

Note to self

Struggling to shift the kilos? Then get stuck into Australia Healthy Weight Week from January 22 to 29 – there are events during the week, or try the 10 Week Challenge! Visit healthyweightweek.com.au for more information.



Healthy SWAP

Finish off your dinner sweetly, not sinfully...

A cheese plate with crackers and figs (3370kJ)

SWAP



A fresh fruit platter (782kJ)

FOR



SAVE 2588kJ



Sneaky health short cut

Are you the one in three Australians who struggles to get a good sleep? If so, salvation's at hand with the new NightWave Sleep Assistant (above). It helps you slow your breathing with its softly pulsating blue light – just project against a ceiling or wall and you'll be lulled into a deep, relaxing slumber. Go to nightwave.com.au for more information.

What's your cholesterol IQ?

We debunk some myths about your heart health...



- Only middle-aged people and the elderly have high cholesterol

False. The general rule is that after your 20th birthday, you should get your cholesterol checked once every five years.

- All cholesterol is bad

False. HDL is a healthy or 'good' cholesterol that carries excess cholesterol away from artery walls. It's only a problem if you have high levels of LDL, the 'bad' cholesterol.

- Cholesterol levels of below 5.5mmol/litre are fine

True, as long as you have no other risk factors. If there are other cardiovascular risk factors or disease, the aim for the LDL levels would be less than 2.5mmol/litre.

- Eating less dietary cholesterol will lower my cholesterol

True, partly. To reduce cholesterol, you need to eat less than 300mg of dietary cholesterol daily, which is found in animal fats.