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Too busy to look after yourself?

6 quick tips for your health

Jean Hailes
FOR WOMEN'S HEALTH

Make breakfast count

- It is often said that breakfast is the most important meal of the day. So, how are you starting your day?
- Research shows that eating breakfast is linked to being a healthier weight and burning more energy during the day.
- Replace 'empty' breakfast choices with nutrient-rich breakfasts such as muesli or bircher muesli with yoghurt; egg, spinach and tomato on wholegrain toast; or a smoothie with berries, ground seeds and nuts.

Don't fuel the fire

- Today, inflammation appears to be the basis of all non-infectious diseases.
- Decrease the fire of inflammation by eating foods rich in omega-3 fats such as oily fish (sardines and salmon) three times a week, as well as linseeds (flaxseeds) and walnuts.
- Use healthier fats such as olive oil and macadamia oil and avoid the more inflammatory oils such as safflower oil, sunflower oil, grapeseed oil and many vegetable oil blends.

Red is the new black

- Red, blue and purple foods are rich in antioxidants and anti-inflammatory nutrients. This means they can help fight disease and keep you healthier.
- Fruits: berries, cherries, plums (and prunes), blackcurrants, red apples and black grapes.
- Vegetables: purple and orange carrots, purple and red potatoes, red cabbage, red onions and red lettuce.
- Grains and legumes: red rice, red kidney beans, aduki beans and red lentils.

Love your gut bugs

- Your gut contains more than 1000 different types of bacteria – useful bacteria that help you absorb more nutrients from food and protect you from illness and allergies.
- New research shows that gut bacteria can also influence behaviour such as anxiety and depression.
- Nourish and restore your gut bugs with whole plant foods. Go for fruit, vegetables and nuts, wholegrain rice, oats and rye, and legumes such as beans, chickpeas and lentils.

Mind full or mindful?

- We often try to pack a lot into our days, but have you thought about making time for mindfulness?
- Mindfulness is a great way to calm yourself down, reduce anxious thoughts and feelings, and help you stay in the present.
- This can make coping with everyday life easier and contribute to good health and wellbeing.

Flick the switch

- Most women need 7-9 hours of sleep a night.
- The light from your phone, tablet or laptop negatively affects the production of your sleep hormone melatonin, so wind down in the evening without using technology.
- Switch off your devices at night and keep your phone out of your bedroom so you can switch off properly too – that means no alerts, no checking your phone and not using your phone as your alarm clock.

For simple, nutritious and delicious recipes to cook and enjoy, visit the Jean Hailes Kitchen at jeanhailes.org.au