

Welcome

Welcome to the Summer edition of *Nutrition News*.

In this edition we look at the effect our diet and lifestyle choices can have on the environment. We also take a look at the 'Lemon Detox Diet' and point out the risks.

In our 'Lunch Boxes' article we show you how to pack some nutrition for the kids, and finally we give 10 tips for safe food this Christmas.

Sadly, we say goodbye to Glenys, who is moving onto a new role in the dairy industry. We wish her all the best.

We hope that you have a happy and safe Christmas and an exciting new year!

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Go Green and Get Lean!

Health and body weight are largely determined by the foods we eat and the activities we do each day. However, our diet and lifestyle choices can also have some major environmental consequences through the use of energy, water and chemicals. Here are some tips to help you make the most of your diet and exercise, while reducing the impact of your lifestyle on the environment.

Reduce animal products

Don't worry, you don't have to give up your favourite foods! Dairy and meat can be part of a healthy, environmentally-friendly diet, where moderation is key.

Meat consumption varies greatly across nations. Aussies are amongst the biggest meat-eaters in the world, consuming an average of 110kg per person per year ⁽¹⁾. Researchers at Sydney University have found that to produce a 150g serve of meat (about the size of a small steak) over 200 litres of water may be used and more than 5kg of greenhouse pollution created ⁽²⁾. Most of the water consumed in meat production is used to grow stockfeed and clean abattoirs, whereas greenhouse gas production mainly comes from the belching and farting of livestock, and emissions from haulage, storage and packaging processes.

You can decrease the burden of your diet on the environment by reducing the amount of animal products you consume, and by choosing grass-fed beef instead of grain-fed.

Decreasing the amount of meat you eat may also have benefits for health. Consuming 50g or less of red meat per day may reduce the risk of certain cancers and heart disease ⁽³⁾. Choosing lean meats and reduced-fat dairy in place of full-fat versions also has definite benefits for your waistline!

Choose organic

Organic growers aim to produce foods as 'naturally' as possible. Organic foods are free from synthetic chemicals and genetically modified organisms, and only free-range

livestock are used. Organic farming methods produce less greenhouse gasses than conventional methods and put less strain on our climate.

Recent research has shown that organic food is not only good for the environment, it's good for you too! Organic foods have been shown to contain higher levels of heart-healthy antioxidants and some minerals ⁽⁴⁾.

The best way to consume organic food is to grow your own. Even a small suburban backyard can become a productive fruit, herb and vegetable garden. Growing your own food is also a great way to boost your physical activity: you use more energy planting and picking food than you do simply selecting fruit and veg from a supermarket.



Get on yer bike!

Pollution from cars is a significant contributor to greenhouse gasses. If drivers in NSW and Victoria decreased their road travel by as little as 1 km a day, this would reduce greenhouse emissions by about 700,000 tonnes ⁽²⁾! Using other forms of transport just once a week can make a big difference.

Cycling is a pollution-free alternative to driving that has additional benefits for your health and hip pocket! A 20km round-trip to work each day using a bicycle saves almost \$1000 in transport expenses annually and removes over 300kg of greenhouse pollution from the environment ⁽²⁾.

Regular cycling also reduces the risk of disorders such as heart disease and arthritis and helps maintain a healthy weight. A leisurely 15 minute bike ride burns about 440 kilojoules, or the equivalent of one Tim Tam. And the faster you cycle, the more energy you burn.

References:

1. National Nutrition Survey, ABS, 1995.
2. Australian Conservation Foundation, *Consuming Australia*, 2007.
3. Barry C, Reducing your red meat footprint, *Cosmos Magazine*, 13 Sep 07.
4. Quality Low Input Food Project, European Commission, 2007.



Lemon Detox Diet

Many people are turning to detox diets to get in shape for summer. The lemon detox diet is a popular one on the market but what does it really do to your body?

The bulk of the Lemon detox diet is made up of the detox drink. This is made with hot or cold water, tree syrup, freshly squeezed lemon juice and cayenne pepper or ginger. This is taken as a meal replacement and it's recommended you drink between 6 and 9 glasses a day. It's also suggested to increase normal water intake and that if you like you can also drink the occasional laxative tea such as peppermint tea.

Why Detox?

Detox diets promise to remove toxins from the body with the result that you lose weight, feel healthier and recover from all those other niggling health problems. Advocates say our bodies are continually overloaded with toxins from pollution, cigarette smoke, pesticides, a poor diet, food additives, alcohol and caffeine. They claim that a build up of these toxins can lead to weight gain, cellulite, headaches, dull skin, bloating, fatigue, lowered immunity, aches and pains, and a general lack of wellbeing.

Do we need to detox?

In a word, NO! There's simply no scientific evidence to suggest that our bodies need help to get rid of waste products if we are healthy and there's little proof to support the claims that detox diets work.

In fact, our body has its own detox system - the kidneys, liver and gastrointestinal tract all function to neutralise toxic substances and remove waste from the body.

Strict detox diets followed in the long term, can lead to nutrient deficiencies and associated health problems. For example, by eliminating dairy products from your diet, it's very hard to meet nutrition needs for calcium, a mineral that's needed for strong bones and teeth. And in the long term, a deficiency of calcium can lead to osteoporosis or brittle bone disease in later life.

But do detox diets help you lose weight?

Almost certainly – but this is unsurprising because energy (kilojoule) intakes are usually extremely low. Cutting out major groups of foods such as dairy products, meat and wheat-based foods means you'll slash the amount of kilojoules you have – and only replace a few of these kilojoules with the extra fruit and veg you eat. The amount of weight you can expect to lose will vary according to the severity of the dietary restriction – the more foods that are banned, the more weight you are likely to lose. It's as simple as that.

Any weight loss achieved is usually temporary and is the result of a loss of water as well as fat due to the severe kilojoule restriction. This means you usually put the weight straight back on when you stop the diet.

What are the side effects?

The main problem relates to the fact that detox diets can be short on many nutrients, leading to certain deficiencies and lowered immunity.

Some people experience side effects, feeling tired, sick and headachey. Advocates say this is the result of your body detoxing but in reality, it's usually caused by a lack of food!

Extreme detox diets can also upset blood sugar, potassium and sodium levels in the body, therefore people with diabetes, heart or kidney disease or women who are pregnant shouldn't try them. Children, teens and older adults should also steer clear.

Detox the smart way!

The best way to 'detox' is to limit your exposure to toxins or skip them altogether. Try these tips:

- Don't smoke, and avoid exposure to passive smoking.
- Avoid excessive alcohol (no more than two drinks a day for women or four for men).
- A high-fibre diet (30 to 35 grams per day) will get you regular without resorting to anything radical.
- Try adding one fruit and one vegetable a day until you reach the recommended 2 fruits and 5 vegetables.
- Drink 2 litres of water every day.
- Cut back on caffeine containing foods and drinks including coffee, tea, cola and chocolate.



Healthy Eating = Healthy Body

- Include at least 2 serves of fruit and 5 serves of vegetables per day
- Include lean red meat, poultry, fish, eggs, nuts and legumes,
- Include wholegrain breads and cereals
- Include low fat dairy food or calcium rich alternatives
- Include plenty of water
- Limit alcohol intake
- Limit high kilojoule foods and foods high in saturated fat, added sugar and salt



Lunch Boxes - Pack some nutrition!

The new school year will be here before we know it. You've got the carpooling, homework help and extra-curricular scheduling down to a science, but there's still one area that you need to conquer. When packing your child's lunch box, don't forget to pack some nutrition.

Healthy lunches and snacks are important for active children and help with concentration and learning. The basis of a healthy lunch box is to provide something from each food group of the Australian Guide to Healthy Eating. A healthy lunchbox contains at least two-three serves of breads and cereals, one dairy product, one meat product and at least three fruit and vegetables.



Try these tasty combinations

- Pita wrap (with hommus, grated cheese, carrot, capsicum, snow pea sprouts), frozen milk, plum, raisin bread.
- Homemade pasta salad (with corn, capsicum, shallots and peas), dried apricots, fresh blueberries and wholemeal pikelets
- Double decker sandwich (chicken, mayonnaise, celery and carrot) on three slices of bread, apple and kiwi combo, cheese slice and rice crackers
- Wholemeal bread roll with egg and lettuce, frozen yoghurt, bunch of grapes and a scone
- Vegetable noodle salad, banana bread, frozen milk drink, dried fruit and nut mix.

Add colourful napkins with string or stickers to add more interest into the lunchbox.

Don't forget Food Safety

Lunches need to be packed hygienically in a suitable container. No one likes squashed, soggy or dried up lunch.

- Choose an insulated lunchbox or one with a freezer pack, or include a wrapped frozen water bottle to keep lunch cool.
- During hot weather avoid using milk, yoghurt, fish or meat in lunches unless lunches can be (and will be!) promptly refrigerated at school or are packed in a good quality cooler with an ice-brick. If these foods get warm they can cause food poisoning.
- For more details about food safety at home visit the 'food safety' website: www.foodsafety.vic.gov.au

Drinks

- Water and Milk (Reduced fat where possible) are the best drinks for children. They can be frozen to help keep foods in the lunchbox cool.
- All sweet drinks such as fruit juices, juice drinks, sports drinks, flavoured mineral waters and soft drinks are high in sugar and not necessary. These drinks increase the risk of tooth decay, and may take the place of healthier foods.



Sandwiches

- All bread is good, but wholemeal and wholegrain varieties are the most nutritious with lots of fibre! A huge variety of bread is available, including soy and linseed, wholemeal, multigrain, pita, bagels, baguettes, rye, sourdough, Turkish, and lavish - to name a few.
- For fillings, choose from salad, bean shoots, canned fish, reduced fat cheese, egg, cold lean meat, vegemite or reduced fat peanut-butter. Try to leave off the traditional high fat spreads and spread with a little

mustard, low-fat mayonnaise, ricotta or cottage cheese instead.

Snacks

- Fresh or canned fruit
- Vegetable sticks with dips
- Mixed vegetables such as cherry tomatoes, carrot sticks, cucumber and peas.
- Low fat yoghurt or cheese e.g. cheese stick or slice.
- Muffins with fruit or vegetables e.g. sultana, carrot, zucchini, banana or pumpkin.



For more lunch box ideas visit: www.goforyourlife.vic.gov.au



Nutrition Watch

10 Tips for Safe Food Handling this Christmas

1. Before preparing foods and between handling raw meat or raw chicken wash hands thoroughly with soap and warm water and dry thoroughly.
2. Avoid keeping food in the temperature danger zone between 5°C and 60°C where food poisoning bacteria grow best. Hot foods should be kept steaming hot over 60°C and cold foods refrigerated at or below 5°C .
3. Frozen food should always be defrosted in the fridge or microwave, never on the bench top, unless the manufacturer recommends that you do so.
4. Before preparing food for Christmas make sure that there is enough room in the fridge to keep cold food at or less than 5°C.
5. Prepare foods as close as possible to eating time.
6. Use separate cutting boards and utensils for raw meats and poultry and ready to eat foods.
7. Cook foods properly. All rolled & stuffed roasts, poultry, sausages, mince dishes and liver need to be fully cooked. Steaks, chops and solid pieces of meat can be eaten rare.
8. Refrigerate leftovers immediately after the meal. Always store perishable leftovers in the fridge and use them up within 2 to 3 days.
9. When reheating food ensure that it is steaming hot all the way through (at least 75°C).
10. Your Christmas ham will keep several weeks with proper handling by removing it from its plastic wrap, covering with clean cloth soaked in water and vinegar so it doesn't dry out, following any instructions on the packaging and store it in the fridge below 5°C.

For more information visit: <http://www.foodsafety.asn.au/>

Fact: There are no added hormones in Chicken!

Research by the Australian Chicken Meat Federation (ACMF) has revealed that almost 80% of Australians believe that hormones or steroids are added to chicken to make it grow artificially larger- yet added hormones/steroids haven't been used in chicken production in Australia for over 40 years!

In fact the use of added hormones in poultry has been banned since the mid 1960s. The truth is that we are enjoying plumper and larger chickens thanks to best practice in traditional breeding and continual improvements in how chickens are raised and cared for.

Many of these chicken myths are fuelled by inconsistent advertising for 'hormone free' chicken. In actual fact, such advertising does nothing more than state what all producers do, and relies on consumer's lack of awareness of the fact that no chicken meat in Australia has added hormones.



Christmas Lunch Burners

FOOD ITEM	KILOJOULES (kJ)	EXERCISE
1 glass of champagne (150ml)	406	24 min cycling
1 stubby of beer (375ml)	550	25 min walking
Roast turkey (100g) with gravy	890	48 min swimming
Plum pudding with homemade custard	1511	30 min jogging
1 small handful of mixed nuts	883	40 min singles tennis
50g cheezels or chips	1000	19 min jumping rope

Good news for chocolate lovers!

Studies have shown that dark chocolate has more antioxidants than tea and red wine. A recent study showed that regularly eating dark chocolate can reduce blood pressure and LDL cholesterol!