



Welcome to Facts On Food

Welcome to the August edition of Facts On Food, the Border Dietitians newsletter. This month we celebrate National Healthy Bones Week and think about possible causes of tummy troubles. We look at keeping our bodies hydrated, and check out a delicious recipe for a gluten free breakfast treat. There is a myth to bust about dairy foods, and we let you know what fruit and vegies are in season.

National Healthy Bones Week 2011, 1st to 7th August

Dairy Australia is calling on Australians to 'wake up their bones with breakfast' during National Healthy Bones Week this August. The campaign, which is in its 17th year, educates Australians about the importance of consuming a calcium-rich diet including dairy foods to help develop and maintain strong bones. A new Australian study found that those who skipped breakfast were less likely to consume adequate amounts of dairy foods such as milk, cheese and yoghurt, which are best sources of calcium. Almost one third of Australians over the age of 13 do not eat breakfast every day, which means that they are missing the perfect opportunity to include dairy foods in their diet. Whether it is milk and yoghurt on cereal or in a smoothie, or cheese in an omelette or on toast, breakfast can be a good time to consume 1 of the 3 recommended serves of dairy. One serve of dairy is equal to 250mL milk, a 200g tub of yoghurt or 40g of cheese.



But calcium isn't the only thing needed for healthy bones. Adequate vitamin D intake and weight-bearing activity are also important. Vitamin D is found in small amounts in some foods such as oily fish, egg yolks and margarines, however our bodies also produce vitamin D in our skin on exposure to sunlight. The NSW Cancer Council recommends that people expose their face, hands and arms to a daily dose of sunshine for about 10 minutes in summer, 15-20 min in spring and autumn and 30 minutes in winter, avoiding the peak UV period between 10am-3pm.

For more information on dairy and bone health, visit www.healthybones.com.au.

Self-diagnosis of food intolerances and coeliac disease

Bloating, cramps, wind, constipation, diarrhoea... if you have suffered from any of these on a regular basis it can be tempting to start self-diagnosing irritable bowel syndrome (IBS) or food intolerances. However, self-diagnosis can put your health at risk. Other medical issues can cause similar symptoms to food intolerance or IBS, so it is important to see a doctor and rule these out, and to do so before making changes to your diet.



A recent US study published in the American Journal of Clinical Nutrition (April 2011) showed that people who self-diagnose lactose intolerance may be at increased risk of osteoporosis, diabetes and hypertension. Once lactose intolerance is properly diagnosed, it is important not to simply cut out

dairy products, as you will likely miss out on calcium and other important nutrients. A dietitian can provide information on which foods to avoid and low lactose alternatives, whilst ensuring that you are eating a well balanced diet.

Another study from Australia found that up to 4 out of 5 people with coeliac disease are undiagnosed. Just as with lactose intolerance, it is important to avoid self-diagnosis and keep eating gluten so that your doctor can detect it in a blood test and small bowel biopsy. This will avoid false negative results



and allow for a definitive diagnosis. There is a significant difference between gluten intolerance and coeliac disease, and therefore in how strictly gluten needs to be avoided. For those with gluten intolerance, consumption of gluten can cause gastrointestinal symptoms, however there is no damage to the gut. This means that only eating a small amount of gluten, found in wheat, rye, barley and possibly oats, may not be problematic. In contrast, for people with

coeliac disease, an autoimmune disease, eating gluten not only causes symptoms but also damages the lining of the gut. Strict avoidance of all gluten is needed to reduce the risk of developing health problems associated with coeliac disease, including bowel cancer, osteoporosis and other autoimmune diseases.

So if you have any of the symptoms mentioned, see your GP to rule out anything sinister, then see a dietitian for advice on reducing symptoms whilst maintaining a healthy diet.

In the News – Keeping our bodies hydrated

An article published in the British Medical Journal last month has questioned whether we need to drink eight glasses of water a day to prevent dehydration. Dr McCartney says it is “debunked nonsense”. She writes that whilst people with some medical condition such as kidney stones need to drink more water, there is no convincing evidence for the benefits of drinking lots of water in the general population.

Our bodies require approximately 1.8 to 2.5 Litres of fluid each day to replace fluid losses, however this does not mean you need to drink at least 8 glasses of water a day. Some fluid will come from food as well, with most fruit and vegetables containing 80-90% water by weight. Our requirements will also differ depending on temperature and activity, so the best indicator can be to drink when you feel thirsty. Water is the best choice, and limit high calorie fluids such as sugary soft drinks.

Recipe – Pancakes with ricotta and berries

Serves: 4

Ingredients:

1 cup gluten free self-raising flour
1 tablespoon psyllium husks
1 tablespoon honey
2 teaspoons vanilla essence
3 eggwhites
2/3 cup skim milk
Olive oil cooking spray
200g reduced-fat ricotta cheese
250g strawberries, hulled, halved
150g blueberries



Method:

1. Place honey, vanilla, eggwhites and milk in a bowl. Beat until well combined. Add flour and psyllium. Stir to combine into a smooth batter. Allow to stand for 10 minutes.
2. Heat a frying pan over medium heat and spray with oil. Pour ¼ cup batter into pan. Cook for 1 – 2 minutes or until small bubbles appear on the surface. Turn over and cook for 1 minute. Place pancake on plate. Repeat with remaining batter, using oil to re-grease pan if required.
3. Divide pancakes between 4 plates and top with ricotta and berries.

	Per Serve	Per 100g
Energy	1124 kJ (269 Cal)	425 kJ (102 Cal)
Protein (g)	14.9	5.8
Total fat (g)	5.7	2.2
- Saturated fat (g)	3.0	1.2
Carbohydrate (g)	36.6	14.2
- Sugar (g)	15.2	5.9
- Dietary fibre (g)	6.0	2.3
Sodium (mg)	159	61
Calcium (mg)	197	76

Each serve provides 2.5 carbohydrate serve/exchange, 0.5 serve fruit and 0.5 serve of dairy

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: Milk is high in fat.

Fact: Research has shown that women believe regular milk contains up to 22% fat! The truth is that regular or full cream milk contains only around 3.8% fat. Many women are concerned that eating dairy foods will lead to weight gain because of this overestimation of the fat content of dairy, and tend to cut these foods out of their diets. This is a problem as dairy foods are a major source of calcium in our diet. Studies have actually found that those who have low calcium and/or dairy intake tend to have more body fat and be at higher risk of putting on weight and body fat over time.

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

What's In Season?



FRUIT: Blood oranges, Custard apples, Fuji apples, Grapefruit, Kiwifruit, Lemon, Lime, Mandarins, Nashi, Navel oranges, Pineapple, Rhubarb, Strawberries, Tangelo.

VEGIES: Beetroot, Broccoli, Broccolini, Brown onions, Brussel sprouts, Cabbage, Carrot, Cauliflower, Celeriac, Celery, Chinese greens, Chinese broccoli, English spinach, Fennel, Garlic, Ginger, Jerusalem artichokes, Leeks, Olives, Parsnips, Potato, Pumpkin, Silverbeet, Spinach, Sweet potato, Witlof.

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