

Welcome

Welcome to the Winter edition of *Nutrition News*.

Need calcium but hate milk? Our cover article explores alternative calcium sources to dairy foods.

Our feature article focuses on healthier alternatives to meal ingredients like butter, oil and sugar while still maintaining the taste! We also look at cooking methods that you can use to make meals more nutritious.

Check out our *Nutrition Watch* section to stay up to date with upcoming nutrition events and find out what foods are in season and at their best for some delicious winter meals.

We also welcome our newest member to the Nutrition team—Chrystal.

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Calci-YUMMY! Tips to increase your calcium intake

Most people are aware that calcium is important for healthy bones and teeth. It also plays a role in heart and muscle function, transmission of nerve impulses and blood clotting. If your diet is deficient in calcium, your body will start to take it from the bones, causing them to weaken and become brittle. This may eventually result in development of a condition known as *osteoporosis*, where bones become fragile and prone to breakage.

Calcium through the ages



Calcium needs vary throughout life. It is particularly important to have an adequate intake during childhood and adolescence, when skeletal tissue is undergoing rapid

growth. Recommendations for calcium intake are also higher in older age, to compensate for natural losses in bone mass with age.

Need calcium...hate milk?

Dairy foods are the number one source of calcium in Australian diets. Most dairy foods are high in calcium, so achieving an adequate intake is not hard provided that we include these foods in our diets regularly. Two to three serves of dairy are recommended each day.

However, there is a growing number of people within our community who choose not to eat dairy foods for a variety of reasons *e.g.* they may be lactose-intolerant, they may not eat animal products for moral reasons, or they may simply dislike the taste of milk. For these individuals, achieving an adequate calcium intake can be more of a challenge.

How much calcium is enough?

AGE	DAILY REQUIREMENT
Children 1-3	500mg
Children 4-8	700mg
Boys 9-13	1000-1300mg
Boys 14-18	1300mg
Girls 9-13	1000-1300mg
Girls 14-18	1300mg
Men 19-70	1000mg
Men >70	1300mg
Women 19-50	1000mg
Women >50	1300mg
Pregnancy & lactation 14-18	1300mg
Pregnancy & lactation 19-50	1000mg

SOURCE: National Health & Medical Research Council, 2006

Other food sources of calcium include:

Legumes Soybeans, canned baked beans, kidney beans, chickpeas, lentils and other legumes are all good sources of calcium, and have the added benefit of being low in fat and high in fibre.

Tree Nuts Almonds, brazil nuts and hazelnuts are a good source of calcium, however, they are also a source of fat and energy, so should be eaten in moderation.

Fruit and vegetables Leafy green veggies like broccoli, bok choy, spinach and kale contain moderate amounts of calcium, as do oranges and raisins.

Fish Fish with small, edible bones like canned salmon or sardines are a rich source of calcium.

Fortified foods There are a number of non-dairy processed foods available which have added calcium such as tofu, orange juice and breakfast cereal.

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Going healthy– ingredient alternatives

The Australian diet has changed over the years to include more foods than ever before. Australians have diverse tastes and our food choices and product ranges reflect this, however, increased consumption of 'junk' foods has also increased the incidence of nutrition-related diseases such as diabetes and cardiovascular disease. Making healthier eating choices doesn't have to be difficult—simple changes in eating habits can help to reduce the risk of health problems for both you and your family.



Carbohydrates

A healthy diet should include grain-based foods, but not all carbohydrates are equal. Carbohydrates that are easily digested (white bread, sugary soft drinks) may contribute to

a rapid release of glucose into the bloodstream. Over time, this may result in insulin resistance (inadequate production of insulin, or insulin that doesn't work effectively to regulate blood glucose levels) which is a risk factor for development of type 2 diabetes.

Carbohydrates foods that contain bran and germ (giving them a characteristic brown colour) contain more dietary fibre and are digested more slowly by the body, resulting in a slower release of glucose into the blood stream.

Substitute:

- Wholegrain or wholemeal bread for white bread
- Wild rice, brown rice, cous cous or quinoa for white rice
- Wholemeal pasta for regular pasta

Fats

All foods contain fat, even carrots and lettuce! However, it isn't just the amount of fat in foods that can be detrimental to health, it is also the **type**. There are 3 main types of fat; monounsaturated, polyunsaturated and saturated. **Mono–** and **polyunsaturated fats** are considered 'good fats' due to their associated health benefits. They can improve blood cholesterol levels when eaten in place of saturated fat. These types of fat are found mainly in plant foods such as avocado, flaxseed, nuts and also in fish.

Saturated fats are known as 'bad fats' because they contribute to the risk of heart disease by increasing blood cholesterol levels. The main sources of saturated fat in the diet are animal foods (red meat, full-fat dairy), biscuits, pastries and 'fast' foods.

Substitute:

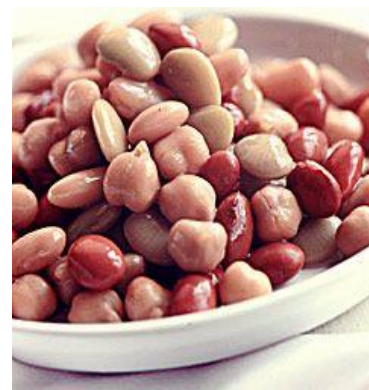
- Instead of frying in butter, use unsaturated cooking oils like canola, sunflower or olive.
- Full-fat dairy products for reduced- or low-fat varieties
- Trim visible fat from meat and remove skin from chicken

Protein

Protein is found in both animal and plant foods and is a valuable source of essential and non-essential amino acids. High protein diets have had some recent media attention as a miracle weight loss solution, however, care should be taken as diets high in processed meats have been associated with an increased risk of colon cancer¹. Care should also be taken in regards to the source of dietary protein: animal proteins can contain high levels of saturated fat (which is bad for your heart), therefore, it is recommended to eat a mix of protein and low- or reduced-fat foods.

Substitute:

- Mince meat/fatty meat cuts for leaner meat, fish, eggs, tofu, chicken, legumes
- Processed meat for a combination of animal and plant protein sources



DID YOU KNOW?
The most nutrient dense source of protein is water-packed tuna, with 80% of its energy as protein.

Handy cooking tips– a direct effect on the nutrition content of your meal

- Use healthier styles of cooking – replace deep-frying with lower-fat methods like stir-frying, grilling, baking, or steaming, and cook using a non-stick pan
- Skim off or drain excess fat from soups or stews prior to serving
- Reduce the need for salt in meals by using herbs and spices for flavour



Mexican-Style Chicken Soup



This recipe is sure to beat the winter blues!

PREPARATION TIME: 5 minutes

COOKING TIME: 10 minutes

SERVES: 4

INGREDIENTS:

1 tablespoon oil
1 clove garlic, crushed
1 onion, finely chopped
2 teaspoons ground cumin
½ teaspoon finely chopped chilli
1 green capsicum, chopped
400g can tomato pieces
420g can Edgell Creamed Corn
3 cups boiling chicken stock
1 cup cooked and diced chicken

INSTRUCTIONS:

1- Heat oil in a large saucepan. Add garlic, onion, cumin, chilli and capsicum and cook for 5 minutes or until vegetables are tender.

2- Pour in tomato pieces, Edgell Creamed Corn, stock and chicken pieces. Simmer for 5 minutes over a medium heat. Season to taste with freshly ground black pepper and serve.

Tip– For an even heartier dish add a 300g can of drained Edgell Red Kidney Beans in at Step 2 with tomato and corn.

Fight off winter colds and flu!

Try these healthy tips to help you cope with the symptoms of the dreaded winter sniffles, and bounce back with a vengeance!

The big C Although vitamin C can't cure a cold or flu, it may help shorten the duration. Vitamin C has been shown to play a role in respiratory system health, so boosting your intake of vitamin C-rich foods like blackcurrants, capsicum, kiwifruit, broccoli, strawberries and citrus fruits may help.

I zinc therefore I am Zinc plays an important role in immune function. Regular intake of zinc-containing foods such as lean meat, shellfish, low-fat dairy products, wholegrains, beans and nuts may help strengthen your immune system to fight off colds before they hit.



Soup it up!

Generations of mums have sworn by chicken soup as a cure for colds and flu. An US study suggests that mum might be on to something. Researchers found that chicken soup has anti-inflammatory properties that may ease the symptoms of chest infections².

Water, water everywhere...

Fluids help keep mucus, and nose and throat linings moist and easy to clear. If you are suffering fever or sweats, you may also need to boost your fluid intake to compensate for losses. Avoid drinking excessive amounts of caffeinated or alcoholic beverages which increase water loss through urination.

Nutrition Watch

What's on?

National Diabetes Week (July 13-19)

Diabetes is an incurable disease. A study in 2005 reported that every day approximately 257 Australian adults develop diabetes, and these numbers are on the rise³. However, many cases of type 2 diabetes can be prevented through healthy eating and exercise.

For more information:

www.diabetesaustralia.com.au

National Healthy Bones Week (August 3-9)

Osteoporosis affects millions of people around the world and can be prevented through consumption of dairy and calcium-rich foods. Adults aged 19-50 years require at least 1000mg of calcium per day to help maintain healthy bones and minimize the effects of natural calcium loss from bones.



www.dairyaustralia.com.au



What are ... Food Miles?

Globalization of the food supply means that Western diets are no longer limited by seasonal availability of foods. Although this may increase consumer's food choices there are fears that the greenhouse gasses generated in the transport of these foods may pose a threat to climate change and may also effect environmental sustainability.

Food miles is a method which has been developed to estimate the environmental impact a food or meal has. It describes the distance a food has traveled from the time it is produced until the time it reaches the consumer.

A recent Melbourne study found that for commonly eaten foods, there is a strong link between the mode of transport and emissions within the Australian food supply. Foods transported using rail networks produced the least greenhouse gas emissions, while those transported using road freight produced the most.⁴

What's in... Season?

Fruit

Apple	Mandarin
Avocado	Nashi
Grapefruit	Navel oranges
	Pear

Vegetables

Asian greens	Leek
Beetroot	Parsnip
Broccoli	Potato
Brussels Sprouts	Pumpkin
Cabbage	Silverbeet
Cauliflower	Spinach
Fennel	Swede
	Turnip

An apple a day keeps the doctor away...



Most people know that apples are good for you but exactly how good are they?

A study in 2004 has found that, not only are apples high in fibre, they may also reduce the risk of some cancers, cardiovascular disease, asthma and diabetes due to their high levels of antioxidants⁵. Another study reported that 100g of apple has the equivalent antioxidant power of 1740mg of vitamin C⁶.

The combined health benefits of apples, as well as their low cost, convenience and availability make this wonder fruit the perfect snack. Not only do they taste great but they really can help keep the doctor away!

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