

What else can you do to look after yourself?

Get a GP

The most important first step in managing your physical health is to make sure you have a GP you can trust. Ask around among people you know and make an appointment for a check-up.

Quit smoking

- Smoking damages every organ in your body
- Smoking can cause tooth, mouth and gum disease
- Think of all the money you would save!
- If you've thought of quitting smoking (or even just cutting down) talk to your doctor, case manager or phone **Quitline 137848 (13 QUIT)**

Be more active

- Aim to be physically active for at least 30 minutes every day walking is a great way to start
- You should be puffing a bit and break a sweat, but still able to talk

- More activity can lead to better mood and healthier weight
- It will help with cholesterol, blood pressure and diabetes

Look after your teeth

- Brush your teeth twice a day
- Aim to floss once a week
- See your dentist once a year
- Tooth decay can make you sick

Eat healthier foods

- Choose low fat and sugar free products
- Eat wholegrain breads and cereals
- Eat lots of fruit and vegetables
- Drink plenty of water
- Cut down fried and takeaway foods
- Avoid cakes, chocolate and lollies
- Limit alcohol

ccCHiP

Clinical Sciences Building
20 Hospital Road
Concord NSW 2139

Tel: 02 9767 6027

Fax: 02 9767 7107

Online:

www.ccchip.clinic

Email:

referrals@ccchip.clinic

Audio Visual Services 80302



Health
Sydney
Local Health District

ccCHiP

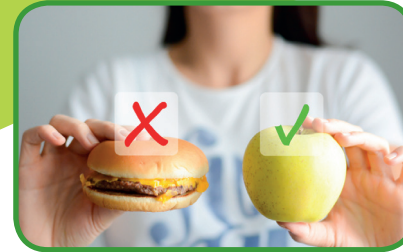


Nutrition Information Booklet



Collaborative Centre for
Cardiometabolic Health
in Psychosis

Nutrition



There is no
'Physical' health
There is no
'Mental' health
There is only
Health

What are the benefits of a healthy diet?

Following a healthy diet can help to:

- Keep your mind working well
- Maintain a healthy weight
- Boost your immune system
- Strengthen our bones and teeth
- Improve bowel health
- Prevent diabetes or help manage diabetes and blood sugar levels
- Prevent heart disease and reduce high cholesterol levels
- Protect against some cancers



How can I keep a healthy diet?

- Eat breakfast everyday
- Try to include vegetables in at least two of your meals each day e.g. salad on your sandwich, diced veggies in your pasta sauce
- Aim to have two pieces of fruit everyday
- Choose low fat milk, yoghurt and cheese
- Cut the fat and skin off your meat before cooking
- Choose grainy/brown options of bread, pasta and rice
- If having snacks, try healthy options e.g. low fat yoghurt, a piece of fresh fruit or a small handful of unsalted nuts (~10 nuts)
- Try to limit your fast food, takeaway and high fat or high sugar snack foods to just once a week or less
- Replace your soft drinks/juice/flavoured milks with a glass of water, or herbal tea
- Eat slowly and enjoy your meal
- Eating quickly may cause you to overeat
- Have two meat free days per week
- Replace all or some of the meat in recipes with legumes (baked beans, kidney beans and chickpeas) or vegetables
- Eat fish 2-3 times per week

