



Welcome to Facts On Food

Welcome to the March edition of Facts On Food, the Border Dietitians newsletter. This month marks World Salt Awareness Week and Coeliac Awareness Week, so we discuss how to lower your salt intake and have tips for following a gluten free diet in the real world. We discuss the recent changes to food labelling laws. Check out a yummy recipe for a gluten free, low fat and low GI dessert. We bust a nutrition myth about gluten free foods, and let you know what fruit and vegies are in season.

World Salt Awareness Week 2011 – 21st to 27th March

“Too much salt raises blood pressure, leading to heart disease and stroke, the biggest killers of men”. That’s the key message for this year’s Salt Awareness Week, 21st to 27th March. According to AWASH, Australian Division of World Action on Salt and Health, men generally have higher blood pressure than women, are less likely to have their blood pressure measured, and are also less likely to make changes to reduce it when it is elevated or take blood pressure lowering medications.



On average, we consume around 9 grams of salt each day, which is significantly more than our bodies need to be healthy. Our bodies can survive on a single gram of salt each day, and we should be aiming to keep the amount of salt we consume to less than 6 grams a day. This is because high intakes of salt are closely linked with a number of health problems, including high blood pressure, kidney damage and failure, kidney stones, osteoporosis, cancer, asthma and obesity.

When trying to cut down on our salt intake, most of us think of the salt that we use in cooking or add at the table, however around 75% of the salt in our diet comes from processed foods. So whilst you are watching what you add, make sure you are also thinking about the salt added to foods you buy. A lot of salt can be hiding in foods you may not expect, such as bread, breakfast cereals, cheese, soups and sauces.

AWASH have some helpful hints to reduce your salt intake. Check food labels for salt to compare products and choose lower salt options, ideally choosing products with less than 120mg of sodium per 100g of food and avoiding those with more than 500 mg/100g. Don’t add salt to food during cooking or at the table and avoid high salt condiments including stock cubes, soy sauce, mustard, pickles and mayonnaise where possible. Use lemon juice, garlic, vinegar or herbs and spices to add flavour instead. Limit salty snack foods to less than once a week and keep fast foods to an occasional treat. Visit www.awash.org.au for more information.

Coeliac Awareness Week 2011 – 13th to 20th March

Coeliac Disease is an allergy to gluten, a protein in wheat, rye, barley and oats. The food is not digested and can result in anaemia, tiredness, unexplained stomach bloating, cramps, diarrhoea and/or constipation.

Treatment for Coeliac Disease involves a strict lifelong avoidance of any food that contains gluten. Even a crumb of bread is too much for people with Coeliac Disease.

Having Coeliac Disease can make eating out a chore. It can be hard to find gluten free foods, and then there is the risk of cross contamination with gluten containing foods. But all is not lost! Just a few of the places with gluten free foods right here in Albury-Wodonga are:

- Taco Bill – special gluten free menu using corn tortillas is available.
- Sushi – most sushi and rice paper rolls are safe, but avoid the soy sauce and seafood/crab meat fillings.
- Nando's – flame grilled chicken with lemon herb, mild, hot or extra hot marinades, chips (no salt), spicy and white rice, and corn on the cob are safe. Avoid couscous, BBQ sauce, chicken salt and prego sauce.
- Harvest Thyme – variety of gluten free mains (e.g. frittatas) and cakes.
- Gloria Jeans – variety of gluten free biscuits and flourless cakes available.
- Wendy's – soft serve vanilla, chocollo and soft frozen yoghurt in a cup, milk and thickshakes without malt, and smoothies are safe.

In the News – Food Labelling



NSW Parliament has introduced new food labelling laws that came into effect on 1 February 2011. In an attempt to curb the growing rates of overweight and obesity, major fast food chains will now be required to show the amount of kilojoules their foods contain on the menu board next to the prices. Any food outlet with 20 or more outlets in NSW, or more than 50 nationwide, must display the kilojoule content along with the average daily intake of 8700 kJ. They have a year to comply, and kilojoule counts will be coming to Victoria in 2012.

Recipe – Baked Custard



Serves: 4

Ingredients:

- 2 eggs
- 1 egg white
- 1 teaspoon vanilla extract
- ¼ cup caster sugar
- 2 cups skim milk
- ¼ teaspoon ground nutmeg
- Seasonal fruit, if desired

Method:

1. Preheat oven to 160°C.
2. Whisk eggs, egg white, vanilla and sugar in a bowl until well combined but not frothy.
3. Heat milk in a saucepan over low heat for 3 to 4 minutes. Milk should be hot but not boiling. Pour milk gently over egg mixture, whisking until well combined.
4. Pour custard into four ¾ cup capacity ramekins and sprinkle with nutmeg. Place ramekins in a baking dish. Make a water bath by pouring boiling water into baking dish so that it comes halfway up the sides of the ramekins.
5. Bake custards, uncovered, for 1 hour or until set.
6. Serve warm or cold and topped with your favourite seasonal fruit, if desired.

	Per Serve	Per 100g
Energy	588 kJ (141 Cal)	327 kJ (78 Cal)
Protein (g)	9.3	5.2
Total fat (g)	3.1	1.7
- Saturated fat (g)	1.0	0.6
Carbohydrate (g)	19.7	10.9
- Sugar (g)	19.7	10.9
- Dietary fibre (g)	0.0	0.0
Sodium (mg)	110	61

(Note: adding fruit will increase carbohydrate and fibre content)

Each serve provides 0.5 serve of protein food, 1 carbohydrate serve/exchange 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: Gluten free foods are healthier than foods that contain gluten.

Fact: Despite the claims from some people that we would all feel better if we followed a gluten free diet, for most of us this is not necessary. There are some groups of people who do need to avoid gluten, including people with coeliac disease and gluten intolerance. In people with coeliac disease, the immune system reacts to gluten and the lining of the small intestine is damaged. The treatment for coeliac disease is a strict gluten free diet for life. If you have gluten intolerance, eating gluten-containing foods will not damage the gut but can cause a variety of symptoms including stomach pain, bloating, diarrhoea and/or constipation, and fatigue.

Though some people believe that all gluten free breads and cereals are healthier, the opposite is true in many cases. Gluten free foods can be higher in fat and sugar, and many gluten free breads and cereals have a higher glycaemic index (GI). This means that they are digested more quickly, leading to higher blood sugar levels and leaving you feeling hungrier sooner. If you need to follow a gluten free diet, the Border Dietitians can help you to choose lower GI foods and ensure that you are eating a balanced diet.

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

What's In Season?

FRUIT: apples, bananas, berries, figs, grapes, guava, kiwifruit, lemons, limes, mango, melons, nashi pears, nectarines, oranges, papaya, passionfruit, peaches, pears, plums, pomegranate, rhubarb.

VEGIES: asian greens, avocados, beans, capsicum, celery, chilli, cucumber, eggplant, leek, lettuce, olives, onions, peas, potato, pumpkin, shallot, silverbeet, spinach, squash, sweetcorn, sweet potato, tomato, zucchini.

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