

Welcome

Welcome to the Autumn edition of *Nutrition News*.

In this edition, we analyse Simplot employee Danielle's food and fitness diary, then have our dietitian Shelley Dillon revamp her routine.

We go global with our story on tasty and healthy international meal alternatives.

Finally, in our regular 'Nutrition Watch' feature, we update you on the latest and greatest goings-on in the world of nutrition and health.

We would love to hear from our readers. Please email us with your thoughts and any topics you would like us to cover or any questions you have.

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Ask the Diet Doctor

Danielle is a Food Technologist with the Quality and Innovation team at Simplot's Chifley Park site. She is 27 years old, and has a busy lifestyle both in and outside work. She loves food and cooking, and considers her biggest dietary downfall to be her 'daily 3pm sugar and salt cravings'. She would also like to do more physical activity, but feels that time is a barrier.



DANIELLE'S TYPICAL DAILY DIET & EXERCISE

BREAKFAST Vitabrits and milk

SNACKS 1 banana, 1 mini chocolate bar, 1 cheese slice, 3 biscuits

LUNCH Vegemite sandwich or pasta with a tomato-based sauce

DINNER Chicken or fish with vegetables and chips

DESSERT
1 scoop ice cream

DRINKS 3 x green tea, 600 ml water, 1 glass wine

EXERCISE None

THE DIETITIAN'S VERDICT

The Good

Danielle has some great eating habits that she should maintain. She eats regularly throughout the day, which helps sustain energy levels. And her diet also provides adequate amounts of dairy foods—important sources of calcium, protein, riboflavin and vitamin B12.

Danielle's typical daily diet also provides enough meat, which is a good source of protein, niacin, iron and vitamin B12. However, Danielle tends to eat mainly chicken and fish, so it would be a good idea for her to include lean red meat or high iron alternatives such as legumes in her diet about 3-4 times a week to ensure that she is getting enough iron.

The Bad

Vegies, fruit and cereals are great sources of vitamins, minerals and fibre. These foods should make up about two thirds of your diet. Danielle's typical daily eating pattern does not provide enough of these important foods. She should aim to at least double the amount of foods that she eats each day from these groups.

Danielle should also try and drink 8 glasses of fluids every day. The good news

is that she is not far off this target. Another positive is that she drinks mainly water, which contributes no excess kilojoules, and green tea, which is a rich source of antioxidants. The bad news is that although it is fine to drink one glass of wine each day, alcohol does not contribute to your daily fluid requirement.

The Ugly

Danielle hit the nail on the head when she described her urge to snack on sugary and salty foods in between meals as her biggest downfall. Foods like chocolate, sweet biscuits, ice cream, chips, butter and margarine typically contain high proportions of saturated fat and/or salt, which can increase risk of heart disease when eaten in excess. Adults should eat no more than 3 serves of these 'extra' foods each day.

Exercise is key to good health and weight management. Just 30 minutes of moderate-intensity activity each day is all that is needed. Danielle says that time is her biggest barrier to exercise. An easy way to boost your physical activity is by incorporating it in everyday activities—things like using the stairs at work, going for walks at lunchtime, or doing some gardening at home.



Go global and get healthy!

When it comes to cuisine, Australian tastes are truly international. Nowadays, the traditional Aussie meat pie and sauce competes with a bevy of ethnic taste treats from around the globe for a place on Aussie dinner plates. From borsch to bolognese, fried rice to fajitas, tiramisu to tepanyaki, we take a look at some healthier ways to enjoy your favourite international dishes.

Chinese

Chinese meals generally feature rice, stir-fried meat, vegetables and savoury sauces, but unfortunately they also tend to contain lots of salt. One Chinese meal can provide more than your entire day's requirement for sodium!

The good news for Chinese food lovers is that Chinese meals tend to be better for you than most other take-away options, as they generally feature lots of vegetables and leaner cuts of meat.

Here are some tips to make your next trip to your local Chinese take-away a healthier one:

- When choosing an appetiser, skip the spare ribs and prawn crackers—they are loaded with saturated fat and sodium, which are bad for your cardiovascular system. Try the rice paper rolls instead!
- Avoid deep-fried and battered dishes like spring rolls and lemon chicken.
- You can still enjoy dim sims, but go for steamed ones instead of fried.
- Most of the salt in Chinese meals comes from their sauces. Order dishes that have only a light sauce, or none at all. And don't add soy sauce at the table.
- Meat in meals is a source of saturated fat. Choose Chinese meals that use less meat (e.g. beef and vegetable stir-fry) or no meat at all (e.g. vegetable and tofu stir-fry).



- To reduce your sodium intake, choose dishes that use ginger, chilli or garlic for flavour rather than soy sauce.

Italian

Italian food is synonymous with pasta. And that's a good thing, because pasta also happens to be low in fat. Pasta sauces, however, can sometimes be a source of hidden fats and sodium.

Follow these tips for healthy eating the Italian way. Buon appetito!

- Avoid excess fat by choosing dishes that use tomato-based rather than cream-based or butter sauces.
- It not just what's *on* your pasta that you have to worry about—it's also what's *in* your pasta! Watch out for ravioli-style pastas filled with cheese or meat.
- Instead of *scaloppini* or *parmigiana* (fried and baked dishes with cheese), try *marsala* or *piccata* (dishes cooked in wine).
- Load your plate with green salad—a healthy Italian staple.

Japanese

If you're looking for a low-fat dining option, then you can't go past Japanese. Japanese dishes generally feature seafood, rice, noodles and vegetables, and rely on cooking techniques that use only minimal amounts of fats and oils. Portion sizes tend to be smaller too.



Like Chinese, watch out for the amount of sodium contained in marinades and sauces.

- Go for sushi! Raw fish done Japanese-style is not just great tasting, it's also good for you.
- Avoid fried dishes like fried rice, tempura and crispy fried noodles. Instead, try dishes that use steamed rice and vegetables, or boiled noodles.

Mexican

Mmmm, Mexican! All that cheese, guacamole, sour cream and corn chips...it's a nutritionist's nightmare! The good news for Mexican lovers is that with a few adjustments here and there, most Mexican meals can be given new, healthier leases of life.

- When making Mexican yourself at home, use salsa or light sour cream and reduced-fat cheese. Avoid store-bought taco seasoning—it is high in sodium. Warm your tortillas in the microwave rather than frying them.
- Stuck for a healthy starter? Try grilled shrimp instead of nachos.
- Avoid fried foods, such as tacos, refried beans and chimichangas. Substitute with soft tacos or quesadillas.
- Instead of a beef burrito, try a fish or bean-filled one.
- Chicken fajitas (marinated chicken grilled with vegetables) are a great lower-fat menu option.



Indian

Indian foods have a healthy edge in that they use herbs and spices for flavour rather than salt. They also tend to feature vegetables more so than red meat.

On the down side, Indian meals are often prepared with ghee (clarified butter), coconut milk and cream, which are high in saturated fat.

- Start out by learning to speak a little Indian. Avoid dishes described as malai (made with cream) or makhani (cooked in butter).
- Stay away from deep-fried breads, samosas and pakoras. Instead, try chapatti or naan breads.
- Instead of *korma* dishes (meat in a yoghurt-cream sauce) try *tikkas* or *tandooris* instead (oven-roasted meats marinated in spices).
- Avoid curries with a coconut milk base, and go for vegetable or lentil-based ones instead.

Greek

We've all heard how healthy the Mediterranean diet is, so surely you can't go wrong at a Greek restaurant? Well you can!

Unfortunately, not all Greek dishes are healthy. Some use lots of olive oil and are high in fat, while ingredients like feta cheese and olives can be high in sodium.

- Although filo pastry is not high in fat in itself, it is often brushed with butter when being prepared, so it's best to avoid filo-based Greek dishes when dining out.
- *Moussaka* is a cheesy beef and lamb casserole. Healthier meaty options include shish kebabs, or fish and chicken pitas.
- Divine as they are, Greek pastries like baklava are also high in fat and sugar.

Chinese Stir-Fry Lettuce Cups



Inspired by the Orient, this mix of chicken mince and vegetables in a satay-style sauce served in crisp lettuce leaves, doesn't just taste great, it's healthy too!

Serves: 4-6
Prep time: 10 minutes
Cook time: 10 minutes

Spray oil
300g chicken mince
2 spring onions, chopped
250g frozen Birds Eye Stir Fry—Thai
2 tbsp water
1 tbsp peanut butter
1 tbsp reduced-salt soy sauce
4-6 large lettuce cups

1. Spray a frying pan with oil and heat. Add the chicken mince and cook until lightly browned, breaking up any large pieces. Add spring onions and stir-fry for 1 minute.

2. Remove chicken and spring onions and set aside. Spray pan with oil again, add Birds Eye vegetables and stir-fry for 3-4 minutes. Stir in water, peanut butter and soy sauce.

3. Return chicken mince and spring onions to the pan and heat for 30 seconds. Spoon into lettuce cups and serve.

For more great recipes: visit www.simplygreatmeals.com.au

Nutrition Information per Serve

Energy 493kJ, Protein 12.0g, Fat 6.3g, Saturated fat 1.6g, Carbohydrates 2.2g, Sugar 2.3g, Fibre 2.3g, Sodium 182mg



Nutrition Watch

What's on *in April*

Great Australian Bite Month (April)

The Great Australian Bite is a community participation event involving people and groups getting together throughout the month of April, sharing a bite to eat and supporting Diabetes Australia by making a tax deductible donation.

www.greataustralianbite.com.au or
1300 136 588

World Health Day (April 7)

'Protecting health from climate change'

"Many of the steps needed to prevent climate change have positive health benefits. For example, increased use of bicycles and public transport instead of cars will reduce greenhouse gas emissions. It will also improve air quality and lead to better respiratory health and fewer premature deaths. The increase in physical activity from cycling and walking may lead to less obesity and fewer obesity-related illnesses". (Source: WHO 2008)

www.who.int/world-health-day/en/

in May

Heart Week (May 4—10)

Two out of three Australian families are affected by heart disease. Heart Week is all about getting parents to get active with their children.

www.heartfoundation.com.au or 1300 36 27 87

Food Allergy Awareness Week (May 11—17)

'Awareness, Avoidance, Action - Knowledge for Life'

www.allergyfacts.org.au or 1300 728 000

Australia's Biggest Morning Tea (May 22)

You can host a morning tea anytime in May in your office, home, school or community centre to raise money for cancer research, education and support services.

www.biggestmorningtea.com.au or 1300 65 65

Diabetes hits an all time high

Alarming, it is believed that 1.4 million Australians have diabetes, a record high.

According to a new report, *Diabetes: Australian Facts 2008* released by the Australian Institute of Health and Welfare (AIHW), 700,000 Australians or nearly 4% of the population had clinically diagnosed diabetes in 2004-05. It is believed that for every known case, there is one unknown case.

An increase in the prevalence of Type 2 diabetes is the main cause of the overall rise. Type 2 diabetes is largely preventable by following a healthy lifestyle to control modifiable risk factors such as overweight and obesity and physical inactivity.

The report also found that diabetes and its complications were treated in over 500,000 hospitalisations in 2004-05, with a direct health-care expenditure of \$907 million.

A full copy of the report can be viewed at:

www.aihw.gov.au/mediacentre/2008/mr20080328.cfm

Australians positive about food safety

Consumer Attitudes Survey Snapshot

The survey commissioned by Food Standards Australia New Zealand (FSANZ) provides an insight into consumer confidence in the food supply as well as food safety and labelling knowledge.

1. Healthy eating ranked fourth (23.4%) after such social issues as drought, household finances and the environment.
2. Overall, 61% of Australians were confident that the food supply as a whole was producing safe food.
3. Fifty one percent of consumers reported having safety concerns about particular types of foods. Fresh fruit/vegetables (24.7%), meat (18.8%) and raw chicken/poultry (17.9%) were the top three types of food of concern.
4. The most commonly referred to label information was the best before/use by date (73.1%), fat content (61.8%) and the country of origin (59.1%).
5. Labels on food packaging (83.5%) were identified as the main source of information on the nutritional content of foods.

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