DPV Health®

Your Healthcare
Your Way

Community Resources

Healthy Eating & Oral Health

Author	Resource name	Resource overview	Tagline
Healthy Eating Advisory Service (HEAS)	Healthy recipes for early childhood services	Tasty meal and snack recipes for child care centres (including outside school hours care).	Healthy eating
DPV Health	Transition Resource Project (HEAL)	Transition Resources to help guide parents with children starting school. Topics include healthy lunchboxes, physical activity and home routines.	Resource
DPV Health	Healthy Eating and Active Living Education Resource	An education resource to guide evidence-based conversation with young people about healthy eating and physical activity.	Education Resource
DPV Health	Good Food for Good Health — Healthy Online Recipe Book	Dietitian approved recipes for the whole family. All recipes are nutritionally analysed and costed to be simple and delicious.	Resource
Baker Institute	Healthy Snacks	This fact sheet will help you select healthy options to ensure your snacks are part of an overall balanced diet.	Resource
Baker Institute	High Blood Pressure and Salt	If you have high blood pressure, lowering your salt intake may help reduce your blood pressure. Reducing high blood pressure is important to reduce your risk of stroke, heart disease and kidney disease. This fact sheet will provide you with: › tips to reduce your salt intake › information for managing high blood pressure › choices to reduce your sodium › guidance on reading food labels.	Resource
Baker Institute	Label Reading	This fact sheet will guide you in understanding how to read nutrition information panels to help you identify healthy choices.	Resource
Accredited Practicing Dietitian	Food additives — see Appendix 1	An evidence based resource to help answer your questions about food additives, including in relation to Halal certification.	Resource
DPV Health	Families Healthy Eating information session with a DPV Health dietitian	Watch a recording of a parent education session with our dietitian, where all your frequently asked questions are answered.	Education Resource
Phenomenom	Phenomenom	Curriculum-aligned episodes, lesson plans and activities, created with kids, for kids (and their teachers and parents) to discover all things fun about food.	Education Resource
Dental Health Services Victoria (DHSV)	Mouth, Teeth & Gums	Tips on looking after your child's mouth, teeth and gums.	Resource
Dental Health Services Victoria (DHSV)	Translated Oral Health Brochures	Translated Oral health information — 38 resources available in-language. Resources include how-to guides, information about oral health diseases and how to access appropriate care.	Resource
Healthy Eating Advisory Service (HEAS)	Menu Planning	Menu planning ideas to help your service provide healthy options for young people.	Resource
Healthy Eating Advisory Service (HEAS)	Training	Learn how to provide and promote healthier foods and drinks in your organisation with free training.	Education Resource
Healthy Eating Advisory Service (HEAS)	Other healthy eating programs and services	Resources to support a healthy eating culture in your organisation to help build healthy eating and oral health messages into your curriculum, policies and practices.	Resource

Weekly Meal Plan

Monday
Breakfast

Lunch

Dinner

Tuesday
Breakfast

Lunch

Dinner

Wednesday
Breakfast

Lunch

Dinner

Thursday
Breakfast

Lunch

Dinner

Friday
Breakfast

Lunch

Dinner

Saturday
Breakfast

Lunch

Dinner

Sunday
Breakfast

Lunch

Dinner

Groceries

Physical Activity

Author	Resource name	Resource overview	Tagline
DPV Health	Healthy Eating and Active Living Education Resource	An education resource to guide evidence-based conversation with young people about healthy eating and physical activity.	Education Resource
Better Health Channel	Physical Activity — It's Important	A resource to help explain the importance of physical activity to families.	Resource
Outdoors Victoria	Outdoor Learning Toolkits	Information and resources dedicated to helping teachers increase their confidence in taking students into the outdoors, across a variety of curriculum focus areas.	Education Resource
Exercise Right	Physical Activity Ideas	Download fun free activities to get children active, anytime and anywhere.	Resource

Climate Change

Author	Resource name	Resource overview	Tagline
Sustainability Victoria	ResourceSmart Schools	ResourceSmart Schools is a free program offered by Sustainability Victoria, that supports Victorian schools to embed sustainability across the school facilities, community and curriculum, while saving resources and money for the school.	Education Resource
Cool Australia	Learn@Home	Teach and learn at home with our fun activities for kids! We've got you covered with more than 180 free resources and lessons — for kids of all ages.	Education Resource

Appendix 1

Food Additives

A guide for people with food chemical sensitivity

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Accredited Practising Dietitian
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Food additives – friend or foe?

Food additives are used to enhance the flavour, appearance, freshness or shelf-life of foods.

The food additives used in Australia are carefully evaluated for safety, and generally don't cause any problems for most people. People with food chemical intolerance, however, may react to some or all of the additives listed in this brochure.

This can be determined by a trial elimination diet followed by systematic food challenges, under supervision from a dietitian.

People who react to food additives are often also sensitive to natural food chemicals such as salicylates or amines. This can also be determined through the elimination diet and challenge procedure.

Symptoms of food chemical intolerance may include:

- the nervous system e.g. headaches or behavioural disturbances
- the gut e.g. pain, bloating or diarrhoea
- the skin e.g. eczema, hives
- the respiratory system e.g. sinus problems, wheeze, chronic cough

In Australia, food additives must be listed on food labels. Sometimes they are listed by name, but more frequently they are listed by a food additive code number.

Additives unlikely to cause reactions

Type of additive	Code numbers
Acidity regulators	260 - 270, 296, 297, 325 - 381, 500 - 507, 514, 515, 529
Anti-caking agents	460, 530 - 560
Antioxidants	300 - 304 (vitamin C) 306 - 309 (vitamin E) 315 - 318 (erythorbates)
Colours (natural)	100, 101, 140, 141,150, 153, 160a, 160c-f, 161 - 164, 170 - 175
Emulsifiers	322, 431 - 436, 442 - 452, 470 - 492
Flavour enhancers	637 - 641
Humectants	420 - 422, 914, 1518 - 1520
Preservatives	234 (nisin), 235, 242, 385
Propellants	290 (carbon dioxide), 941 - 946
Sweeteners	950 - 968
Thickeners	400 - 418, 440, 461 - 466, 1400 - 1450
Miscellaneous	508 - 512, 515 - 526, 570 -586, 900 - 905, 920, 1001 - 1201, 1505, 1521

Which additives are more likely to cause adverse reactions?

The types of additives that are most likely to cause reactions in sensitive people are:

- Colours (both artificial colours and a few natural colours)
- Preservatives such as sorbates, benzoates, sulphites, propionates, nitrates and nitrites
- Antioxidants
- Flavour enhancers

Additives that are more likely to cause adverse reactions

Type of additive	Code numbers
Colours - Artificial In a wide variety of foods e.g. confectionary, baked goods, soft drink, cordial, jelly, sauces and savoury snacks	
Yellows Reds Blues Green Black Browns	102, 104, 107, 110 122 to 129 131 – 133 142, 143 151 154, 155
Colours - Natural In many dairy foods, margarines, snack foods, cereals and natural confectionary	
Yellow Red	160(b) (annatto) 120 (cochineal)
Preservatives	
Sorbates In dairy products, dried fruits & juices	200 - 203
Benzoates In drinks and marinades Cosmetics, sunscreens	210 - 218 PABA
Sulphites, Sulphates In dried fruit & juices, cordials, soft drink, wine, seafood, dips	220 - 228
Nitrates & Nitrites In processed meats	249 - 252
Propionates In bread & bakery products	280 - 283
Antioxidants - Artificial In many foods that are high in fats and oils. These are very different to the anti-oxidants found naturally in food, which have a range of health benefits.	
Gallates TBHQ, BHA, BHT	310 - 312 319, 320, 321
Flavour enhancers **In a wide range of savoury foods**	
Glutamates	620 - 625
Ribonucleotides	627, 631, 635
Added flavours	No codes

Further reading

- Food Standards Australia New Zealand: www.foodstandards.gov.au
- RPAH Elimination Diet Handbook with food shopping guide. To order: www.sswahs.nsw.gov.au/rpa/allergy

Acknowledgements

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