



Useful Nutrition and Physical Activity Websites and Tools

There are many quality tools and sources of information for professionals working in nutrition and physical activity and for community members. The pages below provide links to some of the most useful resources (as determined by the Swap It WA team).

NUTRITION

Shape Up Australia

- National Website – www.shapeup.gov.au
- Free resources – www.shapeup.gov.au/resources
- Tools to shape up – <http://www.shapeup.gov.au/tools-to-shape-up>

Live Lighter

- www.livelighter.com.au

Dietary Guidelines

- Measure Up - <http://www.health.gov.au/internet/abhi/publishing.nsf/Content/dietary-guidelines-lp>
- Eat for Health - <http://www.eatforhealth.gov.au/page/about-guidelines>

Australian Guide to Healthy Eating

- Australian Government - <http://www.health.gov.au/internet/healthyactive/publishing.nsf/content/eating>

BMI calculator

- Heart Foundation - BMI calculator (metric and imperial) - <http://www.heartfoundation.org.au/healthy-eating/Pages/bmi-calculator.aspx>
- Diabetes WA – information about BMI (including calculator) and waist circumference - http://www.diabeteswa.com.au/Preventing_Diabetes/Maintain_a_Healthy_Weight

Reading Food Labels

- Heart Foundation - Interactive Nutrition info panel <http://www.heartfoundation.org.au/healthy-eating/food-labels/Pages/default.aspx>
- Foodcents – tips on reading labels for different food items + label reading game <http://www.foodcentsprogram.com.au/about-foodcents/shop-smart/labels/>
- Diabetes VIC - <http://www.diabetesvic.org.au/type-2-diabetes/healthy-eating/reading-food-labels>
- Cancer Council WA - http://www.cancerwa.asn.au/prevention/nutrition/reading_food_labels/
- Draw the Line - <http://www.drawthelinewa.com.au/default.aspx?MenuID=24>



Waist Measurement Tool

- Waist measurement tool - <http://www.heartfoundation.org.au/healthy-eating/Pages/waist-measurement.aspx>
- Information on how to measure your waist circumference and cut off point - <http://www.health.gov.au/internet/abhi/publishing.nsf/Content/How+do+I+measure+myself-lp>
- Heart Foundation - <http://www.heartfoundation.org.au/healthy-eating/Pages/waist-measurement.aspx>

Healthy Recipes

- Go for 2&5 - www.gofor2and5.com.au/
- Diabetes WA - www.diabeteswa.com.au/Library/Recipes
- Heart Foundation - www.heartfoundation.org.au/recipes
- Better Health Channel - http://www.betterhealth.vic.gov.au/bhcv2/bhcsite.nsf/pages/bhc_recipes
- Foodbank - <http://www.healthyfoodforall.com.au/food-sensations/recipe/> (great recipes the kids can get involved in cooking too)
- FOODcents - <http://www.foodcentsprogram.com.au/about-foodcents/eat-smart/recipes/>
- Nutrition Australia - <http://www.nutritionaustralia.org/national/recipes>
- Dietetics Association of Australia - <http://daa.asn.au/for-the-public/smart-eating-for-you/recipes/browse/>



Eating Out

- Nutrition Australia - <http://www.nutritionaustralia.org/national/resource/eating-out>
- Diabetes WA – click on the Eating Out link http://www.diabeteswa.com.au/Living_With_Diabetes/Online_Resources
- Dietetics Association of Australia - <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/eating-out/>
- Draw the Line - <http://www.drawthelinewa.com.au/default.aspx?MenuID=55>

Buying on a Budget

- Nutrition Australia - <http://www.nutritionaustralia.org/national/resource/tips-budget-buying>
- FOODcents - <http://www.foodcentsprogram.com.au/about-foodcents/>
- Dietetics Association of Australia - <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/healthy-eating-on-a-budget/>
- Swap It, Don't Stop It - <http://swapit.gov.au/resources/downloads/budget-fact-sheet>

Healthy Cooking

- Diabetes WA - see the Healthy Hints for Modifying Recipes sheet on the Diabetes WA website - http://www.diabeteswa.com.au/Living_With_Diabetes/Online_Resources
- Better Health Vic – Healthy Cooking - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Healthy_cooking_tips
- Cooking Tips for Healthy People - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Cooking_tips_for_busy_people
- Dietetics Association of Australia (cooking methods and healthy swaps) - <http://daa.asn.au/for-the-public/smart-eating-for-you/nutrition-a-z/healthy-recipe-makeover/>

Food Pyramid/Plate

- Nutrition Australia – food pyramid - <http://www.nutritionaustralia.org/national/resource/healthy-living-pyramid>
- FOODcents food pyramid - <http://www.foodcentsprogram.com.au/about-foodcents/eat-smart/nutrition/>
- Australian Government (Plate - downloadable) – <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-publicat-document-fdpost-cnt.htm>

Calories and Kilojoules

- Better Health channel - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/kilojoules_and_calories-explained
- Australian Government (energy in food) - <http://www.health.gov.au/internet/healthylife/publishing.nsf/Content/energy>
- Heart Foundation (what is a kilojoule)? - <http://www.heartfoundation.org.au/healthy-eating/mums-united/articles/Pages/kilojoule.aspx>

PHYSICAL ACTIVITY

Physical Activity Guidelines

- Australian Government - <http://www.health.gov.au/internet/main/publishing.nsf/content/health-pubhlth-strateg-phys-act-guidelines>
- Measure up - <http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/Physical+activity+guidelines-lp>
- Better Health Channel - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Physical_activity_its_important?open



Energy Balance

- <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/healthy-weight-basics/balance.htm>
- Heart Foundation guide - <http://www.heartfoundation.org.au/SiteCollectionDocuments/physical-activity-and-energy-balance.pdf>

Physical Activity Recorder

- Get on Track (Diabetes WA – register online) - www.myhealthybalance.com.au/Take_A_Tour
- Burning calories by Physical Activity (HBF) - <http://www.hbfrun.com.au/training/health-calculators>

Benefits of Physical Activity

- Better Health Channel - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Physical_activity_its_important?open

Exercising at Home

- Physiotherapy - <http://www.healthpointphysiotherapy.com.au/exercise-at-home.html>
- Active and Healthy - http://www.activeandhealthy.nsw.gov.au/exercise_at_home

Stretching

- Better Health Chanel - <http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Stretching?open>
- DSR - http://www.dsr.nsw.gov.au/active/tips_walk.asp#stretch

Tips to fit exercise into daily life

- Measure Up - <http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/Helpful+tips-lp>
- Heart Foundation - <http://www.heartfoundation.org.au/SiteCollectionDocuments/HW-PA-SittingLess-Adults.pdf>

Levels of Intensity

- Better Health Channel - http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Exercise_intensity?open
- Nutrition Australia - <http://www.nutritionaustralia.org/national/frequently-asked-questions/physical-activity/physical-activity-general-health>

Simple Exercise Swaps

- Heart Foundation - <http://www.heartfoundation.org.au/healthy-eating/mums-united/getting-active/Pages/simple-swaps-activity.aspx>

