

Nutrition in the Media.

In October last year, Catalyst aired a controversial series “The Heart of the Matter”. It challenged the current, medical management of high cholesterol and heart disease. This series caused outrage in the medical and dietetic world. It blatantly disregarded the vast majority of high quality research and experts in the field. As evidence based practitioners we must rely on the **majority of high quality** evidence to dictate our treatment.

Based on the current research we recommend limiting your saturated fat intake (visible fat on meat, skin of chicken, baked goods, take away foods, butter and lard) and replacing it with unsaturated fats (fish, nuts, avocado and oils). We also recommend a diet high in fibre and undertaking regular exercise to optimise your heart health.

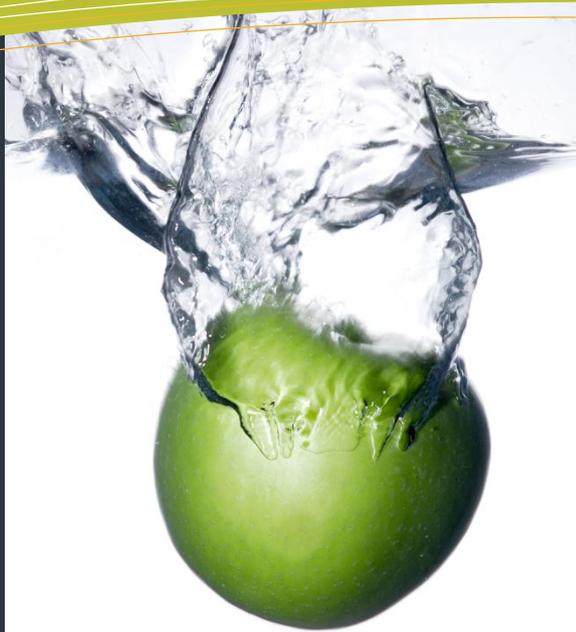
Following this program, the heart foundation released a position statement outlining their stance on the matter:

<http://www.heartfoundation.org.au/SiteContent/DocumentDocuments/Heart%20Foundation%20recommendations%20of%20dietary%20fats%20-%20FINAL%20WEBSITE.pdf>

Media Watch also raised some serious doubts about the quality of the journalism on this program:

<http://www.abc.net.au/mediawatch/transcripts/s3888657.htm>

We believe the information provided on this program is dangerous and could lead to preventable deaths. As always, speak with your GP before making any changes to your medications.

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Welcome to the new Healthier you Newsletter.

Welcome to the first edition of the Healthier You newsletter. This will be a free, quarterly newsletter keeping you updated on the latest nutrition research, new food products and special deals and events at healthier you.

2013 Recap

2013 was a busy year at *Healthier You*. We expanded our practice locations to include Mt View Medical Centre in Laureiton and Greenmeadows Medical Centre in Port Macquarie. We also leaped into the online world with the launch of our new website, Facebook and Twitter accounts.

The aim of our website and social media sites is to provide ongoing support to our clients BETWEEN appointments. It can be a point of contact for any queries or concerns. It can also provide some great resources including new product information, healthy recipe ideas and information about the latest nutrition research.

To make the most of our service:

Check out our website at www.healthieryou.com.au

Like us on facebook “Healthier You Dietetics”

Follow us on Twitter @PortDietitians



Food of the month

Chic Nuts



What is it?

Roasted Chickpeas

Why we love it.

- High protein, high fibre snack to keep you fuller for longer
- Low in saturated fats
- Handbag/schoolbag safe. (Convenient and non-perishable).
- Gluten free, lactose free, nut free
- Delicious!

The downside

These snacks have more salt than we'd like. Stick to a no added salt diet and avoid excessive intake of fast foods and you can still stay under the recommended limit.

Where can you find it?

Health food section of Woolworths



Feature article: Lose Weight and Feel Great

By Peter Clark
Accredited Practicing Dietitian

Remember when you were a kid growing up? You ate a hearty breakfast, fresh fruit and sandwiches at school, you played in the backyard afterwards and ate a small meal at night. You only drank water. And the overweight

kid at school was the exception, not the norm. Well things are different now!

According to the latest Australian Bureau of Statistics data, about 2/3 Australians are now

overweight. The number of overweight women has doubled in the last 20 years. It is not just adults: 1/5 children who start school are overweight.

Why does weight matter?

The heavier you are, the greater the risk of chronic illness. You can be 1-3 times more likely to suffer from various illnesses including diabetes, coronary heart

disease, stroke, disrupted sleep, breathlessness, arthritis, joint pain, gout or reproductive problems. These conditions can create pain and reduce your quality of life. Eventually, they can lead to an early death. So

Height	Healthy Weight
146cm (4'10)	43 - 53kg
150cm (4'11)	45 - 56kg
152cm (5'0)	46 - 58kg
155cm (5'1)	49 - 61kg
160cm (5'3)	51 - 64kg
162cm (5'4)	53 - 67kg
166cm (5'5)	55 - 69kg
170cm (5'7)	58 - 72kg
172cm (5'8)	59 - 74kg
176cm (5'9)	62 - 77kg
180cm (5'11)	65 - 81kg
184cm (6'0)	68 - 85kg

Weight ranges are based on BMI. This may not be an appropriate measure for everyone. Please speak to your GP or dietitian about your healthy weight.

keeping your weight in the normal range is a good idea.

Here are some strategies to help get your weight into the healthy range:

Eat a wide variety of nutritious foods.

Eat bread/cereals, meat/alternatives, dairy products and fruits and vegetables.

Reduce fat in the diet.

Use low fat dairy products, trim the fat from meat, take the skin off chicken and reduce the size of the meat in your main meal.

Reduce sugar and salt.

Avoid adding these either to meals in cooking or when served. The less of both you have, the less you need.

Choose high fibre foods.

They fill you up and keep your bowels regular. They can also help lower your cholesterol. Use whole meal or multigrain breads, high fibre breakfast cereals, brown rice or pasta and plenty of vegetables in your diet. Aim to have 5 serves of vegetables and 2 serves of fruit every day

Drink plenty of water.

Most people need between 6-8 glasses of water (about 2.0lt/day). Often the feeling of hunger can be thirst and a good glass of water when you are hungry makes you feel full

Slow down when you eat.

Aim to chew each mouthful 30 times and put your knife and fork down between bites. You will digest your food more effectively and may feel fuller on less food

Eat small amounts of foods regularly.

Aim to have breakfast, lunch and an evening meal and 2-3 snacks each day. Ensure the meal size at night is not too large

Do some regular exercise:

Aim for 30 minutes/day. Walking is one of the best exercises. It costs nothing and helps burn some calories

EYE ON IT

Current Nutrition Trends

5:2 diet

What is it?

A diet involving 2, consecutive, very low calorie days (500 calories). The other 5 days involve a Mediterranean style diet rich in fruit, vegetables, lean meats and fish, and wholegrains.

The positives

Short term (6 month) studies show significant weight loss results as well as improvements in insulin levels and cancer markers.

The negatives

No long term studies have been conducted. We do not know if this is a sustainable diet and if there are any negative, long term side effects.

Our view

The weight loss results achieved on this diet were no more than traditional, well balanced, calorie restriction diets. We are skeptical if weight loss achieved from this type of restrictive regime is sustainable in the long term. When it comes to the crux, it's hard to beat a well balanced diet with a variety of food from all core food groups and remember... everything in moderation. We recommend speaking with your GP or dietitian before embarking on ANY type of diet.

Recipe of the month – Quinoa Salad

Ingredients:

- 2 cups water
- 150g quinoa
- Olive oil
- 2 bunches asparagus
- 100g baby rocket leaves
- Small tin baby beets
- 1 mango peeled and chopped
- 75g reduced fat feta cheese
- 40g sunflower seed kernels
- 4 shallots, trimmed, thinly sliced
- 2 tbs chopped parsley
- 1.5 tbs lemon juice
- 2 tsp honey
- 2 tsp olive oil
- 1 tsp sweet paprika

Method

1. Combine water and quinoa in a saucepan and bring to boil. Cover and simmer for 12min or until liquid is absorbed. Set aside to cool
2. Microwave asparagus for 4min on low or to your liking. Cut cooked asparagus stems into 4 pieces
3. Combine rocket, asparagus, baby beets, mango, feta, seeds and shallots.
4. To make dressing, whisk lemon juice, honey, oil and paprika in a small bowl until well combined.
5. Enjoy!





Supermarket tours.

Supermarket aisles can be a confusing and intimidating place. This year, Healthier You will be running fortnightly supermarket tours to help you plan your shopping, improve your label reading skills, and outwit the cunning, marketing tricks.

The tours will involve a brief introduction and label reading overview, a wander through the supermarket looking at and comparing different products and a healthy morning tea to finish things off.

Upcoming Events

• Supermarket tour

Who: First in, first served. We will take *8 people* per group. Speak to reception to book your spot.

Where: Meet at *59 Lake Rd* Port Macquarie.

When: Tours will run fortnightly at 10am from *Fri 21st March*.

Cost: \$20 per person

• Seniors Lifestyle Expo

Come and check out our stall at the expo.

When: Monday 17th March 2014. 9am-3pm

Where: Panther (Settlement City) Bay St Port Macquarie

Cost: Free

• Peter's next radio interview

Where: Tune into ABC local radio 92.3FM

When: 3rd Wednesday of each month at 10.30am

• Q and A

In future editions of our newsletter, we will include a Q&A section. If you have any questions about food, nutrition and health, email us at admin@healthieryou.net.au.



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