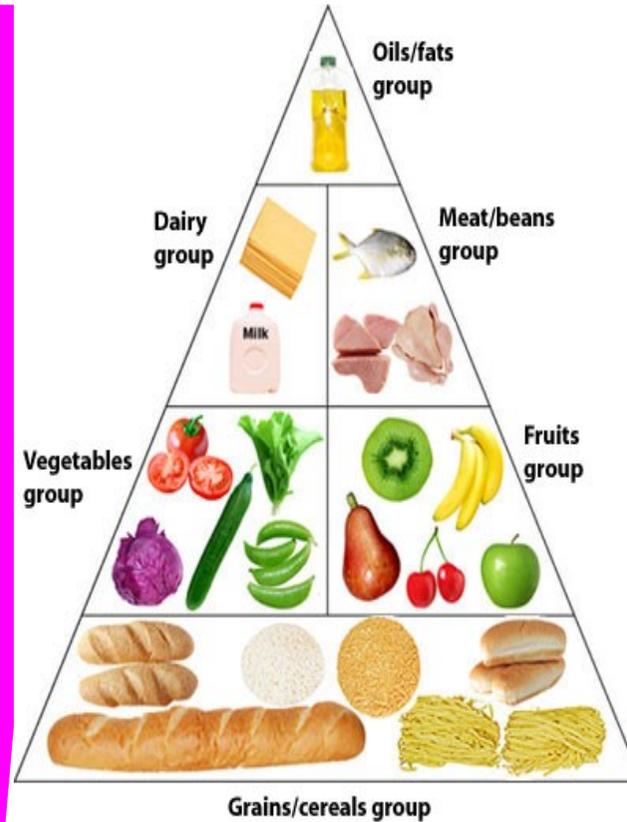


Eat Healthy, LIVE Healthy



Servicing the Bowen region and surrounding areas through nutrition support and to provide culturally appropriate, targeted and comprehensive health and lifestyle promotion and education, health screening, and to help prevent and manage health conditions of clients with, or at risk of, chronic disease.



Regular exercise and the consumption of a healthy diet can lead to a host of benefits, including increased energy, happiness, good health and even a long life. Exercise and diet are pivotal to determining a person's overall health, and making them both part of your lifestyle can make a dramatic difference in how you look and feel.



Girudala Community Co-Operative Society Ltd

Eat Healthy, LIVE Healthy

Nutrition Support in Bowen and its surrounding areas..



Nutrition Awareness

Creating an awareness of and building the knowledge of nutrition is an important part of life, we aim to promote eating healthy and living a healthy life to prevent and/or manage chronic illness which, I'm sure, has affected us all in some way. Chronic disease commonly refers to:

Stroke

Cancer

Diabetes

Heart disease

Although not all of these chronic diseases are preventable, it is highly beneficial to start living a healthy lifestyle to both manage and hopefully prevent these diseases.

Obesity and heart attacks are major health problems in Australia, therefore most dietary recommendations are aimed at preventing these two diseases. Obesity comes over time by eating more calories than your body burns. Obesity can be a direct cause of many diseases not just the above mentioned. These also include

Sleep apnea High Blood Pressure

Liver disease Gallstones

Arthritis Gout



This is why it is SO important to Eat Healthy and LIVE Healthy!

Planning is the secret to healthy eating especially when you're on a budget..

Plan your meals and snacks for the week

Make a list and stick to it

Don't shop when you're hungry, this restricts unplanned purchases and impulse buying

Spend most of your money on the five food groups—Breads/Meat/Dairy/Fruit/Vegetables

Think hard about why you are buying discretionary foods, and how much you REALLY need to buy. (Discretionary foods are from the "only sometimes" section of the food chart; chips, sweets, soft drinks etc.)



These tips will help you to get started on your healthy eating journey, for more information, to have a chat or nutritional help please contact Kat Ive at Girudala 47861000, help is available!



GOOD QUICK TUKKA

Welcome to the
Good Quick Tukka
Cook it, Plate it, Share it
Program!

The aim of this program is to increase the number of meals being prepared at home among Aboriginal and Torres Strait Islander people by teaching you basic cooking skills that you can then pass on to others. As a result, the program hopes to help you develop more confidence in cooking by increasing cooking skills while having FUN!

If interested in attending, please contact Kat Ive on 47861000 or email at nutrition@girudala.com.au

Girudala Community Co-Operative Society

50 George Street
Bowen QLD 4805
Phone: (07) 47861000
Fax: (07) 47863136
Email: nutrition@girudala.com.au

