



Have you got a presentation coming up?

This kit contains the info and tools to help you deliver a presentation on how to **Eat Brighter LiveLighter®!**



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## SPEAKERS' KIT OVERVIEW

Welcome to the LiveLighter<sup>®</sup> Speakers' Kit resource. The aim of each speaker kit is to:

- Provide you with a pre-prepared presentation on a key health topic
- Equip you with the information to confidently deliver a health presentation and answer questions in accordance with best practice and LiveLighter<sup>®</sup>'s recommendations
- Recommend suitable resources

In total, there are four different speakers' kits:

- Avoid sugary drinks
- Top tips to LiveLighter<sup>®</sup>
- Junk food
- **Eat Brighter LiveLighter<sup>®</sup>**

### What's in the speakers' kits?

Each kit contains:

- A topic-specific PowerPoint presentation
- This background information sheet (not designed as a hand-out)
- Evaluation tools for the presenter and participant

It is recommended that the background information be used as a guide to prepare you for your presentation. Each presentation is written using simple vocabulary and includes plenty of images to help reach a wide target audience.

Presentation notes accompany many of the slides and can assist in your delivery on each topic. You may also find it beneficial to take notes from the 'background information sheet' and add these to complement your presentation.

You are welcome to alter the presentation format or add/remove slides or sections to best suit your audience. However, we do ask that the content itself is not changed.

### How to use the kits:

1. Read this background information sheet
2. Familiarise yourself with the presentation slides. The presentations are a guide only so feel free to add or remove sections to best suit your target audience
3. Visit the LiveLighter<sup>®</sup> website for further information and suitable resources
4. Following your presentation, please complete the *presenter evaluation form* and send this, in addition to completed *participation evaluation forms*, to [info@livelighter.com.au](mailto:info@livelighter.com.au)

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## Who are the presentations targeted at?

As LiveLighter® is an adult-focused program, each presentation is aimed at audiences aged 25-64 years. While the presentations have been designed for groups, they can also be used during client consultations and for staff professional development.

## Who can deliver the presentation?

The presentations are designed to be delivered by a health professional. They may also be used by a student or volunteer with your organisation/company.

## RECOMMENDED LIVELIGHTER® RESOURCES

- *Factsheets*
  - [Go for 2 Fruit and 5 Veg factsheet](#)
  - [Go for 2 Fruit and 5 Veg factsheet \(easy read\)](#)
  - [Choose healthy snacks factsheet](#)
  - [Salad builder](#)
  - [Sandwich builder](#)
  
- *Booklets and campaign materials*
  - [Online recipes](#)
  - [Eat Smart](#) and [Shop Smart](#)
  - [Everyday Meals recipe booklet](#)
  - [Winter 2012 recipe booklet](#)
  - [Summer 2012/13 recipe booklet](#)
  - [Winter 2013 recipe booklet](#)
  - [Summer 2013/14 recipe booklet](#)
  - [Back to Basics recipe booklet](#)
  - [Back to Basics 2 recipe booklet](#)
  - [Take Away recipe booklet](#)
  - [A-Z of Fruit and Vegetables](#)
  
- *Posters*
  - [Fruit seasonality poster](#)
  - [Vegetable seasonality poster](#)
  - [Rainbow Eat Brighter LiveLighter poster](#)
  - [Green Eat Brighter LiveLighter poster](#)
  - [Orange Eat Brighter LiveLighter poster](#)
  - [Purple Eat Brighter LiveLighter poster](#)
  - [Red Eat Brighter LiveLighter poster](#)
  - [White Eat Brighter LiveLighter poster](#)

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### Other suggested resources:

- [Australian Dietary Guidelines](#)
- [Eat for Health](#) – The 5 food groups
- [Healthier. Happier Queensland](#)

## ORDERING LIVELIGHTER<sup>®</sup> RESOURCES

LiveLighter<sup>®</sup> resources and merchandise can be ordered for free within WA using the following link: <https://livelighter.com.au/order/Resources>

## PRINTING PRESENTATION SLIDES WITH SPEAKERS' NOTES

You may find it useful to print off the PowerPoint presentation with the speakers' notes included.

If you are unsure of how to do this, please follow the steps included in this link: <https://support.office.com/en-us/article/Create-and-print-notes-pages-324b234d-83b6-4db1-8bb6-9ee5c934a76f>

## EAT BRIGHTER LIVELIGHTER<sup>®</sup> IMPORTANT INFO

### Key messages of this presentation

- At least 2 serves fruit and 5 serves of vegetables are recommended every day for good health
- When you think fruit and vegetables, think colour instead! The more colour in your meals, the more fibre, vitamins, minerals, phytochemicals (nutrients naturally present in plants) and antioxidants you will consume. These are all essential for a healthy body.
- Consumption of fruit and vegetables plays an important role in achieving and maintaining a healthy weight and can help reduce the risk of chronic disease

### What is Eat Brighter LiveLighter<sup>®</sup>?

Eat Brighter is a sub-campaign of LiveLighter<sup>®</sup> and focuses on encouraging people to add more colour to their diets by increasing their intake of fruit and vegetables.

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## Why talk about fruit and vegetables in terms of colour?

When you think fruit and vegetables, think colour instead. By adding more colour to meals, the more fibre, vitamins, minerals and antioxidants you will consume. These are all essential for a healthy body.

## The benefits of fruit and vegetables

Eating more fruit and vegetables may be the single most important dietary change needed to improve health, protect against a number of diseases and help maintain a healthy weight.

A lifetime habit of eating fruit and vegetables every day can help prevent:

- Coronary heart disease
- Some cancers
- Overweight and obesity
- Constipation

It can also reduce blood pressure and blood cholesterol levels and improve control of type 2 diabetes.

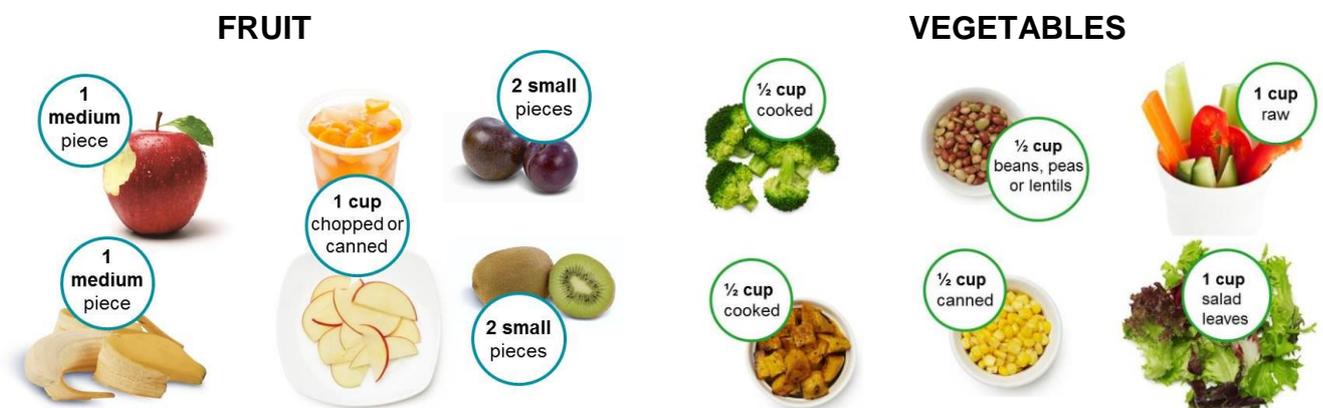
All fruit and vegetables, with the exception of olives and avocados (they are high in fat but still offer nutrients), are low in energy and fat. They contain an array of vitamins and minerals, phytochemicals (nutrients naturally present in plants), and antioxidants that are linked to the protection against certain chronic diseases.

Fruit and vegetables are also high in fibre. Fibre is important for bowel health and helps us feel full without eating too many kilojoules.

## Recommended fruit and vegetable intake

The Australian Dietary Guidelines recommend that adults eat at least 2 serves of fruit and 5 serves of vegetables per day.

One serve of fruit and vegetables is equal to:



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When it comes to fruit, some things to keep in mind:

- Dried fruit (30g) counts as a fruit serve but should be limited due to its high sugar content
- Opt for canned fruit in juice – not syrup
- ½ cup (125 mL) of 100% fruit juice counts towards your fruit intake but should only be consumed occasionally as it is high in sugar and lacks fibre

### The reason to eat colours

The different colours of fruits and vegetables tend to correspond to different combinations of nutrients and phytochemicals. Eating plenty of fruit and vegetables in all the colours of the rainbow will provide a great mix of all the nutrients needed to promote good health.

Colour	Benefits	Fruit examples	Vegetable examples
<b>Green</b>	<ul style="list-style-type: none"> <li>• Contain a range of phytochemicals including carotenoids, flavonoids, indoles (in Brassicas like cabbage and broccoli) and saponins.</li> <li>• Leafy greens also contain folate, an important B-group vitamin</li> </ul>	<ul style="list-style-type: none"> <li>• Kiwi fruit</li> <li>• Honeydew melon</li> <li>• Green apples</li> <li>• Green grapes</li> <li>• Green fig</li> <li>• Feijoa</li> <li>• Lime</li> <li>• Green pear</li> </ul>	<ul style="list-style-type: none"> <li>• Spinach</li> <li>• Broccoli</li> <li>• Asian greens</li> <li>• Celery</li> <li>• Green capsicum</li> <li>• Cabbage</li> <li>• Asparagus</li> <li>• Savoy cabbage</li> <li>• Brussel sprouts</li> <li>• Peas</li> <li>• Silverbeet</li> <li>• Spring onion</li> <li>• Cucumber</li> <li>• Artichoke</li> <li>• Avocado</li> <li>• Lettuce</li> <li>• Zucchini</li> <li>• Chinese cabbage</li> <li>• Endive</li> <li>• Green herbs</li> <li>• Kale</li> <li>• Okra</li> <li>• Watercress</li> <li>• Green beans</li> </ul>
<b>Reds</b>	<ul style="list-style-type: none"> <li>• Contain antioxidants like anthocyanins, lycopene and flavanols</li> </ul>	<ul style="list-style-type: none"> <li>• Strawberry</li> <li>• Red apples</li> <li>• Pink grapefruit</li> <li>• Red watermelon</li> <li>• Pomegranate</li> <li>• Red grapes</li> <li>• Rhubarb</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Red onions</li> <li>• Red capsicum</li> <li>• Radish</li> <li>• Red cabbage</li> <li>• Red chillies</li> <li>• Red kidney bean</li> </ul>

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		<ul style="list-style-type: none"> <li>• Cherries</li> <li>• Raspberry</li> <li>• Guava</li> <li>• Red plum</li> <li>• Tamarillos</li> </ul>	<ul style="list-style-type: none"> <li>• Red skin potato</li> <li>• Red skin sweet potato</li> </ul>
<b>Oranges &amp; Yellows</b>	<ul style="list-style-type: none"> <li>• Carotenoids (beta-carotene, lutein, zeaxanthin) give this group their vibrant colour. Folate, potassium and vitamin C are also often found in orange and yellow fruits and vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Orange</li> <li>• Mango</li> <li>• Pawpaw</li> <li>• Apricot</li> <li>• Golden kiwi fruit</li> <li>• Lemon</li> <li>• Mandarins</li> <li>• Peaches</li> <li>• Persimmon</li> <li>• Pineapple</li> <li>• Rockmelon</li> <li>• Tangerines</li> <li>• Yellow watermelon</li> <li>• Yellow skin apples &amp; grapefruits</li> </ul>	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Pumpkin</li> <li>• Orange sweet potato</li> <li>• Orange lentils</li> <li>• Orange &amp; yellow capsicum</li> <li>• Sweetcorn</li> <li>• Yellow tomato</li> <li>• Squash</li> <li>• Yellow potatoes</li> </ul>
<b>Blues &amp; Purples</b>	<ul style="list-style-type: none"> <li>• The purple-blue hue shows the presence of anthocyanin, an antioxidant. Although there aren't many purple vegetables, they are rich in flavonoids</li> </ul>	<ul style="list-style-type: none"> <li>• Blueberries</li> <li>• Blackberries</li> <li>• Mulberries</li> <li>• Purple figs</li> <li>• Raisins</li> <li>• Prunes</li> <li>• Black grapes</li> <li>• Plums</li> <li>• Black &amp; purple grapes</li> </ul>	<ul style="list-style-type: none"> <li>• Eggplant</li> <li>• Purple cabbage</li> <li>• Purple/red onion</li> <li>• Beetroot</li> <li>• Purple flesh potato</li> <li>• Purple cauliflower</li> </ul>
<b>Whites &amp; Browns</b>	<ul style="list-style-type: none"> <li>• White fruits and vegetables contain a range of health-promoting phytochemicals such as allicin (found in garlic), anthoxanthins</li> <li>• Some members of the white group, such as bananas and potatoes, are also a good source of potassium, vitamin C, folate, niacin and riboflavin</li> </ul>	<ul style="list-style-type: none"> <li>• Bananas</li> <li>• Brown pears</li> <li>• Dates</li> <li>• Nashi pears</li> <li>• Parsnips</li> <li>• White nectarines</li> <li>• White peaches</li> <li>• Lychee</li> <li>• Longans</li> <li>• Dried fig</li> <li>• Dried raisins or sultana</li> </ul>	<ul style="list-style-type: none"> <li>• Cauliflower</li> <li>• Celeriac</li> <li>• Daikon radish</li> <li>• Fennel</li> <li>• White salad onion</li> <li>• Swede</li> <li>• Garlic</li> <li>• Brown onions</li> <li>• Taro</li> <li>• Water chestnuts</li> <li>• White beans</li> <li>• Shallots</li> <li>• Brown beans</li> <li>• Jerusalem</li> <li>• Artichoke</li> <li>• Chives</li> </ul>

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			<ul style="list-style-type: none"> <li>• Leeks</li> <li>• Mushrooms</li> <li>• Ginger</li> <li>• White flesh potatoes</li> <li>• turnips</li> </ul>
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**Is there a difference between fresh, frozen and canned fruit and vegetables?**

When available and in season, fresh fruit and vegetables are ideal. The good news is that frozen and canned varieties can be just as nutritious as their fresh counterparts and may work out to be cheaper. If buying canned or frozen fruit and vegetables, check the ingredients list for any added salt and sugar as some brands may add these ingredients to improve the taste. When buying canned fruit, choose fruit in natural juice rather than in syrup.

**Should I take a fruit and vegetable/multivitamin supplement?**

Eating a variety of nutritious foods every day, as recommended by the Australian Guide to Healthy Eating, is the best way to get the nutrients needed for good health.

Dietary supplements are products that contain a specific ingredient, or mix of them, that are designed to boost your nutritional intake. Several examples include vitamin, mineral and herb powders, liquids and/or capsules.

Supplements should not be taken to replace a nutritious diet but may help some people meet their requirements for various vitamins and minerals. It is always best to speak to a professional if you are unsure.

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