

Speak Out Loud:

Stories of Strength from the Southern Downs

EPISODE: NUTRITION AND MENTAL HEALTH

GUEST: Elia Faa, Accredited Practicing Dietitian, Accredited Nutritionist

Published July 2021

SUMMARY OF EPISODE

Elia Faa is an Accredited Practicing Dietitian and an Accredited Nutritionist with over 30 years experience. She has a Bachelor of Science from the University of Queensland and a Graduate Diploma of Nutrition and Dietetics from QUT. Elia is currently working at several health and medical practices in Warwick, Queensland and consults to numerous community projects and a local Aged Care Facility.

Listen to the podcast conversation to hear Elia explain:

- why nutrition is so important for looking after mental health
- the factors that can impact nutrition and what you can do to minimise the downsides and maximise the benefits
- the difference in nutritional needs for people of different ages and stages of life
- what you should be eating for optimal health and how much
- the pillars of health and well-being
- the truth about “super foods”
- reliable sources of information about nutrition
- where to access online resources and local services that can help you with your nutritional choices

TOP 3 TAKEAWAYS / TIPS

Elia's Top 3 Tips for optimising nutrition:

1. Have some fruit and vegetables at every meal
2. Plan ahead – have healthy food in your home so you make the best decisions about food choices throughout the week
3. Enjoy your food!

MEDICARE UPDATE:

*"Commencing 13 March 2020 and **extending until 31 December 2021**, new temporary MBS telehealth items have been made available to help reduce the risk of community transmission of COVID-19 and provide protection for patients and health care providers"*

Taken from: COVID-19 Temporary MBS Allied Health Telehealth Services Frequently Asked Questions
Last updated: 25 June 2021

(Refer to the accompanying attachment for full details and check with Medicare Australia for future updates)

RESOURCES MENTIONED IN THE PODCAST

WEBSITES

Australian Guide to Healthy Eating

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Australian Government
National Health and Medical Research Council
Department of Health and Ageing

www.eatforhealth.gov.au

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.
Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Vegetables and legumes/beans

Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

Fruit

Use small amounts

Only sometimes and in small amounts

Speak Out Loud: Stories of Strength From the Southern Downs Podcast

www.kathrynwalton.com.au

www.betterhealth.vic.gov.au

<https://foodchecker.heas.health.vic.gov.au/>

<https://dietitiansaustralia.org.au/smart-eating-for-you/>

<https://www.healthier.qld.gov.au/>

<https://www.heartfoundation.org.au/>

Healthy Food Guide (magazine, website)

<https://www.healthyfood.com/>

<https://www.thenutritionguruandthechef.com/>

Australian Alcohol Guidelines (Revised 08/12/2020)

<https://www.health.gov.au/news/australian-alcohol-guidelines-revised>

APPS

Food Switch (George Institute)

<https://www.georgeinstitute.org/projects/foodswitch>

Easy Diet Diary

PODCASTS

Thinking Nutrition with Dr Tim Crowe

99% Fad Free

INSTAGRAM

Dietitian Connection

The Nutrition Guru and the Chef

Dietitians Australia

Search for a dietitian near you

<https://dietitiansaustralia.org.au/>

General Practitioner (GP)

My GP is _____

Phone: _____

Address: _____

Kathryn Walton

Kathryn Walton Consulting and Outdoors is my Therapy

<https://www.kathrynwalton.com.au/>

Speak Out Loud: Stories of Strength From the Southern Downs Podcast

www.kathrynwalton.com.au

Darling Downs and West Moreton PHN

<https://www.ddwmpnh.com.au/>

Use the clickable map to find mental health services in the region

The information shared in the podcast and handouts is intended for general support only.

To the best of our knowledge, this information was correct at the time of publishing.

Please consult with your doctor or health provider for support based on your individual needs.

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