



Welcome to Facts On Food

Welcome to the April edition of Facts On Food, the Border Dietitians newsletter. This month we think about Easter, and all the food that comes with it, and discuss the enormous amount of food we waste. In the news looks at diet soft drinks and weight loss, and check out the recipe for a healthier version of the humble burger. We bust a nutrition myth about sugar and let you know what fruit and vegies are in season.

Chocolate, chocolate, chocolate...

With Easter fast approaching there seems to be chocolate everywhere, making it a challenging time for those trying to shed some kilos or keep their blood sugar levels under control. It can be too much for our willpower, with Easter eggs, hot cross buns and other tasty treats wherever we look. And this year the Anzac biscuits will be out in full force at the same time! But we have some tips to help you survive Easter without it sending you on a binge. In the end, it is really up to you and what attitude you have.



Decide what you love more – food or yourself. Remember how well you have been doing and how you felt when you have achieved past goals. It is up to you whether you work out how many Easter eggs, hot cross buns and Anzac biscuits you can eat that won't stack the weight on, or if you decide not to indulge at all. You could ask your family and friends to give you something other than chocolate this year, such as a massage or movie tickets. Only you can decide what is best for you. Just don't let Easter undo all your fantastic work. As you can see below, the calories can mount up quickly.

1 mini chocolate Easter egg	85 Calories	= 28 minutes walking
1 Anzac biscuit	120 Calories	= 40 minutes walking
1 Cadbury Crème egg	180 Calories	= 60 minutes walking
1 Baker's Delight hot cross bun	230 Calories	= 1 hour 16 minutes walking
1 small Lindt chocolate bunny	545 Calories	= 2 hours 59 minutes walking
1 Cadbury Trilogy Easter gift box	700 Calories	= 3 hours 53 minutes walking
1 large chocolate bunny	1050 Calories	= 5 hours 44 minutes walking

It is also important to remember to stay active over the holidays, and make sure that if all your plans fail you get back to healthy eating habits and exercise as soon as you can.

Food Wastage – helping the environment, and your wallet

We all throw out leftovers, wilted vegetables, mouldy bread and off milk, but have you ever considered the effects of food wastage? A survey conducted by The Australian Institute found that as a nation, we waste over \$5.3 billion worth of food each year, throwing out the equivalent of 145 kilograms for each person every year! We waste \$1.1 billion worth of fresh fruit and vegetables, \$872 million of meat and fish, \$570 million of breads and cereals, and \$512 million of dairy products. But food wastage isn't just expensive, it has an enormous impact on the environment. All the energy that is spent on growing, harvesting, packaging, transporting, storing

and cooking the food is wasted. This wasted food then ends up in landfill, leading to more methane, a powerful greenhouse gas!



Whilst this may seem like an overwhelming problem, it only takes some planning, correct food storage, recycling packaging and composting food waste. By planning your meals ahead of time, you can check what you have at home and only buy what you need. Freezing leftovers for another meal can help prevent those week old leftovers at the back of the fridge ending up in the bin. Choose foods with minimal packaging and recycle as much as you can. Growing your own vegetables and/or composting your food waste are also great ideas.

For more on food wastage, see <http://www.lovefoodhatewaste.nsw.gov.au/>

In the News – Diet Soft Drinks

Whilst most of us grab the diet coke in an effort to lose some extra kilos, recent research has actually shown that artificial sweeteners contained in diet soft drinks could lower your metabolism and make it harder to lose weight. A study from Purdue University in the USA found that rats fed the artificial sweetener saccharin gained more weight than those given sugar foods.

Although more research is needed, this suggests that artificial sweeteners may actually make it easier to gain weight. It is thought that when we consume artificial sweeteners there is a mismatch between the sweet taste and lack of calories, which can change our brain chemistry and cause us to overeat. So, as the saying goes, everything in moderation, even 'diet' foods.

Recipe – Chicken Burgers

Serves: 4

Ingredients:

400g chicken mince
 1 small carrot, grated
 1 small onion, diced
 1 small zucchini, grated
 1 tablespoon sweet chilli sauce
 2 teaspoons soy sauce
 4 bread rolls, cut in half and toasted
 Lettuce and tomato, to serve
 Sweet chilli sauce, extra to serve



Method:

1. Preheat oven to 180°C.
2. Mix chicken, carrot, onion, zucchini, sweet chilli sauce and soy sauce in a bowl.
3. Divide mixture into 4 portions and shape into patties.
4. Heat fry pan over medium high heat for 2 minutes each side.
5. Transfer patties to a baking tray and bake for 8 minutes or until cooked.
6. Assemble burgers and serve with a side salad.

	Per Serve	Per 100g
Energy	1731 kJ	509 kJ
Protein (g)	27.6	8.1
Total fat (g)	11.6	3.4
- Saturated fat (g)	2.9	0.8
Carbohydrate (g)	46.1	13.6
- Sugar (g)	8.9	2.6
- Dietary fibre (g)	5.8	1.7
Sodium (mg)	889	261

Each serve provides 1 serve of meat/meat alternatives, 3 carbohydrate serves/exchanges and 1-2 serves of vegies.

Facts on Food and Good Nutrition

With so much information out there about health and nutrition, it can be difficult to know which advice to follow. Our Accredited Practising Dietitians (APDs) expose the truth behind a popular nutrition myth.

Myth: Brown sugar is better for you than white sugar.

Fact: There are 3 main types of sugar, 'raw', 'brown' and 'white' sugar. Raw sugar is made by pressing sugar cane, mixing the resulting juice with lime, then evaporating the liquid and separating out the sugar crystals. Raw sugar is brown because of the molasses it contains. To make white sugar, sulphur dioxide is added to the liquid before evaporation to bleach it. Phosphoric acid and calcium hydroxide or carbon dioxide are then added to absorb impurities before the sugar liquid is filtered through a bed of carbon and crystallised in a vacuum. Brown sugar can then be made by adding molasses back into the white sugar.



As brown sugar is essentially white sugar with some added molasses, it is only slightly different from white sugar. It contains small amounts of minerals, including calcium, phosphorus, iron, potassium and sodium, however you would need to make this difference significant to your diet. Raw sugar also contains these minerals, with 187mg calcium, 56mg phosphorus, 4.8mg iron, 757mg potassium and 97mg sodium per cup of sugar, in addition to fewer chemicals being used in its production.

Overall, our choice of sugar is far less important than the amount we consume. Our bodies do not need nearly the amount of added sugar we consume as we can convert carbohydrates in grains, fruit and vegetables into glucose. Whilst choosing raw or brown sugar may provide some extra minerals, we should all be aiming to limit the amount of added sugar we consume.

For more facts on food, visit the Border Dietitians website at www.factsonfood.com.au.

What's In Season?

FRUIT: apple, banana, custard apples, figs, grapes, kiwifruit, limes, nashi, passionfruit, pears, persimmons, quince, rockmelon, watermelon.

VEGIES: asparagus, beanshoots, beetroot, bok choy, broccoli, brussel sprouts, cabbage, capsicum, carrots, cauliflower, celery, fennel, leeks, lettuce, mushrooms, onions, parsnip, potato, pumpkin, shallots, silverbeet, snowpeas, sweetcorn, tomatoes, turnips, watercress, zucchini.

Kerryn, Sally and Gemma

Border Dietitians
452 Swift St, Albury NSW 2640
(02) 6023 4588
www.factsonfood.com.au

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