

HEALTHY EATING

Use your spare time to sharpen your cooking skills, while boosting your mood and energy levels by eating healthy and nutritious meals.

WHY EAT WELL?

We've all heard it before, but it's true: eating well is really good for you.

When you eat a well-balanced diet. . .

- your energy levels will improve
- you'll feel healthier and stronger
- your immune system will be tougher
- you'll think more clearly and handle stress better
- your chances of developing diet-related diseases such as diabetes and cardiovascular disease will reduce.

HOW TO MAKE HEALTHY FOOD CHOICES

A balanced diet is one where you eat a wide variety of mostly healthy foods in moderation. The **Australian Guide to Healthy Eating** is a good starting point to understand what foods you should be eating, and how much.

No food is off-limits when you maintain a healthy diet – it's all about balance. So, don't overthink it, and definitely don't feel guilty if you eat a piece of cake or a cookie occasionally!

For useful information on healthy eating visit:

- **Head to Health**
- **Reachout - How to make healthy food choices**
- Or download the **healthy living fact sheets** developed by our 2019 Young Leaders.

HEALTHY RECIPES

Want some inspiration for your healthy cooking? Check out these resources for loads of healthy and delicious recipes.

taste.com

www.taste.com.au/recipes/collections/easy-healthy-recipes

Australian Healthy Food Guide

www.healthyfoodguide.com.au/recipes

Easy healthy snack ideas

www.kaylainsines.com/blogs/recipes/easy-healthy-snacks

Quick and healthy recipes

www.bbcgoodfood.com/recipes/collection/quick-and-healthy

7 healthy and fat-free recipes

www.youtube.com/watch?v=GDS1OVF46UY

Easy 10 Minute Dinner Recipes

www.youtube.com/watch?v=JzJsUW4xV7k

4 ingredient recipes

www.4ingredients.com.au/recipes

Jamie Oliver - Keep Cooking and Carry On

Check out Jamie Oliver's new show dedicated to cooking during COVID-19. There's heaps of easy-to-follow recipes, with simple alternatives to swap ingredients if you're missing anything.

FIND OUT MORE AND GET INVOLVED

Want to share your recipes and healthy eating ideas?

You can email suggestions to youthservices@cgd.vic.gov.au

For information and support, contact the Youth Services team (Monday to Friday, 9am - 5pm)

Phone: 9793 2155

Facebook: [cgdyouthservices](https://www.facebook.com/cgdyouthservices)

Instagram: [greaterdandenonyouthservices](https://www.instagram.com/greaterdandenonyouthservices)