KEEP THE BEAT

Activity – Aim for a healthy weight

Are you a healthy weight?

Body Mass Index (BMI) and measuring your waist circumference are two tools that can be used as a guide to determine if you are a healthy weight.

### Body Mass Index (BMI)

To calculate your BMI use the following equation.

\[
\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}
\]

Which range does your BMI fall into?

- **Underweight** = BMI < 18.5
- **Healthy Weight** = BMI 18.5 – 24.9
- **Overweight** = BMI 25 – 29.9
- **Obese** = BMI 30 +

### Waist circumference

To accurately measure your waist circumference:

- Breath out normally
- Measure around your navel

Healthy measurements fall below 80cm for women and 94cm for men.

- Men < 94 cm
- Women < 80 cm

Cooking for a healthy heart

Cooking ‘heart healthy’ meals doesn’t mean you have to farewell your old favourite recipes, by following some simple guidelines for recipe modification you can still eat your old favourites, knowing your looking after your heart.

The National Heart Foundation has developed easy to follow tips for making recipes healthier, these include Healthier Cooking Methods and Healthier Ingredient Alternatives. Visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au) > Healthy eating > Mums United > Tools for change

Salmon and soba noodle salad

Serves 4

Ingredients
1 packet of soba noodles
½ avocado, diced
¼ red onion, finely sliced
1 carrot, grated
4 salmon fillets (80–120g per fillet)
1 small Lebanese cucumber, halve, slice diagonally
1 red capsicum, sliced finely
3 cups of rocket, chopped roughly
¼ pumpkin seeds (pepitas)
4 tablespoons balsamic vinegar
3 tablespoons rice wine vinegar
2 tablespoons soy sauce
1 tablespoons sesame oil

Method
1. Boil noodles for 3–5 minutes or until al dente. Drain water and fill pot with cold water. Set aside.
2. Heat pan with half the sesame oil on medium heat and place the salmon fillets skin down. Cook salmon fillets for 3–5 minutes on skin side and then turn over to cook for another 2 minutes and set aside.
3. In a large salad bowl, add vegetables and pumpkin seeds.
4. Pour vinegar, remainder of sesame oil and soy sauce over salad and combine well.
5. Drain noodles. Mix through salad mix well.
6. To serve, divide the noodle salad between four bowls and serve salmon on top.

SALMON AND HEALTH

✓ Salmon is an excellent source of Omega 3 and polyunsaturated fat.
✓ Omega 3 can help to increase the ‘good’ HDL cholesterol in our blood.
✓ Omega 3 can reduce the tendency of blood to clot making it less sticky and easier for your heart to pump.
✓ Omega 3 can also help the heart maintain a strong rhythmic beat.
✓ Fresh Atlantic and Australian salmon or canned salmon are all good choices.
✓ Aim to eat 2–3 150g serves of oily fish a week, such as salmon, blue-eye trevalla, blue mackerel, gemfish, canned sardines and some varieties of canned tuna.

For more information on heart health visit www.heartfoundation.org.au