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Understanding healthy eating

A newly translated healthy food guide flyer is helping non-English speaking local residents understand nutrition and what forms a balanced diet.

South Western Sydney Local Health District (SWSLHD) Health Promotion Director Mandy Williams, said the new food guides, adapted from the Australian Guide to Healthy Eating, have been translated in 11 languages, providing a clear guide to the proportion and types of food we should be eating.

“Information on healthy eating can be confusing, even more so for people with English as a second language,” Ms Williams said.

“South western Sydney is a vibrant, culturally diverse region with almost a third of its population speaking a language other than English at home.

“The Australian Dietary Guidelines acknowledge Australia’s multicultural population by including foods commonly used in other cultures, however they aren’t translated in different languages.

“The new translated food flyers are an ideal way to help people understand and choose the type and quantities of food for a balanced diet,” she said.

SWSLHD Nutritionist Elissa Kiggins, said the flyers were produced for the *Healthy Eating and Physical Activity* program, a collaboration between the District’s Health Promotion Unit, Women’s Health service and the Western Sydney Local Health District Multicultural Health Unit.

“The *Healthy Eating and Physical Activity* program provides an overview of healthy eating, physical activity, maintaining a healthy weight, the nutritional needs of children, label reading and how to prepare and store food safely,” Ms Kiggins said.

“It also guides participants, week by week, to set and work towards their own personal health goals,” she said.

The food guide flyers are available in Arabic, Dari, Hindi, Punjabi, Khmer, Korean, Chinese, Tagalog, Tamil, Turkish and Vietnamese on the Multicultural Health Communication website: <http://bit.ly/1Aqs8Q0>