



Women's Health at Work



SomTrus:

We kno say di way wae wei dae it en play get big tin for do wit we welbodi wan. De amunt en tpe wei of fats wei we dae it nar e dae show we hat ewelbodi wan. En wei di sickness nar dihet nar di main tin wei dae kill peple dem nar Australia, e gud for mek we sabi how muh en di typ of fat wei we for it.

- Fats ki elps mak di it for get tast en bak som fats e good for di welbodi. Som fat it kigei the good tin dem for di bodi lek di vitamin A, D & E. So efine for mek we it som fats.
- But fats sef get bukum tin dem wei nor good for the bodi lek calories, so if we gei boku fats nar we bodi den wei bodi dae big.

Som fats dem fine pass di other wan dem.

- Mabe yousef go don yeri but di 'bad' fats ...dis nar satorated en trans fats. Dis nar di one wei we for becaful for.
- Wei we it boku of the "bad" fats, lek satorated fat, eki bring we cholestorol up, wei dae mek we get plaque nar wei vein dem. If di vein wei dae nar wi het bloc, den we go gei wetin den call het atak. If di vein bloc bak ner we bran, den we go get strok.
- Australians dem get boku of den satorated fat par dem annals tin dem, lek fat met, ful crem milk en chese en bak it dem lek biskit, cak en chips.

Di Australian dieten guidlines say we for lef dem bad fats dem dae for di good fats, di-poli-satorated and mono-satorated fats.

- Dis ki elp we reduc we choloterol en reduc di risk for gei het sickness en strok
- We kin incres di good fats nar we it, if we go for welbodi oile lek canola en olive oile for we it, we use magarin spreads or ovacado insted of we use butter, snacken par nut en seed en it salmon or tuna 2-3 tems par week.
- Di easy wae wei dae reduc we satorated fat nar for chose tin lek lean met and smal fat dairy.

- Wan cop ful crim milk dae gi almos one third of you satorated fat limit per di day. If you chang fro di full crim to di skim wan, den you dae avoid amost all di satorated fat.
- Sonten you go wan tri for it cak, biscut and chips smol-smol. So if you mak den smol chang dem yaso nar you it, you go stop some dem fat and incres di fine wan nar you bodi en dan dae go elp you for mek you nor get heart attak and stok

Dis massage ya so dae cam to wonar with we patna:



Di sharp den progam nar grop typ program wei dae elp you kno but you welbodi par ditin dem wei you dae do. If you wan kno mor nar for cal WentWest nar (02) 8811 7100