Healthy Eating: Websites and apps

The links and resources in this factsheet may help you make healthier food choices.

Websites

Healthy Living – the website of the ACT Government’s Healthy Weight Action Plan which addresses overweight and obesity in the ACT. This site provides useful links to other resources. http://www.act.gov.au/healthyliving

Nutrition Australia – includes recipes, resources and information about healthy eating. http://www.nutritionaustralia.org/

LiveLighter – aims to encourage Australian adults to lead healthier lifestyles by making changes to what they eat and drink, and to be more active. Website includes a meal and activity planner, healthy recipes and fact sheets. http://livelighter.com.au/

Good Habits for Life – encourages parents of children under eight years to develop good habits in their household around eating well, moving more and getting more out of life. Website includes recipes, resources, and allows you to create a personalised program for your family. https://goodhabitsforlife.act.gov.au/


The Mixing Bowl

Healthy Recipes for One or Two – a cookbook of simple, healthy recipes for two people.

Healthy Recipes for 10 or more – provides recipes for tasty and nutritious food for larger groups. It also offers tips on food budgeting and planning, how to make recipes stretch and food safety. http://health.act.gov.au/health-services/population-health/health-improvement/health-promotion/healthy-communities/

Healthy Active – a Commonwealth website with information on healthy eating, regular physical activity and overweight and obesity to help all Australians lead healthy and active lives. [http://www.healthyactive.gov.au/](http://www.healthyactive.gov.au/)


### Smartphone App for Healthy Eating

8700

iTunes and Android: Free

An initiative of the NSW Ministry of Health and the NSW Food Authority, 8700 is named after the average Australian adult’s daily consumption of kilojoules. It provides consumers with information about the kilojoule content of menu items available for sale in major ‘fast’ food and snack chains and includes kilojoule content information on ready-to-eat foods and salads available through major supermarkets. Enter a few details and the app gives you an individualised guide on how many kilojoules you can consume daily to either maintain your current weight or to lose weight. It also calculates how much energy you burn through everyday activities, exercise and sports; searches over 3,000 fast foods from larger Australian fast food and snack chains; and converts calories to kJ (and vice versa).

Disclaimer: This pamphlet is provided for information purposes only. The Territory does not represent or warrant that the content of this pamphlet (or the content of any Non-Territory website or app referred to in it) is accurate, authentic, complete or suitable for your needs. The pamphlet does not contain professional advice on any matter and should not be relied on as a substitute for independent, professional health advice. The pamphlet is not to be relied on as a statement of Territory policy, except where clearly stated. The Territory does not accept any liability for any injury, loss or damage incurred by use of, or reliance on, the information in this pamphlet (or contained in any Non-Territory website or app referred to in it). Information provided in this pamphlet does not imply endorsement or affiliation with any Non-Territory website or app, provider or any other third-party services or products.

The ACT Government is committed to making its information, services, events and venues as accessible as possible. If you have difficulty reading a standard printed document and would like to receive this publication in an alternative format such as large print, please phone 13 22 81 or email rowan.ford@act.gov.au. If English is not your first language and you require the Translating and Interpreting Service (TIS), please call 13 14 50. If you are Deaf, or have a speech or hearing impairment and need the teletypewriter service, please phone 13 36 77 and ask for 13 22 81. For speak and listen users, please phone 1300 555 727 and ask for 13 22 81. For information on these services visit [http://www.relayservice.com.au](http://www.relayservice.com.au)