



# SEA Change Portland

## 3RPC Radio Update

Tune in Monday from 1-2PM where SEA Change Portland host an hour segment on SEA Change Portland activities, interview local champions, provide information, tips and tools to provide a new approach to healthy eating and active living.

### Can we be an unhealthy weight and be malnourished?

A Sydney hospital treated a group of diabetes patients for vitamin C deficiency. Ulcers would not heal and diet was investigated. One person was eating little or no fresh fruit and vegetables, but the rest ate fair amounts of vegetables; they were simply over-cooking them, which destroys the vitamin C. The group was diagnosed with vitamin C deficiency (scurvy), even though they were overweight or obese. It highlights a danger that you can consume plenty of calories yet not receive enough nutrients.

### Preparing for Christmas Parties:

Christmas is a great time for family, fun and festivities but it can also be a time when people overindulge. People tend to like big meals on Christmas Day, chocolates and biscuits are often given as Christmas presents but it's important to think of other healthier options. Here are some tips to avoid 'derailing' your healthy lifestyle:

- Give gifts which are not full of sugar eg. trendy water bottles,
- Cater to include portions, healthy options, substitutions and
- Break up sedentary parties by including exercise.

### School Holiday Snacks

Keep it simple! You can't go past fruit, low fat dip with vegetable sticks. To replace those snack bars they keep asking for, here's one with no wrapper, no processed sugar and lots of fibre. It's made with Medjool dates which bind everything together beautifully.

## SEA Change Portland (Sustainable Eating & Activity Change)

A new approach to healthy eating and active living developed by the Portland community, specifically for the Portland community.

### Links

Can we be an unhealthy weight and be malnourished?

- <https://www.youtube.com/watch?v=aFvregZlasU>
- <http://www.abc.net.au/news/2016-11-29/resurgence-of-the-rare-condition-of-scurvy-among-diabetics/8073136>

Preparing for Christmas parties

- [http://www.healthyoptions.health.wa.gov.au/docs/HealthyOptions\\_ChristmasCateringIdeas\\_2011.pdf](http://www.healthyoptions.health.wa.gov.au/docs/HealthyOptions_ChristmasCateringIdeas_2011.pdf)

School Holiday Snacks

- [http://www.bbc.co.uk/food/recipes/breakfast\\_bars\\_20\\_09760](http://www.bbc.co.uk/food/recipes/breakfast_bars_20_09760)

### Music Played:

- The Beatles: Hard Day's Night
- Barry Gibb: Blowin' a Fuse
- Beatles: Get Back
- Rubettes: Sugar Love
- Mungo Jerry: In the Summertime

