



## Welcome to Facts On Food

Welcome to the first edition of Facts On Food, the Border Dietitians newsletter. We kick off with information on Australia's Healthy Weight Week 2011 and tips to lose weight. We also let you know about a great website to help those with food allergies or intolerances. Check out a great healthy recipe for lunch or dinner. We bust a nutrition myth, and let you know what fruit and vegies are in season.

## Australia's Health Weight Week 2011, 23rd to 30th January



Australia's Healthy Weight Week falls after the holiday period, making it the perfect time to start eating better, feeling better and moving more. Losing just 5 – 10% of your body weight can lower cholesterol and blood pressure and improve blood glucose levels.

The Border Dietitians recommend that people aim for gradual, sustainable weight loss rather than quick fix fad diets. This is because when you eat very few calories, muscle is broken down to provide energy faster than fat. This results in a lower metabolic rate, so when you start eating normally again you gain fat more easily than before you went on the diet. You diet yourself fatter. Successful weight loss requires a lifelong commitment to eating healthy foods and being physically active in a sustainable and enjoyable way.

Making a few small changes each week will add up over time. Aim to eat at least 2 serves of fruit and 5 serves of vegetables a day, reduce serve sizes, choose lean meat and reduced fat dairy, drink more water and limit high calorie foods and drinks to once a week or less.

A serve of fruit is 1 medium sized piece of fruit, 2 small pieces of fruit, ½ cup fruit juice or ½ cup canned fruit, whilst a serve of vegetables is 1 cup of salad or ½ cup cooked vegetables.

When it comes to exercise, the Border Dietitians recommend that you gradually increase your level of activity. Moving more doesn't mean that you have to run a marathon. Adding activity into daily life where you can, such as taking the stairs instead of the elevator, and aiming for at least 30 minutes of moderate physical activity on most days has numerous health benefits and helps with weight loss and maintenance.

For more information on Australia's Healthy Weight Week 2011 visit [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au).

## Help for those with Food Allergies or Intolerances

If you or someone you know has a food allergy or intolerance, you probably know how difficult and frustrating it can be to find suitable foods. But it doesn't have to be! [www.whatcanieat.com.au](http://www.whatcanieat.com.au) makes finding products for people with special dietary requirements easy. You simply tick your dietary needs and enter a product, and the site lists all the suitable products and where you can find them. There are also recipes that are soy, egg, nut, dairy, gluten, wheat and/or fructose free to keep your diet varied and interesting!



## Recipe – Chicken and Noodle Salad

**Serves:** 4

### Ingredients:

500g chicken breast  
120g rice vermicelli  
1 large carrot, sliced thinly  
1 red capsicum, sliced thinly  
1 green capsicum, sliced thinly  
1 cucumber, sliced thinly  
1 red chilli, sliced thinly  
1 cup mint leaves, shredded  
¼ cup unsalted peanuts, chopped  
¼ cup lime juice  
¼ cup fish sauce



### Method:

1. Combine lime juice and fish sauce in bowl.
2. Place chicken breasts in a saucepan. Cover with boiling water and half of the dressing. Bring to the boil over high heat.
3. Reduce heat and simmer, uncovered, for 10 minutes or until chicken is cooked. Cool for 10 minutes in saucepan, then drain and shred chicken finely.
4. Meanwhile, place vermicelli in a large bowl and cover with boiling water. Stand until tender. Drain and rinse under cold water.
5. Place the chicken, vermicelli, vegetables and remaining dressing in a bowl. Toss to combine. Divide between 4 plates and top with nuts.

	Per Serve	Per 100g
<b>Energy</b>	1247 kJ (297 Cal)	358 kJ (85 Cal)
<b>Protein (g)</b>	32.8	9.4
<b>Total fat (g)</b>	11.9	3.4
<b>- Saturated fat (g)</b>	2.7	0.8
<b>Carbohydrate (g)</b>	12.5	3.6
<b>- Sugar (g)</b>	5.4	1.6
<b>- Dietary fibre (g)</b>	3.6	1.0
<b>Sodium (mg)</b>	1535	441

## 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: Carbohydrates make you gain weight.**

**Fact:** No food causes weight gain alone unless they contribute to excess calorie intake. The National Weight Control Registry in the USA found that people who successfully maintain weight loss actually tend to eat diets that are higher in carbohydrate and lower in fat, as well as watching their total calorie intake. Not all carbohydrates were created equal, however, as some are digested more quickly and will leave you feeling hungrier sooner. This can lead to overeating and weight gain.



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, Cherry, Grapes, Kiwifruit, Lemon, Lime, Lychee, Mango, Melons, Nectarine, Papaya, Passionfruit, Pawpaw, Peach, Pineapple, Plum, Watermelon

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

## Kerryn, Sally and Gemma

Border Dietitians  
452 Swift St, Albury NSW 2640  
(02) 6023 4588  
[www.factsonfood.com.au](http://www.factsonfood.com.au)

If you would like to receive the 'Facts on Food' newsletter in the future, please contact [reception@factsonfood.com.au](mailto:reception@factsonfood.com.au).