

## Good Food for Our Community Nutrition Resource List

	Resource	Resource Description	Cost	Available
1	The Aboriginal and Torres Strait Islander Guide to Healthy Eating	A nutrition resource on the five core food groups, with specific food examples identified by Aboriginal and Torres Strait Islander peoples, that should be included as part of a healthy diet.	Free	<p><i>Electronic copy available from:</i>  <a href="http://digitallibrary.health.nt.gov.au/dspace/bitstream/10137/438/2/ATSIGTHE%20poster%2009%20A3.pdf">http://digitallibrary.health.nt.gov.au/dspace/bitstream/10137/438/2/ATSIGTHE%20poster%2009%20A3.pdf</a></p> <p><i>Hard copy can be ordered from:</i>            Nutrition and Physical Activity Program            Northern Territory Government Department of Health (08) 8999 2400</p>
2	Bush Tucker in Kidney Failure and Renal Diabetes	A nutrition resource that lists traditional bush tucker foods and lists their nutritional analysis.	Free	<p><i>Electronic copy available from:</i>  <a href="http://www.renalresource.com/pdf/BUSH_TUCKER_ART.pdf">http://www.renalresource.com/pdf/BUSH_TUCKER_ART.pdf</a></p> <p><i>Hard copy can be ordered from:</i> <a href="http://www.renalresource.com/orderform.htm">http://www.renalresource.com/orderform.htm</a>            Or from RNS Community Health Centre (02) 9462 9455</p>
3	Deadly Tucker recipe book order form	A recipe book of Aboriginal and Torres Strait Islander specific foods.	\$6.60	<p><i>Electronic copy available from:</i>  <a href="http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf">http://www.healthyfuture.health.wa.gov.au/Health_topics/ASTI-FOOD/ASTI_FC-order.pdf</a></p>
4	The Australian Guide to Healthy Eating	A nutrition resource on the five core food groups that should be included as part of a healthy diet for all Australians.	Free	<p><i>Electronic copy available from:</i>  <a href="http://www.health.gov.au/internet/main/publishing.nsf/content/E384CFA588B74377CA256F190004059B/\$File/fd-cons.pdf">http://www.health.gov.au/internet/main/publishing.nsf/content/E384CFA588B74377CA256F190004059B/\$File/fd-cons.pdf</a></p> <p><i>Hard copy can be ordered from:</i>            Department of Health and Ageing 1800 020 103 or <a href="mailto:health@nationalmailing.com.au">health@nationalmailing.com.au</a></p>
5	Living Strong Healthy Lifestyle Cook Book	A recipe book developed for Aboriginal and Torres Strait Islander communities.	Free  \$15	<p><i>Electronic copy available from:</i>  <a href="http://www.gofor2and5.com.au/DataStore/files/pdf/QLD/QLD-ATSI%20Cookbook-Feb09.pdf">http://www.gofor2and5.com.au/DataStore/files/pdf/QLD/QLD-ATSI%20Cookbook-Feb09.pdf</a></p> <p><i>Hard copy can be ordered from:</i>  <a href="http://www.kochfoundation.org.au/doc/living_strong_order_form_sep09.pdf">http://www.kochfoundation.org.au/doc/living_strong_order_form_sep09.pdf</a></p>

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6	Feeding your mob with fruit and vegetables	A recipe book for Aboriginal and Torres Strait Islander peoples, including traditional bush tucker.	Free	<i>Electronic copy available from:</i> <a href="http://admin.gofor2and5.hstprdweb01.perthix.net/DataStore/files/pdf/NSW/Feeding%20your%20mob.pdf">http://admin.gofor2and5.hstprdweb01.perthix.net/DataStore/files/pdf/NSW/Feeding%20your%20mob.pdf</a>
7	Eat Well Be Active	A fact sheet which describes nutrition and physical activity initiatives specifically for Aboriginal and Torres Strait Islander peoples to eat healthy and be active.	Free	<i>Electronic copy available from:</i> <a href="http://www.your30.qld.gov.au/Portals/0/Your30/docs/FactSheets/eat_well_tips_for_aboriginal.pdf">http://www.your30.qld.gov.au/Portals/0/Your30/docs/FactSheets/eat_well_tips_for_aboriginal.pdf</a>
8	The right ingredient	A Heart Foundation nutrition resource that provides guidelines for preparing healthy recipes.	Free	<i>Electronic copy available from:</i> <a href="http://www.heartfoundation.org.au/SiteCollectionDocuments/Recipe-Guidelines.pdf">http://www.heartfoundation.org.au/SiteCollectionDocuments/Recipe-Guidelines.pdf</a>
9	Kukumbat Gudwan Daga 'Really cooking good food'	A cookbook of healthy recipes to feed ten or more people.	\$7	<i>Hard copy can be ordered from:</i> <a href="http://batchelorpress.com/books/kukumbat-gudwan-daga">http://batchelorpress.com/books/kukumbat-gudwan-daga</a>
10	What to Eat: Staying healthy for you and your family	A picture-based nutrition education resource detailing the core food groups and how to achieve a healthy, balanced diet.	Free	<i>Electronic copy available from:</i> <a href="http://www.health.qld.gov.au/ph/Documents/tpn/21707.pdf">http://www.health.qld.gov.au/ph/Documents/tpn/21707.pdf</a>
11	Healthy Murri, Healthy Islander: Strong Hearts, Strong Bodies	A nutrition education resource on heart disease, including eight steps to making your heart and body healthier and stronger.	Free	<i>Electronic copy available from:</i> <a href="http://www.health.qld.gov.au/ph/documents/saphs/atsi_healthy_heart.pdf">http://www.health.qld.gov.au/ph/documents/saphs/atsi_healthy_heart.pdf</a>

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12	Facts on Fat	A nutrition education resource on fats in food.	Free	<i>Electronic copy available from:</i> <a href="http://www.health.qld.gov.au/ph/Documents/hpu/19383.pdf">http://www.health.qld.gov.au/ph/Documents/hpu/19383.pdf</a>
13	Food Safety	A Queensland Health database with resources on food safety.	Free	<i>Electronic copies available from:</i> <a href="http://www.health.qld.gov.au/foodsafety/">http://www.health.qld.gov.au/foodsafety/</a>
14	The Dietary Guidelines for Australians	A nutrition resource detailing the recommendations for food and physical activity according to Australian practices.	Free	<i>Electronic copies available from:</i> <a href="http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n31.pdf">http://www.nhmrc.gov.au/_files_nhmrc/publications/attachments/n31.pdf</a>
15	Healthy eating and drinking	A healthy eating resource developed by the Heart Foundation.	Free	<i>Electronic copy available from:</i> <a href="http://www.heartfoundation.org.au/SiteCollectionDocuments/Dietary-fats-healthy-eating-messages.pdf">http://www.heartfoundation.org.au/SiteCollectionDocuments/Dietary-fats-healthy-eating-messages.pdf</a>
16	Chunky Vegie Soup – Deadly Tucker	A recipe on how to make vegetable soup.	Free	<i>Electronic copy available from:</i> <a href="http://www.health.gov.au/internet/abhi/publishing.nsf/Content/8A18DB189DBA1F0CCA2577B5007D651A/\$File/Vegetable%20Soup.pdf">http://www.health.gov.au/internet/abhi/publishing.nsf/Content/8A18DB189DBA1F0CCA2577B5007D651A/\$File/Vegetable%20Soup.pdf</a>
17	Heart Foundation Buyer's Guide	Heart Foundation Buyer's Guide for managers of remote stores and takeaways to identify in-store products which are a healthier choice. All foods and drinks in this guide have either earned the Heart Foundation Tick, or are eligible for the Tick.	Free	<i>Electronic copy available from:</i> <a href="http://www.heartfoundation.org.au/SiteCollectionDocuments/RIST-HF-Buyers-Guide.pdf">http://www.heartfoundation.org.au/SiteCollectionDocuments/RIST-HF-Buyers-Guide.pdf</a> Or Contact Health Information Service on 1300 362787
18	Healthy Fast Food: A resource for remote stores and takeaways	A guide for grocery stores and takeaway outlets to prepare and provide healthy food choices to the community.	Free	<i>Electronic copy available from:</i> <a href="http://www.healthinfonet.ecu.edu.au/uploads/rist/rist_healthyfastfood.pdf">http://www.healthinfonet.ecu.edu.au/uploads/rist/rist_healthyfastfood.pdf</a>
19	Tomorrow people	An initiative of Measure Up, specific to Aboriginal and Torres Strait Islander peoples.	Free	<i>Electronic and hard copies are available from:</i> <a href="http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/tomorrow+resources-lp">http://www.measureup.gov.au/internet/abhi/publishing.nsf/Content/tomorrow+resources-lp</a>