

Healthy Eating Guidebook for Chinese Communities

Ethnic Communities
Council of Queensland

English





Acknowledgement

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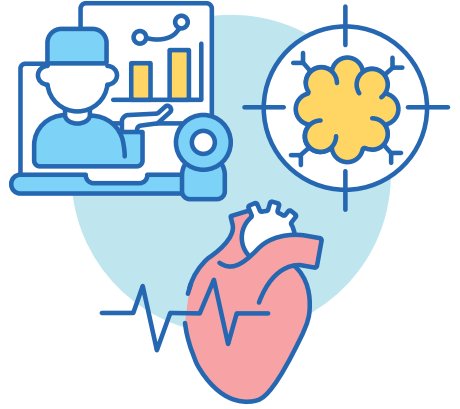
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Introduction

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 Chinese 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**

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. Half of all Australians have at least 1 of the 8 major chronic conditions that the Australian Institute of Health and Welfare regularly reports on (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 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 LDL (bad cholesterol) and increasing HDL (good cholesterol). Low LDL (bad cholesterol) 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 Chinese communities are:

- low vegetable consumption;
- high level of alcohol consumption; and
- high intake of sodium.

Below are some tools and strategies that can help our Chinese communities address these concerns and live a healthy life.

Healthy Eating Plate

Use healthy eating plate as a guide for creating a healthy and balanced meal. The estimated plate size is 25cm in diameter. To build our plate, we divide our meals into 3 sections and 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

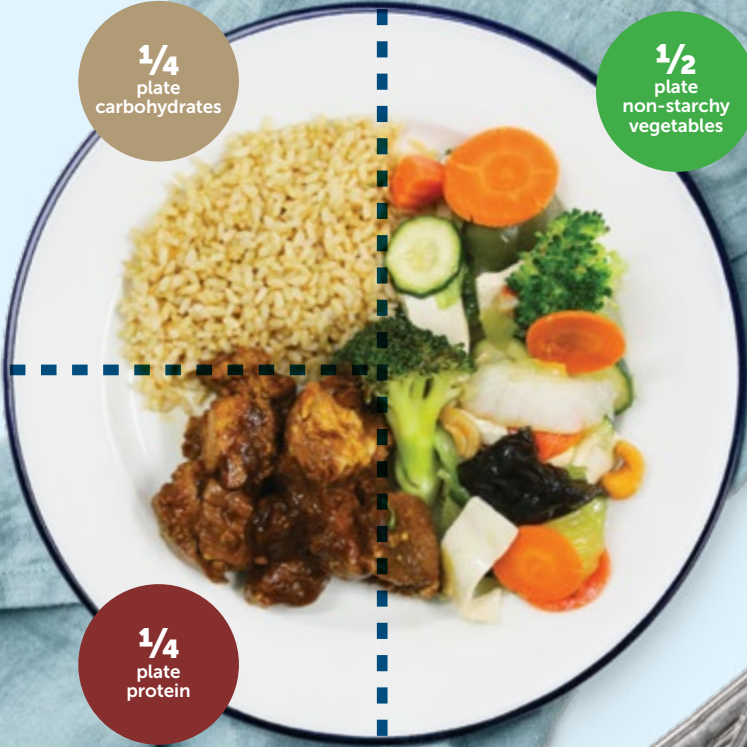


What a healthy, balanced meal looks like...

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



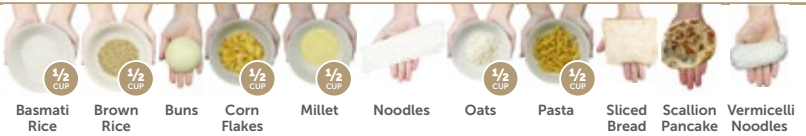
Broccoli Cabbage Capsicum Carrot Celery Corn Cucumber Frozen Veg Green Beans Mushrooms Onion

Fruit



Apple Banana Dragon Fruit Dried Fruit Grapes Kiwi Fruit Passionfruit Persimmon Strawberries

Grain Foods (Cereal Foods)



Basmati Rice 1/2 CUP Brown Rice 1/2 CUP Buns Corn Flakes 1/2 CUP Millet 1/2 CUP Noodles Oats 1/2 CUP Pasta 1/2 CUP Sliced Bread Scallion Pancake Vermicelli Noodles

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



Beef Chicken Eggs Nuts 1 CUP Fish Pork Prawns Tofu

Diary and/or Alternatives (Milk, yoghurt, cheese)



Cheese Yoghurt Milk Oat Milk Almond Milk Soy Milk Probiotic Milk

Water



200 ML

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
Men	6 serves	5.5 serves	-
Women	5 serves	5 serves	5 serves

1 serve = 1/2 cup cooked/tinned vegetables, or 1 cup leafy salad vegetables

	19-50 year olds	51-70 year olds	Pregnant women
Men	2 serves	2 serves	-
Women	2 serves	2 serves	2 serves

1 serve = 1 medium piece, 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
Men	6 serves	6 serves	-
Women	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
Men	3 serves	2.5 serves	-
Women	2.5 serves	2 serves	3.5 serves

1 serve = 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
Men	2.5 serves	2.5 serves	-
Women	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
Men	2.6L/10 cups daily	2.6L/10 cups daily	-
Women	2.1L/8 cups daily	2.1L/8 cups daily	2.13L/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

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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 Chinese culture. They have been modified to make a healthier version of traditional recipe. The fat content per serve is illustrated in tablespoons (where 1 tablespoon = 20grams of fat) and the salt content per serve is illustrated in teaspoons (where 1 teaspoon = 5grams = 2000mg salt).



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

Ma-Po Tofu

Serves: 4 | Preparation Time 🕒 25 min

Ingredients

- 600g of firm tofu
- ✔ 200g of lean beef mince
- ✔ 2 tbsp of canola oil
- 2 ½ tbsp of doubanjiang (spicy bean sauce)
- 1 tbsp of un-salted black beans
- 1 tsp of chilli powder (optional)
- 4 cloves of garlic (minced)
- 1 tbsp of ginger (grated)
- 6 thick spring onions (cut into 5cm lengths)
- 1 tsp of cornflour
- 2 tbsp of cold water
- 1 tsp of Sichuan pepper (grounded).

Method

1. Bring a pot of water to just below a simmer and season lightly with salt.
2. Cut the tofu into 2.5cm cubes and add to the water. Heat gently for about 10-15 minutes.
3. Heat a wok over high heat and add 1 tbsp canola oil.
4. Fry the beef mince until well browned then remove from the wok and set aside.
5. Add the remaining 1 tbsp canola oil to the wok and fry the doubanjiang until the oil turns red.
6. Add the black beans, chilli powder (optional), garlic and ginger and fry for a minute until fragrant.
7. Drain the tofu and add it to the wok, along with 1-2 cups of water. Stir gently and bring to a simmer.
8. Add the fried beef and spring onion and simmer for 5 minutes, until the onion is softened.
9. Thicken the mixture with the cornflour slurry, adding a little at a time so that the sauce is thickened and silky, but not gloopy.
10. Transfer to a serving bowl and serve scattered with ground Sichuan pepper.



How we reduced the fat content

Original Recipe used un-trimmed beef

5

Tablespoons per serve



Modified Recipe uses lean beef

4

Tablespoons per serve





Chinese Beef Noodle Soup

Serves: 4 | Preparation Time 🕒 210 min

Ingredients

- 👉 **2 tbsp** of canola oil
- 👉 **900g** of lean beef chuck roast (or short ribs)
- 2** spring onions (diced)
- 10 cloves** of garlic (smashed)
- 2 pieces** of ginger (minced)
- 1 teaspoon** of Sichuan peppercorn
- 2 tbsp** of doubanjiang (spicy bean sauce)
- 3 tbsp** of tomato paste
- ½ cup** of Japanese sake
- 👉 **1 tbsp** of reduced salt soy sauce
- 2 tsp** of brown sugar
- ½ tsp** of curry powder
- ½ tsp** of cumin powder
- 2** potatoes (peeled and diced)
- 4** carrots (peeled and diced)
- 300g** of noodles
- 👉 **600ml servings** of salt reduced beef stock
- Bok choy to garnish

Method

1. Heat a Dutch oven (or a wok) with 1 tbsp of canola oil over medium heat until warm. Add spring onion, garlic, ginger, and Sichuan peppercorn. Cook until the garlic turns yellow. Turn to medium low heat. Add doubanjiang and tomato paste. Stir and cook until the bean pastes releases oil or for 2 to 3 minutes.
2. Add beef to the pot. Stir a few times to coat beef evenly with the sauce.
3. Add 2 cups water, Japanese sake, 1tbsp of soy sauce, brown sugar, curry powder, and cumin powder to the pot. Stir to mix well. Turn to medium high heat. Cook until almost bringing to a simmer. Turn to low heat and cover. Let the beef cook at a very gentle boil until it starts to get tender for 1 hour 20 minutes.
4. Add veggies of your choice (potato, daikon radish, and/or carrot). Stir to mix well. Cover and cook until both the veggies and the beef turn tender, 20 to 30 minutes.
5. When you are ready to serve the noodles, bring a large pot of water to a boil and cook the noodles according to the instructions.
6. In another pot, add about 600ml of beef stock and 400ml of water and bring to a boil.
7. Divide beef stock among 4 bowls for serving. Mix well. Add noodles, top with a few chunks of beef and veggies, and garnish with spring onions and greens (if using).



How we reduced the fat content

Original Recipe used un-trimmed beef

3.7

Tablespoons
per serve



Modified Recipe uses lean beef

3.3

Tablespoons
per serve



How we reduced the salt content

Original Recipe used standard salt beef stock and normal soy sauce

1.7

Teaspoons
per serve



Modified Recipe uses reduced salt beef stock and salt reduced soy sauce

1.4

Teaspoons
per serve



Mum's Pork Dumplings with Cabbage

Serves: 5 | Preparation Time 🕒 80 min

Ingredients

- ✔ **450g** of lean pork mince
- 250g** of shrimp (peeled and deveined)
- 1 tbsp** of ginger (grated)
- ✔ **2 tbsp** of salt reduced soy sauce
- 2 tbsp** of Shaoxing wine
- ¼ tsp** of white pepper
- 450g** napa cabbage
- 4** spring onions (finely diced)
- 2 tbsp** sesame oil
- 1 package** frozen dumpling wrappers.

Method

Preparing the dumplings

1. Combine ground pork, shrimp, ginger, light soy sauce, Shaoxing wine and white pepper in a large bowl. Stir with a spatula until the ingredients are well combined and form a sticky paste.
2. Thorough mixing is essential here, so your dumpling filling will stay together when you wrap dumplings. Cover with a plastic wrapper and allow to marinate in fridge until you're ready to wrap the dumplings.
3. Cut 6 to 8 pieces napa cabbage leaves (just enough to line the steamer) and keep for later. Cut the rest of the cabbage into small cubes and set aside.
4. Sprinkle 2 pinches of salt onto the cabbage and mix well with your hands. Allow this to sit for 10 to 15 minutes. Use a few layers of cheesecloth or paper towel to squeeze out extra water.
5. Just before wrapping dumplings, add the napa cabbage, spring onion, and sesame oil into the pork mixture. Stir to mix well.
6. Scoop about 1 to 2 tablespoons (depends on the size of dumpling wrapper you use) of dumpling filling and place it in the centre of the wrapper. Dip your finger into a small bowl of water and wet the outer edge of the dumpling wrapper. Fold both sides into a half-moon shape and pinch the middle points together. Hold the dumpling with one hand and start sealing the edges into pleats with the other hand. Once you have sealed the dumpling, firmly press the pleated side with your fingers to make sure the dumpling is well sealed. If you put in too much filling and have trouble sealing the dumpling, remove extra filling and fold the dumpling again.
7. If you plan to cook the dumplings immediately, place dumplings onto a well-floured cutting board about a finger width apart. Or freeze dumplings for later use.

Cooking

1. Line the bamboo steamers with napa cabbage leaves. Place dumplings into the steamer a finger width apart. Add two inches of water into a wok or a large pan that can comfortably fit your steamer.

Place the steamer into the wok making sure the water doesn't touch the dumplings when it begins to boil. Cover the steamer and cook over high heat for 10 minutes.

2. Serve immediately and enjoy.



How we reduced the fat content

Original Recipe used un-trimmed pork



Modified Recipe uses lean pork



Red Bean Cake

Serves: 10 | Preparation Time 🕒 30 min

Ingredients:

500g of pumpkin (peeled and cubed)

500g of glutinous rice flour

6 tsp of sugar

150g of instant sweet red bean paste

✔ **1tbsp** of canola oil.

Method

1. Pre-heat oven to 175°C.
2. Remove the pumpkin skin and seeds. Cut it into small pieces and steam until it becomes soft.
3. Mash the pumpkin till it becomes a paste.
4. Add the pumpkin paste and $\frac{1}{2}$ the sugar to the glutinous rice flour gently and slowly. Keep stirring while mixing. Add some water if the dough is too dry.
5. Keep kneading for 3-4 minutes.
6. Rest for 10 minutes.
7. Cut it to 10 pieces.
8. Flatten the pumpkin dough until it becomes round and flat (Do not make it too thin).
9. Add the instant sweet red bean paste. Cover it by the pumpkin dough.
10. Make the dough round and flat again.
11. Bake cakes for 20mins at 175°C.
12. Add the rest of the sugar on top of the pumpkin red bean cake and serve!



How we reduced the fat content

Original Recipe used pork fat



3

Tablespoons
per serve

Modified Recipe uses
canola oil



1

Tablespoon
per serve



Seafood on the Egg Custard

Serves: 6 | Preparation Time 🕒 40 min

Ingredients

- 3 eggs
- ✔ 750ml salt reduced chicken stock
- 7.5g of fresh or dried scallop (cubed)
- 15g Basa fillet (diced)
- 7.5g squid (diced)
- 15g prawn (diced)
- 15g Choy Sum (diced)
- 15g fresh mushroom (diced)
- 150g fresh silken tofu (diced)
- 1 ½ tsp corn starch
- 30ml water

Method

1. Mix the eggs with 375ml of chicken stock. Pour the mixture into a round tray. Steam for 8 minutes with medium heat. Rest for 4 minutes. Reserve for use.



2. Cook the scallop, Basa fillet, squid, prawn, Choy Sum, and mushroom in hot water for about 3 minutes. Reserve for use.
3. Add the tofu and the cooked ingredients into the rest of the chicken stock. Cook until the soup boils again and stir gently.
4. Add 30ml of water to the corn starch to dissolve the powder. Add the mixture slowly into the hot soup. Keep stirring gently. Pour it on top of the steamed egg custard and serve.



How we reduced the salt content

Original Recipe used regular chicken stock

14

Teaspoons per serve



Modified Recipe uses salt reduced chicken stock

1

Teaspoon per serve



Pumpkin Five Grain Rice

Serves: 4 | Preparation Time 🕒 60 min

Ingredients

- ✔ **300g** five grains rice
- 100g** pumpkin (peeled and cubed)
- 1** brown onion (diced)
- ½** garlic clove (diced)
- ✔ **100ml** of low-fat thickened cream
- 100ml** water
- ✔ **1tsp** canola oil
- ½ tsp** sugar.

Method

1. Remove the hard skin of the pumpkin, seeds and cut it into small cubes.
2. Cook and drain the pumpkin cubes in the boiling water until they become soft.
3. Wash the five grains rice. Soak it in the water for 3 hours.
4. Cook the rice in 100ml water until the water is evaporated.



5. Heat the pan until it is hot and cook onion and garlic with canola oil.
6. Mix the five grains rice with low-fat thickened cream.
7. Add the sugar for seasoning.
8. Mix the pumpkin with five grains rice and serve.



How we reduced the fat content

Original Recipe used normal fat thickened cream



Modified Recipe uses low-fat thickened cream



Prawn Paste Omelette Roll

Serves: 4 | Preparation Time 🕒 30 min

Ingredients

4 eggs

6 **tbsp** of prawn paste

½ red capsicum

✔ 2 **tbsp** of wholemeal flour

3 **tbsp** of water

✔ 1 **tbsp** of canola oil.

Method

1. Cut the capsicum into small discs and mix with the prawn paste.
2. In a separate bowl, mix the flour, eggs, and water together.
3. Heat up the pan and add the canola oil.
4. Evenly pour the egg mixture into the pan. Turn to low heat.
5. Pan-fry both sides until the colour turns slight golden brown.
6. Put the omelette on a plate. Place the prawn paste mixture evenly on the omelette.
7. Carefully roll the omelette. Steam for 8-10 minutes or until the prawn are well done.
8. Cut it into small pieces and serve.





Earl Grey Red Bean Cake

Serves: 7 | Preparation Time 🕒 30 min

Ingredients:

2 Earl Grey tea bags

1tbsp of gelatine powder

3 tbsp of cooked red bean

2 cups of water

Method

1. Add gelatine powder into $\frac{1}{2}$ cup of cold water. Stir until all the powder dissolves.
2. Put the Earl Grey tea bag into $1\frac{1}{2}$ cup of hot water. Stir well until the colour turns slightly dark brown.
3. Add the earl grey tea and red bean into the cold gelatine water. Stir well.
4. Pour the mixture into a mould. Keep it in the fridge for 8 hours.
5. Cut it to a 5cmx5cm cube and serve.





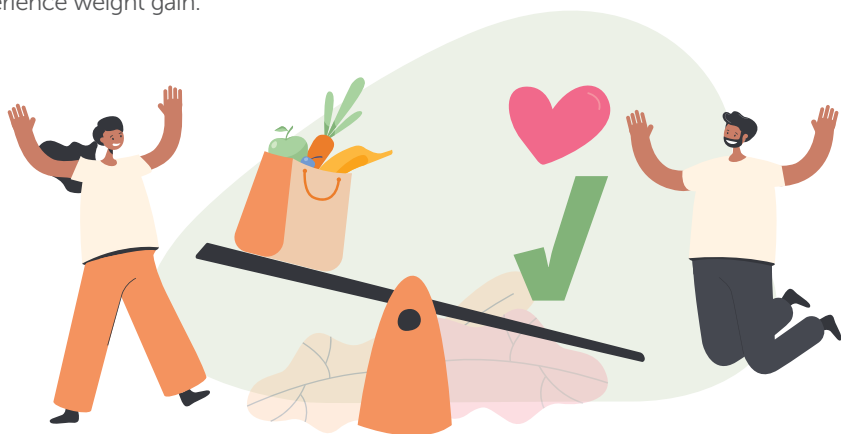
Frequently Asked Questions



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 points, 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 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. Can I still use fatty pork in my cooking?

- Un-trimmed meat, like fatty pork, has a higher amount of saturated (or 'bad') fats, which is linked to a higher risk of weight gain and chronic diseases such as heart disease (Baker Heart & Diabetes Institute, 2021). It is not recommended to use fatty pork in cooking.



6. What is the best alternative for cow's milk?

- Consuming cow's milk can create pain or discomfort for some people because we may struggle to digest it or have an intolerance. When swapping to alternative milks and dairy options, like soy, almond, oat, or others, we should always remember to check for how much calcium is in the other option (Better Health Channel, 2011).
- Make sure to pick alternatives that have similar calcium levels to regular cow's milk or have added calcium to the milk. These products will say 'calcium-fortified' on the packaging. Milk alternatives with a calcium content as close to 120mg/100ml is a good alternative to cow's milk.
- Calcium keeps our bones and joints strong as we age so it is important to maintain our intake of dairy foods, like milk, to provide us with this nutrient.



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).¹

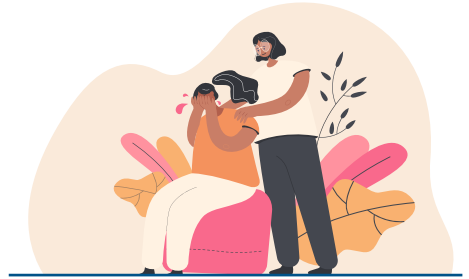


35%

of Australians who develop Type II Diabetes every year are born overseas.²



Cardiovascular disease is the **leading cause of death** amongst CALD populations.⁴



Over

620,000

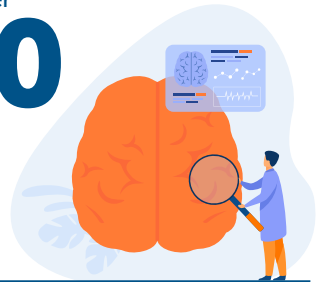
people are diagnosed with heart disease in Australia every year and it kills more than 52 Australians every day.³



There are over

100

people every day that suffer from strokes.⁵



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)
Boys	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
Men	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
Girls	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
Women	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

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Notes:

A series of horizontal dotted lines for writing notes.

