



## Welcome to Facts On Food

Welcome to the February edition of Facts On Food, the Border Dietitians newsletter. This month we talk about the importance of a healthy lunch for the whole family and keep you up-to-date with nutrition in the news. We also put A2 milk under the microscope. Check out a great recipe to help you include more fish in your diet. We bust a nutrition myth, and let you know what fruit and vegies are in season.

## Healthy lunches for all

The start of a new school years means uniforms, school shoes, books... and lunch boxes. Healthy lunches and snacks are important for your child's nutrition, energy levels, concentration, development and learning. Children that have a more substantial lunch at school or childcare are also less likely to graze on high energy and/or fat snack foods when they get home. So what should be in a lunch box?

There are six important food groups that should be in every child's lunch box: starchy food, vegetables, fruit, dairy, protein and water. This could include:

- Sandwich on mixed grain, wholemeal or high fibre white bread with simple fillings such as lean roast meat and salad or chicken, avocado and lettuce.
- Vegetable sticks with dips or a small container of mixed veggies e.g. tomatoes, carrot, celery, capsicum, snow peas, cucumbers
- Fresh fruit, tinned fruit in natural juice or 'snack pack' fruit
- Reduced fat yoghurt, fruche, reduced fat cheese slices or cubes, milk or custard
- Water bottle. Children need to drink 1.5 – 2L of fluid each day.



A healthy lunch is also important for adults, whether at work or at home. Whilst it can be tempting to skip lunch if you are busy or trying to cut down on calories, research shows that people who eat regular meals tend to be slimmer than those who skip meals. Skipping meals also make it more likely that you will develop metabolic syndrome or insulin resistance, which can lead to heart disease and diabetes.

Lunch doesn't have to be boring. Why not try a pasta salad, vegetable frittata, rice salad, wrap, sushi, rice paper rolls ... the possibilities are endless!

## In the News – Is Sugar The Enemy?

With another series of *The Biggest Loser* comes the multitude of articles, interviews and books from the trainers. One such article was 'Not so sweet' by Michelle Bridge in Sunday Life (30/1). Michelle suggested that the amount of sugar, in particular fructose, we eat is the main reason for Australia's growing obesity rates. It is simplistic and unhelpful to blame sugar alone for the complex issue of obesity. A comprehensive, coordinated and evidence-based approach is needed to tackle overweight and obesity, and no one is more qualified to provide such an approach than Accredited Practised Dietitians.

## What's the story behind A2 milk?



Since A2 milk hit supermarket shelves in March 2003, there has been debate over its consumption. Milk contains a variety of proteins, including beta casein. Two common forms of beta casein are A1 and A2. Regular milk contains approximately 60% A2 and 40% A1, whilst A2 milk contains more of the A2 type of beta casein. It is claimed that A2 milk can help with digestion, and some people suggest that A1 can trigger autism, diabetes and heart disease.

Food Standards Australia New Zealand (FSANZ) reported in 2009 that there is limited scientific evidence for the health effects of A1 or A2 milk. Research shows that milk is safe to consume and associated with multiple health benefits including strong bones and teeth, and aiding weight control. Aim to consume 3 serves of reduced or low fat dairy foods each day to meet your calcium requirements. A serve of dairy is equivalent to 250mL milk, 200g yoghurt or 40g cheese.

## Recipe – Harissa Fish with Chickpea Salad

**Serves:** 4

### Ingredients:

- 1 ½ tablespoons harissa (spicy paste available from supermarket)
- 4 x 120g firm white fish fillets e.g. blue-eye, snapper, John Dory
- 1 red capsicum, quartered, seeds removed
- 2 x 400g cans chickpeas, drained, rinsed
- 1/2 cup flat-leaf parsley leaves
- 4 green onions, sliced thinly
- Juice of 1 lemon
- 1/3 cup low-fat natural yoghurt



### Method:

1. Place harissa and ½ cup cold water in a shallow dish and stir to combine. Add fish fillets and turn to coat. Cover and refrigerate for 30 minutes.
2. Preheat grill on high heat. Place capsicum, skin side down, on grill and cook for 8 to 10 minutes or until skin turns black. Put capsicum in a plastic bag, twist top to seal and leave for 5 minutes. Remove capsicum, peel and discard skin. Roughly chop.
3. Place capsicum, chickpeas, parsley and green onions in a bowl. Add 2 tablespoons lemon juice. Gently toss to combine.
4. Reduce grill to medium heat. Spray fish with oil on both sides. Cook for 3 minutes each side or until cooked through.
5. Place fish and salad on plates. Top with yoghurt. Season as desired and serve.

	Per Serve	Per 100g
<b>Energy</b>	1707 kJ (408 Cal)	416 kJ (99 Cal)
<b>Protein (g)</b>	39.6	9.6
<b>Total fat (g)</b>	11.5	2.8
<b>- Saturated fat (g)</b>	1.9	0.5
<b>Carbohydrate (g)</b>	31.3	7.6
<b>- Sugar (g)</b>	4.7	1.1
<b>- Dietary fibre (g)</b>	11.3	2.7
<b>Sodium (mg)</b>	910	222

Each serve provides 1 serve of protein food, 2 x 15g carbohydrate serves/exchanges and 1 serve of vegetables

## 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: Beef that is free from hormone growth promotants (HGP) is safer to eat.**

**Fact:** Despite the recent campaign by Coles supermarket regarding HGP-free meat, there is currently no evidence connecting the consumption of residues of HGPs currently used in Australia with adverse effects to human health. The safety of HGPs to human health has been widely investigated both in Australia and overseas, and their use is regulated by the Australian Pesticides and Veterinary Medicines Authority (APVMA). The Dietitians Association of Australia states that the public can have confidence that Australian meat complies with the highest safety standards.



The Australian Guide to Healthy Eating recommends the consumption of 65-100g of lean red meat three to four times per week, or consume other high iron replacement foods instead. For good health, choose lean cuts of meat, trim any visible fat before cooking, use lower fat cooking meats and limit processed meats.

For more facts on food, visit the Border Dietitians website at [www.factsonfood.com.au](http://www.factsonfood.com.au).

## What's In Season?

**FRUIT:** Apples, Apricot, Avocado, Banana, Berries, Fig, Grapes, Guava, Kiwifruit, Lemon, Lime, Lychee, Mango, Melons, Nectarine, Orange, Passionfruit, Peach, Pears, Plum, Rhubarb

**VEGIES:** Artichoke, Asian Greens, Asparagus, Beans, Broccoli, Cabbage, Capsicum, Cauliflower, Celery, Choko, Corn, Cucumber, Eggplant, Leek, Lettuce, Mushroom, Onions, Peas, Spinach, Squash, Tomato, Zucchini



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