

National Nutrition Week

October 2015

'Pick Right, Feel Bright!'

Do you eat 5 serves of vegetables and 2 serves of fruit every day? According to Nutrition Australia 95% of Australian's are not eating enough fruit and veg.

Why is it important?

Fruit and vegetables are packed with essential vitamins, minerals to protect against disease and keep your body functioning, they're also packed with fibre to help keep you regular. Plus, they play an integral role as part of a balanced diet in weight, cholesterol and blood pressure management.

How can you increase your serves?

Challenge your family to 'Try for 5' and tally up how many serves of vegetables you can fit into your day.

- Try using zucchini pasta instead of regular spaghetti with your bolognaise
- Grate carrot and zucchini in your burger patties
- Use raw veg sticks (i.e. carrot, cucumber, celery, capsicum) as a healthy snack. Pair with salsa/light cream cheese or hummus for extra flavour.

Working with the seasons: Spring Vegetables

- Artichokes
- Chinese greens
- Beetroot
- Mushrooms
- Cucumber
- Asparagus
- Broccoli
- Hass avocados

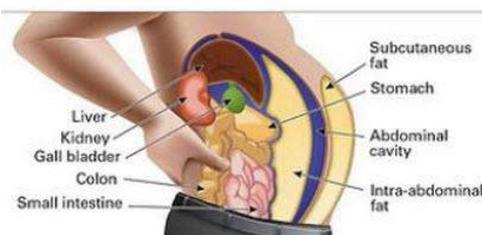
Check out Nutrition Australia's website 'Eat Right, Feel Bright' for more clever recipe ideas.

**Updates for 2015****Further advancements in BIA****Have you been on the BIA machine at Healthier You?**

This advanced technology allows us to go beyond general weight measurement and waist circumference and determine your individual body composition (skeleton, muscle mass, water and body fat). This gives us a better picture of your overall health and can assist us develop realistic goals and strategies.

What has changed?

We already know that reducing body fat; particularly abdominal fat is one of the most important elements in improving your health. **Our new machines** offer an additional analysis of our **visceral fat** – (shown in the picture below). Visceral fat refers to the fat surrounding our key organs. Like abdominal fat this represents a very important aspect in improving your health and managing risk factors/disease states.

The DANGERS of Visceral Fat**This issue**Updates for 2015 **P.1**Feature Article: Myths and Realities **P.2**Lentil and feta-stuffed vegetables recipe **P.3****Exciting media launch****Are you following us on Facebook?**

Now featuring daily updates with healthy tips, recipes and evidenced based dietary advice. Click on the link below -

<https://www.facebook.com/healthieryoudieteticsportmacquarie>

Plus check out our fresh, new website

<http://healthieryou.net.au/>

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Food of the month



What is it?

Why we love it.

- Portion controlled serve (22g sachet)
- High protein, high fibre snack to keep you fuller for longer
- Low in saturated fats
- Handbag/schoolbag safe. (Convenient /non-perishable).
- Gluten free/ nut free
- Scrumptious!

The downside

None! Just make sure to keep to a portion controlled sachet!

Where can you find it?

Woolworths (muesli bar isle)

IGA (muesli bar section)

Feature Article: Myths and Realities – Young Lady, Old Lady or Both

By Peter Clark
Accredited Practicing Dietitian

We all have our beliefs about how our diet impacts our health. Some of our beliefs are based on facts. But sometimes the “facts” as we see them, may not be based on reality. And sometimes, it depends on how you see the information. Look at the picture below. Do you see the old lady or the young lady?

Depending on how you see the world determines whether some of your beliefs are myths or realities.

1. “I have heart disease so I cannot eat eggs”

a. FALSE - The National Heart Foundation last revised its position on eggs in 2009. It now says “all Australians who follow a healthy balanced diet low in saturated fat can eat up to six eggs each week without increasing their risk of heart disease.” (1)



2. “Vegetable oil contains no cholesterol”

a. TRUE – Cholesterol is found in animal products, such as dairy, meat and eggs etc. It is not found in food products made from plants. As such, vegetable oils do not naturally contain cholesterol. Our blood cholesterol levels are much more influenced by the amount of saturated fat in our diet, rather than the amount of cholesterol in food.

3. “Skim fat milk has less calcium than full cream milk”.

a. FALSE – Most lower fat milks have reduced the fat content without significantly impacting the calcium level. In fact, some skim milks have more calcium than the full cream (2). A cup of milk (250ml) should contain approximately 300mg of calcium. Lower fat milks are better for our overall weight and heart health.

4. “Gourmet salts are lower in sodium and better for me”

a. FALSE - By weight, gourmet salts have about the same sodium as table salt. We get about 75% of our total salt intake from processed and prepared foods (not the salt shaker) like soups, condiments, mixes, cheeses, and canned goods. Where ever possible, avoid adding extra salt to foods. Add flavour with pepper, herbs, and spices instead (3).

5. “Healthy food diets cost less than a diet of convenience/take away foods”

a. TRUE – According to a 2010 study (4), a diet of convenience foods was 24% higher in price than the healthy diet. They concluded: “Diets based heavily on foods from convenient sources are less healthy and more expensive than a well-planned menu from budget foods available from large supermarket chains”

So how did you go? Depending on your paradigms you may have got no correct answers or only a few correct. You might only be able to see the young lady or the old lady. But if you take a full perspective and open your mind more, you get a fuller picture. Ask your Doctor or your Dietitian about the things you are unclear on. And in doing so, you might be able to see both the young lady and the old lady.

Recipe of the month –Lentil and feta stuffed vegetables

Serves: 4

Time to make: 50mins

Cost: Approx \$5/serve

Ingredients:

- 4 large tomatoes, halved
- 2 large zucchinis, halved
- 2 cups cooked brown rice
- 400g can brown lentils, rinsed, drained
- 4 green onions, white part only, finely chopped
- ¼ cup currants
- 2/3 cup (100g) reduced-fat feta, crumbled
- ¼ cup chopped fresh mint
- 2 tbs chopped flat-leaf parsley
- 1 tsp ground cinnamon
- 2 red capsicums, halved, seeded
- Cooking oil spray
- 4 cups rocket to serve

Nutrition Information: Per Serve

Energy	1370
Calories	327
Protein	18g
Fat	6.2g
-Saturated	2.6g
Carbohydrates	45g
Dietary Fibre	9.5g
Sodium	497mg
Calcium	253mg
Iron	4.4mg



Method

1. Preheat oven to 180C. Line a large baking tray with baking paper. Scoop out tomato flesh, juice and seeds (reserving ½ cup juice), leaving a 1cm border. Please tomatoes cut side down on paper towels for 5 minutes to drain, Using a teaspoon, scoop the flesh out of each zucchini half, leaving a 1 cm border.

2. In a large bowl, combine rice, brown lentils, green onions, currants, feta, mint, parsley, cinnamon and researched tomato juice.

3. Place tomatoes, zucchini and capsicums cut side up on baking tray. Fill each one with the rice mixture and spray lightly with oil. Roast for 25-30minutes, or until vegetables are tender (but still hold their shape). Serve immediately, with rocket.

Recipe courtesy of Healthy Food Guide.

<http://www.healthyfoodguide.com.au/recipes/2010/october/lentil-and-feta-stuffed-vegetables>

EYE ON IT Current Nutrition Trends

- Liquid meal replacements

What are they?

A popular alternative to traditional wholefood diets to fast track weight loss. Endorsed by celebrities around the world there are now countless brands on the market with differing nutrition profiles. Hence, care must be taken to identify the appropriate dietary choice for you.

The Positives?

- Rapid, short term weight loss - may be advised prior to major surgery to reduce weight quickly.
- Portion controlled, convenient option for one off meal replacements on the run.
- Initial short term use (1-2 meals/day) may assist to reduce overeating.

The Negatives?

- Nutritional inadequacy when consumed alone.
- Many people regain weight without ongoing advice from a Dietitian.
- Limited evidence to support long term, sustained weight loss.
- Expensive packages
- Reduced pleasure at meal times.
- Liquid form can lead to excessive energy intake and unwanted weight gain long term.

Our view?

A balanced, healthy diet made up of wholefoods is the preferred method to achieve sustained, long term weight loss and improved risk factors/ disease states.

We recommend consulting with us before including liquid meal replacements in your diet.