

Healthy Individuals: 2022 Winter Magazine

Winter

Welcome to the winter & first issue of Healthy Individuals

Healthy Individuals is Facilities & Asset Services Health & Wellbeing Program to compliment Group Health's offerings.

The program is laid out in the form of a [calendar](#) with each month focusing on a different health and wellbeing theme with lots of supporting activities and resources.

This Healthy Individual's Magazine is a quarterly supplement to provide you with an overview of what's coming up in our Calendar for the next quarter:

- [Physical activity Newsletter](#) & [Toolbox talk](#)
- [Healthy eating Newsletter](#) & [Toolbox talk](#)

Be sure to embrace the articles in this magazine, our monthly newsletters and toolbox talks through Fast News.

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What's on in winter?

Physical Activity

We will be looking at physical activity in July.

A healthy diet improves quality of life and wellbeing and protects against chronic diseases.

Being active is essential for good mental and physical health and wellbeing. It reduces the risk of many diseases, including some cancers, helps maintain a healthy weight and builds/maintains a healthy musculoskeletal system, which can assist in injury reduction. Read about how much activity adults should do each day, and how to include it in your day.

Benefits

If you are regularly physically active, you may:

- Reduce your risk of a heart attack
- Manage your weight better
- Have a lower blood cholesterol level
- Lower the risk of type 2 diabetes and some cancers
- Have lower blood pressure
- Have stronger bones, muscles and joints and lower risk of developing osteoporosis
- Lower your risk of falls
- Recover better from periods of hospitalisation or bed rest
- Feel better – with more energy, a better mood, feel more relaxed and sleep better.

How much physical activity?

To maintain health and reduce your risk of health problems, health professionals and researchers

recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.

One of the constraints to achieving this goal is time and work demands. So, if this goal is too much, start small, for example, 15 minutes of being active per day is better than nothing.

[Australia's physical activity and sedentary behaviour guidelines](#) state that:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2 ½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1 ¼ to 2 ½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least two days each week (e.g. training with weights or resistance bands and swimming).

Ways to increase physical activity

Increases in daily activity can come from small changes made throughout your day, such as:

- Walking or cycling instead of using the car,
- Getting off a tram, train or bus a stop earlier and walking the rest of the way, or
- Walking the children to school.

If you are just starting...

[Pre-exercise screening](#) is used to identify people with medical conditions that may put them at a higher risk of experiencing a health problem during physical activity. It is a filter or 'safety net' to help decide if the potential benefits of exercise outweigh the risks for you.

It is a good idea to see your doctor before starting your physical activity program if:

- You are aged over 45 years

- Physical activity causes pain in your chest
- You often faint or have spells of severe dizziness
- Moderate physical activity makes you very breathless
- You are at a higher risk of heart disease
- You think you might have heart disease or you have heart problems
- You are pregnant.

Victorian Government, Better Health Channel

Healthy eating

We will be looking at healthy eating in August.

A healthy diet improves quality of life and wellbeing and protects against chronic diseases.

Unfortunately, diet-related chronic diseases are currently a major cause of death and disability among Australians.

To ensure that Australians can make healthy food choices, we need dietary advice that is based on the best scientific evidence on food and health. [The Australian Dietary Guidelines](#) and the [Australian Guide to Healthy Eating](#) have been developed using the latest evidence and expert opinion. These guidelines will:

- Help in the prevention of diet-related chronic diseases and
- Improve the health and wellbeing of the Australian community.

Evidence suggests Australians should:

Eat more	Eat less
<ul style="list-style-type: none"> ▪ vegetables and legumes/beans ▪ fruits ▪ wholegrain cereals ▪ reduced fat milk, yoghurt, cheese ▪ fish, seafood, poultry, eggs, legumes/beans (including soy), and nuts and seeds. ▪ red meat (young females only) 	<ul style="list-style-type: none"> ▪ starchy vegetables (i.e. there is a need to include a wider variety of different types and colours of vegetables) ▪ refined cereals ▪ high and medium fat dairy foods ▪ red meats (adult males only) ▪ food and drinks high in saturated fat, added sugar, added salt, or alcohol (e.g. fried foods, most take-away foods from quick service restaurants, cakes and biscuits).

Be heart smart

Portion control

How much you eat is another important part of eating well for your heart. There are some foods we are eating too much of, some foods that we don't eat enough of, and in general, the size of our meals has grown over time.

The amount you should eat depends on many factors, including the type of food served. Use a plate with healthy proportions from different food groups as shown below:

Check to see if your current eating pattern aligns with the Heart Foundation's healthy eating recommendations.

[How to eat well for a Healthy Heart \(2021\)](#)



Heart healthy dinner plan



The Australian Heart Foundation has developed a 4-week heart healthy dinner plan.

One of the best things you can do for your heart is to make healthier food choices every day.

Discover delicious, easy to follow dinner recipes. You'll get a fresh recipe for each night of the week.

Get shopping lists, tips and other helpful information to make healthy eating easy.

[Sign up for your Heart Healthy Dinner Plan](#)

Heart Smart Recipes

[Breakfast recipes](#)



[Lunch recipes](#)



[Dinner recipes](#)



Dining in

The winter months might not be the most welcoming time to be outside in some parts of the country but it's a great time to be in the kitchen. Cabbage, Eggplant and Capsicum are our pick for this edition's winter warming recipes but don't forget about the humble root vegetable. If they are plentiful and in season be sure to work them into your soups and braises. If you happen to find yourself with an abundance of ripe winter fruit, you can cook the fruit to make a compote to top a yoghurt pot or make a fruit crumble for dessert.

July

Fruit - avocado, banana, custard apple, grapefruit, imperial mandarin, lemon, lime, melons, navel orange, papaya, passionfruit, pomelo, quince, rhubarb, strawberries and tangelo

Vegetables - artichoke, asian greens, beetroot, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, carrot, celeriac, celery, eggplant, fennel, green beans, kale, kohlrabi, kumara, leek, onions, peas, parsnip, pumpkin, silver beet, spinach, swede, tomato and zucchini.

Herbs and spices - garlic, ginger, horseradish, mint, and rosemary.

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August

Fruit - avocado, banana, cumquat, custard apple, grapefruit, lemon, lime, mandarin, murcott, melons, orange, passionfruit, strawberries and tangelo.

Vegetables - artichoke, broccoli, brussel sprouts, capsicum, cauliflower, carrot, celeriac, celery, eggplant, fennel, green beans, kale, kohlrabi, kumara, leek, onions, peas, parsnip, pumpkin, silver beet, swede, tomato and zucchini.

Herbs and spices - garlic, ginger, horseradish and dill.



Cheesy Broccoli Soup

Serves 6 Contains Dairy



Ingredients

2 broccoli heads (including stems) roughly chopped
2 tbsp extra virgin olive oil 1 red onion, diced
2 cloves garlic, minced 1 white potato, diced
400g canned white beans, well rinsed
500ml salt reduced vegetable stock
500ml water
250ml low fat natural yoghurt
100g shredded low fat mozzarella
2 tsp cracked pepper
½ basil bunch

1. Heat 1 tablespoon of olive oil in a large pot on a medium heat. Add the diced onion and garlic, cooking until translucent.
2. Add the potato and broccoli stalks, cook until slightly softened
3. Add 1 tablespoon of olive oil and the remaining broccoli florets cooking for 2-3 minutes.
4. Add the vegetable stock and water to the pot and bring to the boil
5. Once brought to the boil, and the potatoes and broccoli are soft, add the rinsed cannellini beans and cook for a further 5 minutes.
6. Remove from the heat and with a hand stick mixer blend the mixture until you have a slightly coarse consistency. Add the mozzarella to the soup, gently stirring to combine the melting cheese.
7. Evenly divide the soup into bowls, topping with a dollop of yoghurt, basil leaves and cracked pepper to finish before serving.

Cabbage, Chorizo & Lentil Soup

Serves 4 Prep 10 mins Cook 40 mins



Ingredients

3 tbsp olive oil 100g onion, diced
2 garlic cloves, minced 100g chorizo, sliced 140g carrot, diced
2 bay leaves
1 cup red lentils, rinsed
180g cabbage, chopped sea salt
Freshly ground black pepper
2L chicken stock or water

1. Heat oil in a pot over medium heat. Add onions, garlic and carrots, then sweat until softened but not coloured, about 5 minutes.
Add chorizo and bay leaves and cook gently until chorizo colours onions, about 5 minutes. Add lentils and sauté until they begin to soften on the outside, about 5 minutes. Add cabbage.
2. Pour in enough chicken stock to just cover vegetables then increase heat to high. Once stock comes to a boil, reduce heat to medium-high and simmer until the lentils are tender, about 20 minutes. Season with salt and pepper to taste.

Beef Pho

Serves 4 Contains Dairy, Gluten & Fish



Ingredients

5g star anise
10g ginger split lengthways
2g coriander seeds
20g brown sugar
230g beef sirloin
5ml fish sauce
250g rice noodles
1 bunch spring onions
5g bullseye chillies finely sliced
1/4 bunch Thai basil, picked
1/4 bunch coriander
1 lime, cut into wedges
200g beanshoots, soaked in cold water
500ml water 1L beef stock
1 green capsicum, sliced thinly

1. Tip the beef stock along with 500ml water into a large saucepan. Sit the onion and ginger into a frying pan over a high heat and char on all sides, around 3-5 mins (you can also do this under your grill). Once charred, add to the beef stock. In the same pan, toast the spices for 2-3 mins and once they begin to smell fragrant, add to the beef stock as well. Bring the stock to the boil, then turn to a simmer and cook for 30 mins before straining.
2. Meanwhile, cut the fat from the steak and wrap in cling film, then put into the freezer for 15 mins, to allow it to become firm. Slice it thinly, then cover it with cling film again and pop into the fridge.
3. Taste the beef stock and use the brown sugar, fish sauce and soy to season. Cook the noodles according to the package instructions, and split between the bowls, topping each with bean shoots and the sliced beef. Bring the stock to the boil and then pour into the bowls, (the heat will cook the beef). Top each with the spring onions, chilli slices, herbs and thinly sliced capsicum. Serve with the lime wedges to squeeze over.

Warm red cabbage salad with prosciutto balsamic dressing

Serves 4 Prep 10 mins Cook 30 mins



Ingredients

100g dried currants
3 tbsp balsamic vinegar
½ red cabbage, shredded
1 medium carrot, julienned
100g prosciutto, thinly sliced
1 red onion,
finely chopped
1 tbsp extra-virgin olive oil
80g almonds,
toasted and chopped
¼ cup Italian parsley leaves

1. Place currants in small bowl. Heat vinegar in saucepan over medium heat until hot (do not boil). Pour vinegar over the currants then let soak until softened, 15 to 20 minutes.
2. Place cabbage and carrot in a large bowl, set aside. Heat a large pan over medium- high heat. Add prosciutto, sauté until brown and crisp, about 5 minutes. Add red onion to prosciutto and sauté for 1 minute. Remove from heat. Stir in currant-vinegar mixture and olive oil.
3. Pour prosciutto mixture over cabbage and carrot then toss to coat. Season to taste with salt and pepper. Let stand 5 to 10 minutes. Add almonds and parsley; toss to blend.

Peperonata with tagliatelle

Serves 4 Prep 10 mins Cook 45 mins



Ingredients

2 Red capsicum
2 yellow capsicum
30ml extra virgin olive oil
2 red onions
2 cloves of garlic
1 cup flat-leaf parsley leaves
2 tbsp red wine vinegar
1 cup grated parmesan cheese
2 tbsp mascarpone cheese or crème fraîche
500g tagliatelle

1. Deseed and slice the capsicums and put them in a large frying pan over a medium heat with a little olive oil and a pinch of salt and black pepper. Place a lid on the pan and cook slowly for approx. 10 – 12 minutes.
2. While the capsicums are cooking, peel and finely slice the onion, and peel and grate the garlic. Finely chop the parsley leaves.
3. Add the onion to the pan and cook for a further 20 minutes. Then add the garlic and toss through the capsicums. Cook for a further 2 – 3 minutes then add the vinegar, toss through. Add the mascarpone and half of the parmesan, stir through then set aside.
4. Put a large pot of salted water on to boil. Add the pasta to the boiling water and cook according to the packet instructions. When cooked, drain well.
5. Put the capsicum mixture, pasta and parsley leaves into a large bowl with the extra virgin olive oil and toss to coat the pasta evenly. Serve sprinkled with the rest of the Parmesan.

Eggplant parmigiana

Serves 4 Prep 10 mins Cook 25 mins



Ingredients

100ml olive oil
4 cloves garlic, peeled and chopped
1 red onion, diced
1 long red chili, finely chopped
400g crushed tomatoes
1 bunch basil, roughly torn
½ lemon, zest and juice
2 eggplants, sliced lengthways
200g shredded mozzarella

1. Preheat the oven to 180C.
2. Heat a frypan then add half the olive oil, garlic, onion and chili. Cook until the onion is translucent. Add the tomatoes and cook for a further 5 minutes then take the pan off the heat and add the basil, lemon zest and juice. Season well and set aside.
3. Brush the eggplant slices with the remaining olive oil and season well. Grill the eggplants until they are three-quarters cooked and have some good colour. Set the eggplants aside.
4. Now using a baking dish begin to build your parmigiana. Ladle some of the tomato sauce onto the base and then layer with eggplant. Ladle more tomato sauce over the eggplant and then add a layer of mozzarella on the top. Repeat until the eggplants are used up, making sure that the top layer has plenty of tomato sauce and then finish with mozzarella. Bake for 15 mins or until golden on top.

Grilled eggplants with soba noodles

Serves 4 Prep 10 mins Cook 15 mins



Ingredients

2 tbsp vegetable oil
1 tbsp soy sauce
1 large eggplant, sliced lengthways
500gm soba noodles, cooked and drained
1 tsp toasted sesame seeds
spring onions, sliced
1 red chilli, finely sliced

Dressing

2 tbsp soy sauce
2 tbsp brown sugar
1 tbsp oyster sauce
1 tbsp sesame oil
2 tsp sweet chili sauce
2 tsp sake

1. Preheat grill then brush eggplant with vegetable oil and season with 1 tbsp soy sauce. Grill until browned, around 5 minutes per side.
2. Remove the eggplant from the grill and roughly chop.
3. In a small saucepan whisk the soy sauce, sugar, oyster sauce, sesame oil, chili sauce and sake together. Cook on medium-low heat until sugar has dissolved, for about 1 minute.
4. Place the cooked and well drained noodles in a large bowl, add roasted eggplant and the sauce, toss to combine.
5. Serve hot, garnished with toasted sesame seeds, chili and spring onions.

Sustainability

Sustainability is the process of maintaining change in a balanced environment. Giving back to the earth what we take from it and in a sense trying to leave the planet in a better state than we found it, for future generations to enjoy.

For years we as humans have taken from the planet and given nothing back to it except garbage. We are now constantly trying to find ways to reuse, recycle, repair, reduce and refuse. Plastic straws and single use plastic shopping bags are soon to be extinct and it won't be long before other single use items disappear.

Biopak and Simply Cups are two Spotless approved suppliers that are doing their bit to promote sustainable practices and encourage us all to be more environmentally responsible.

Biopak

It doesn't cost the earth

Compostable packaging that is produced from rapidly renewable materials is the natural choice for single-use food service ware. Biopack products are designed to simplify and improve waste management, conserve resources, reduce greenhouse gases and align with the principles of a circular economy.



Takeaway coffee cups continue to be one of the globe's most concerning environmental problems, with millions of takeaway cups being sent to landfill every year in Australia alone.

Simply Cups is Australia's first coffee cup recycling program, allowing businesses and schools to close the loop on coffee cups. Using modern technology, Simply Cups collects used takeaway cups and separates the paper from the plastic lining, so they can be recycled. Their process is depicted in the following flowchart:



Simply Cups Collection Tubes are placed in the kitchen areas on each floor



Users are asked to 'Flip, Tip, Slip'

1. 'Flip' the lid into the recycling bin
2. 'Tip' any residual liquid down the sink
3. 'Slip' the cup in the tube



Cups are transferred daily by the building cleaners to specially marked bins in the basement



Cups are collected weekly by Simply Cups



Cups are stockpiled locally then sent to a specialised facility for recycling