



Welcome to Facts On Food

Welcome to the June edition of Facts On Food, the Border Dietitians newsletter. This month we think about the importance of bowel health with Bowel Cancer Awareness Week. We also have information on good nutrition and the common cold, and think about becoming a swapper. Check out a recipe for a high fibre dinner and another busted nutrition myth, and see what fruit and vegetables are in season this month.

Bowel Cancer Awareness Week 2011, 5th to 12th June



Bowel cancer is the second largest cause of cancer death in Australia yet, if caught in time, 90% of bowel cancer cases can be successfully treated. Most bowel cancers develop from small growths called 'polyps', some of which can become cancerous over time. All polyps should be removed to help prevent bowel cancer, and most can be removed during a colonoscopy. Bowel cancer can develop without any obvious symptoms, making screening important. Talk to your doctor today about screening options.

1 in 12 Australians will be diagnosed with bowel cancer by the age of 85, with both men and women at risk of developing bowel cancer. You are at increased risk if you are over 50, have a personal or family history of bowel cancer or polyps, or you suffer from an inflammatory bowel disease such as Crohn's disease or ulcerative colitis.

You can lower your risk of bowel cancer by eating a healthy diet with plenty of fibre and exercising regularly. It is recommended that we consume 25-35 g of fibre each day, yet most of us only eat about 10-12 g. You can increase your fibre intake by replacing lower fibre foods with higher fibre foods, consuming a high fibre cereal, adding bran to muffins and casseroles, and eating at least 2 serves of fruit and 5 serves of vegetables a day. 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.

Tackling the dreaded common cold

Winter brings with it an increase in the common cold. We can expect to suffer around 5 colds a year, with each usually lasting 4 – 10 days. Over 200 different viruses can cause a cold and because they are so widespread and varied, no medicine has been developed to prevent or cure the common cold. Eating a nutritious diet, doing at least 30 minutes of exercise five times a week, limiting alcohol and getting plenty of sleep can help prevent a cold. There are also some foods and nutrients that have been shown to help prevent or speed up recovery from a cold.



1. *Vitamin C*. A Cochrane review published in 2010 found that trials of 2000 milligrams of vitamin C per day showed no effect of vitamin C on common cold incidence, however it slightly reduced the duration and severity of symptoms^[1]. It is important to note that high doses can

cause diarrhoea so gradually build up to this level, and people with history of kidney stones or kidney failure should limit vitamin C to 100 mg/day.

2. **Zinc.** A meta-analysis published this year in the Cochrane Database of Systematic Reviews showed that those who used zinc lozenges, syrup or tablets within one day of the onset of cold symptoms recovered faster from their cold^[2]. However, there is not yet a recommendation for the dose and duration of zinc supplementation.
3. **Fluids.** Make sure that you drink at least 8 cups or 2 litres of fluid a day to prevent dehydration and constipation. Hot fluids such as hot water, tea, soups and broth are best for reducing nasal congestion.
4. **Garlic.** The sulphur compounds in garlic stimulate the body's immune system. A Cochrane review in 2009 found that taking garlic every day may help to prevent the common cold and reduce its duration, however only 1 trial was included and more are needed to support these findings and investigate possible adverse effects^[3].
5. **Probiotics.** Fermented milk products such as yoghurt contain healthy bacteria that take up residence in the gastrointestinal tract and can boost the immune system.

References:

- [1] Hemilä H, Chalker E, Douglas B. Vitamin C for preventing and treating the common cold. *Cochrane Database of Systematic Reviews* 2007, Issue 3.
 [2] Singh M, Das RR. Zinc for the common cold. *Cochrane Database of Systematic Reviews* 2011, Issue 2.
 [3] Lissiman E, Bhasale AL, Cohen M. Garlic for the common cold. *Cochrane Database of Systematic Reviews* 2009, Issue 3.

In the News – Swap it, don't stop it



The Australian Government is urging us to “start thinking like a swapper!” as part of a new campaign, “Swap it, Don't Stop It!” The focus is on simple everyday changes that can set you on the path to a healthier lifestyle without missing out on what you love. There are 4 ways to swap; swap big portions for smaller ones, swap often for sometimes when it comes to high calorie foods (e.g. takeaways, soft drink), swap sitting for moving, and swap watching for playing sport.

To start you off with some healthy swaps, check out these simple food swaps to save calories:

Swap...	For...	Save...
Spaghetti with creamy carbonara sauce	Spaghetti with tomato based sauce	620 calories
3 slices deep pan meat lovers pizza	3 slices thin crust vegetarian pizza	369 calories
McDonald's Quarter Pounder	McDonald's Cheeseburger	265 calories
40g packet of chips	1 apple	170 calories
1 regular latte	1 skim cappuccino	120 calories

There are many more suggested food and activity swaps at <http://swapit.gov.au/ways-to-swap/swap-tips>. So start making some swaps to see significant and lasting changes.

Recipe – Lentil and Spinach Dhal

Serves: 4

Ingredients:

- 1 tablespoon vegetable oil
- 2 onions, sliced thinly
- 1 garlic clove, crushed
- 1 tablespoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1 ½ cups red lentils
- 400g can crushed tomatoes
- 50g baby spinach, chopped
- 1/3 cup coriander leaves
- 4 chapatti breads, warmed
- Natural yoghurt, to serve



Method:

1. Heat oil in saucepan over medium heat. Cook onion for 5 minutes or until soft. Add garlic and spices, cook for 1 minute or until fragrant.
2. Add lentils, tomatoes and 2 ½ cups cold water. Cover and bring to the boil. Reduce heat to low and simmer, stirring occasionally, for 20 minutes or until lentils are tender. Add spinach and cook, stirring, for 2 minutes.
3. Transfer dhal to serving bowls. Top with coriander and yoghurt, and serve with chapatti.

	Per Serve	Per 100g
Energy	1536 kJ (367 Cal)	539 kJ (129 Cal)
Protein (g)	22.9	8.0
Total fat (g)	6.9	2.4
- Saturated fat (g)	0.9	0.3
Carbohydrate (g)	47.6	16.7
- Sugar (g)	7.3	2.6
- Dietary fibre (g)	14.7	5.2
Sodium (mg)	206	72

Each serve provides 1 serve of protein food, 3 carbohydrate serves/exchanges and almost half your daily fibre needs.

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: You burn more calories eating celery than it contains.

Fact: This just isn't true, as whilst it may seem like chewing celery is a strenuous activity, you will only burn about 1 Calorie to digest 100 grams of celery. Celery is about 95% water and 4% carbohydrate, so 100 grams of celery provides just over 11 Calories. That means you will get about 10 Calories from eating 100 grams of celery, which is definitely a small number but it is not a negative number. Having said that, if you are filling your mouth with celery, there won't be any room for other high calorie snack foods.



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

What's In Season?

FRUIT: bananas, carambola, chestnuts, custard apples, fuji apples, grapefruit, kiwifruit, lemons, limes, mandarins, nashi, navel oranges, packham pears, passionfruit, pears, persimmons, pink lady apples, quinces, red delicious apples, rhubarb.

VEGIES: beetroot, broccoli, brown onions, brussel sprouts, cabbage, capsicums, carrots, cauliflower, celeriac, celery, Chinese greens, English spinach, fennel, Chinese broccoli, garlic, ginger, Jerusalem artichokes, leeks, parsnips, potatoes, pumpkin, silverbeet, spinach, sweet potato, witlof.

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