

It's all in the mind

Take the guesswork out of plating up healthy meals for kids – and the rest of the family – by following some simple advice from dietitian Kate Wengier, from Making Food Fun (www.makingfoodfun.com). Kate recommends mentally splitting up each dinner plate into three sections, with one half of the plate to be loaded up with colourful vegies, a quarter with wholegrains (think brown or basmati rice, quinoa or polenta) and another quarter with protein (such as lean meat, eggs or tofu). "Keep the ratio in mind for other things like curries when you're adding vegies and serving up rice," Kate adds. "Spaghetti bolognese can go from mostly grains and no vegies, to adding lots of vegies to the mixture, serving less pasta, more sauce and a side salad."

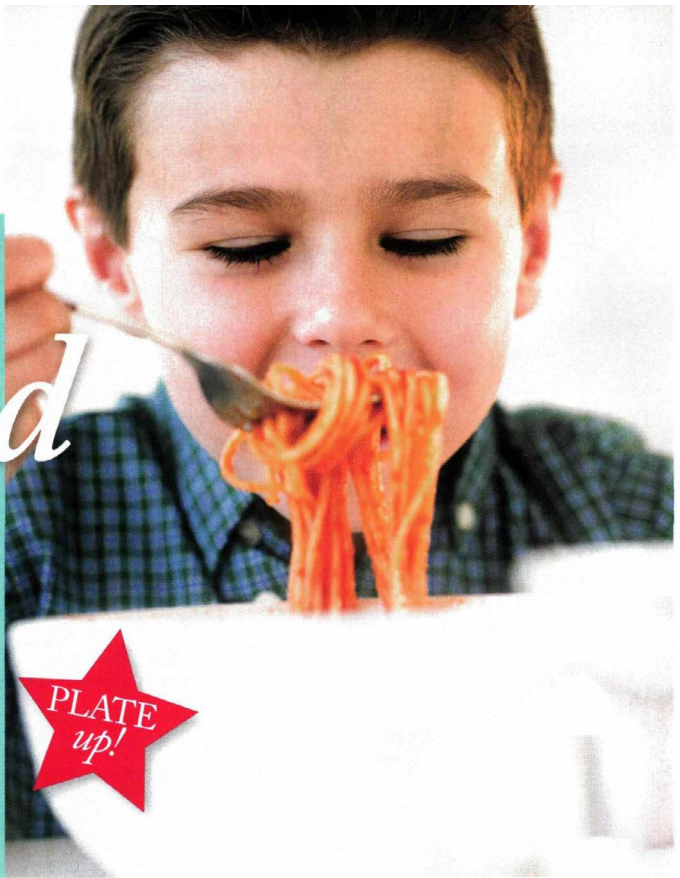


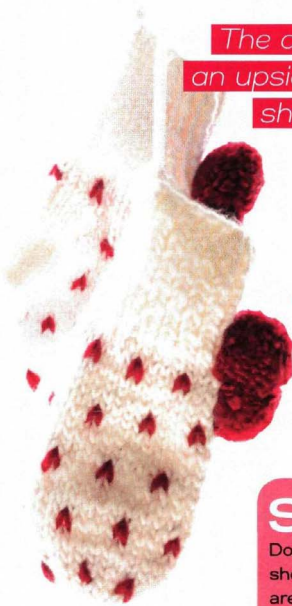
PLATE up!

The chilly air in winter might just have an upside, with researchers revealing that shivering can boost metabolism

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THE NUMBER OF AUSSIES WHO DON'T HAVE THEIR EYES TESTED REGULARLY.

A check-up every two years is recommended for grown-ups, while kids should be screened at birth and their visual development tracked throughout childhood. Learn more as part of this month's JulEYE campaign at www.eyefoundation.org.au.



A hot issue

Here's a startling statistic: an accidental house fire occurs in Australia every 26 minutes. With fires more common in winter due to the use of fireplaces and heaters, be sure to check your smoke alarm is in working order – it could save your family's lives. See www.alarmreminders.org.au for more, and to sign up for free reminders for testing your alarm, changing its batteries and replacing the unit.



SOLEFUL ADVICE

Do your feet ache after a spot of exercise? It could be time to slip into new shoes. According to Emma Sellwood from The Athlete's Foot, sore tootsies are among the signs your shoes may be worn out, which also include horizontal wrinkles in your shoes' midsole (the chunky part under your foot), the soles becoming hard and inflexible, visible wear and tear, and the shoes feeling roomy or loose. Nearly half of people haven't been fitted professionally for shoes according to the FITZI Feet First report, but it's a good idea to get this done!

