

Healthy eating

Natila shares some of her favourite healthy eating recipes and her experiences using Pathways' services...

I used to be 98.5 kilograms and now I am 85.5 kilograms. For the past two and half months (16/04/09) I have been eating plenty of fruit and vegetables. The meals I eat are very healthy and the portions are small.

I encourage people to eat fruit and vegetables instead of junk food. They keep my mind healthy. I also eat 'brain food' which is small portions of nuts. I have been following Pathways' healthy lifestyle information.

I have been walking every single day. The staff and my key worker have been very supportive to me. Tina Fakalata has been very supportive to me in my recovery too, especially from a cultural point of view. Thank you to everyone who has been helpful to me always.

Tila's healthy eating tips

- When using oil choose heart ticked canola oil and use sparingly.
- Do not filter blended juices; you will lose the fibre which is important for bowel movement.

Check out some of Tila's favourite healthy recipes below!

Fruit smoothie

- Chop up oranges and bananas then blend together.
- Carrots, apples or any seasonal fruit can also be used.

Mixed salad

- Add diced tomato, a handful of chopped lettuce, chopped onion, a sliced boiled egg and two tablespoons of light mayonnaise into a bowl and mix well.

Banana sandwiches

- Take 2 slices of wheat meal bread. Slice a banana and use as filling for a sandwich.

