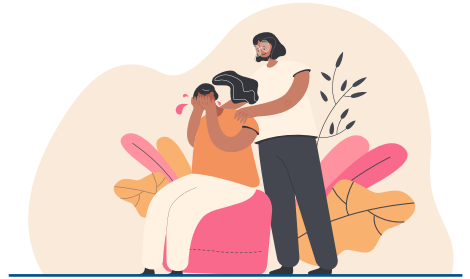


**35%**

of Australians who develop Type II Diabetes every year are born overseas.<sup>2</sup>



Cardiovascular disease is the **leading cause of death** amongst CALD populations.<sup>4</sup>



Over

**620,000**

people are diagnosed with heart disease in Australia every year and it kills more than 52 Australians every day.<sup>3</sup>



There are over

**100**

people every day that suffer from strokes.<sup>5</sup>



## Appendix: Australian Dietary Guidelines Recommended Serves for All Age Groups

	Age	Vegetables & Legumes / Beans	Fruit	Grain Foods (Cereal foods)	Meats & Poultry (eggs, nuts, tofu, fish)	Dairy (milk, yoghurt, cheese)	Unsaturated Fats & Oils	Water (L)
<b>Boys</b>	2-3	2½	1	4	1	1½	½	1.4
	4-8	4½	1½	4	1½	2	1	1.6
	9-11	5	2	5	2½	2½	1	2.2
	12-13	5½	2	6	2½	3½	1½	2.2
	14-18	5½	2	7	2½	3½	2	2.7
<b>Men</b>	19-50	6	2	6	3	2½	4	2.6
	51-70	5½	2	6	2½	2½	4	2.6
	70+	5	2	4½	2½	3½	2	2.6
<b>Girls</b>	2-3	2½	1	4	1	1½	½	1.4
	4-8	4½	1½	4	1½	1½	1	1.6
	9-11	5	2	4	2½	3	1	1.9
	12-13	5	2	5	2½	3½	1½	1.9
	14-18	5	2	7	2½	3½	2	2.2
	Pregnant (up to 18 years)	5	2	8	3½	3½	2	1.8
	Breastfeeding (up to 18 years)	5½	2	9	2½	4	2	2.3
<b>Women</b>	19-50	5	2	6	2½	2½	2	2.1
	51-70	5	2	4	2	4	2	2.1
	70+	5	2	3	2	4	2	2.1
	Pregnant (19-50 years)	5	2	8½	3½	2½	2	2.3
	Breastfeeding (19-50 years)	7½	2	9	2½	2½	2	2.6

### Disclaimer

The resource is distributed by the Ethnic Communities Council of Queensland Chronic Disease Program as an information source only. We try to make sure it is accurate and up to date, however, it is not to replace any medical advice. Please contact your doctor or health professional for your own medical advice.



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