



Welcome to Facts On Food

Welcome to the October edition of Facts On Food, the Border Dietitians newsletter. This month we celebrate World Osteoporosis Day and Pink Ribbon Day, and also find out what foods can improve mental performance. There is a recipe for a calcium-rich dessert to help you love your bones, a busted myth about weight training, and we see what fruit and vegies are in season.

World Osteoporosis Day 2011, October 20th

The International Osteoporosis Foundation (IOF) is calling on us to join their unbreakable embrace and love our bones to mark World Osteoporosis Day. Osteoporosis is a condition in which bones lose minerals, including calcium, and become fragile and brittle. This makes them more susceptible to fractures. After a hip fracture, 1 in 4 people die or never walk again.

It is estimated that 200 million people worldwide have osteoporosis, and it is common in Australia, affecting 1 in 2 females and 1 in 3 males over the age of 60. Every 3 seconds a bone will break somewhere in the world due to osteoporosis – that's 20 in 1 minute, 1200 in 1 hour and 4800 in 1 day.



IOF is spreading the message about osteoporosis because many people won't know that they have the disease until their first fracture, which is why it's called the silent disease. Osteoporosis can be treated and fractures can often be prevented through healthy lifestyle choices, which is why IOF is asking us to embrace an active lifestyle, embrace calcium rich foods and embrace vitamin D by getting a little daily sun exposure.

So why not do your part and turn up the volume on this silent disease. Love your bones and join the unbreakable embrace at www.worldosteoporosisday.org.

Pink Ribbon Day 2011, October 24th

This year alone 13,000 Australian women will be diagnosed with breast cancer. The Cancer Council's Pink Ribbon Day, held each year in October, helps to raise awareness about this disease as well as raise funds for research, early prevention and patient support programs.



The causes of breast cancer are unknown, however risk factors include increasing age, family history, exposure to female hormones (natural and administered), obesity and excessive alcohol consumption. Whilst some of these can't be changed, maintaining a healthy weight by exercising regularly and eating a healthy diet, and limiting alcohol consumption can help to prevent breast cancer. Even making small, gradual changes to your lifestyle can make a big difference.

There are many ways to support Pink Ribbon Day, such as wearing pink, donating, volunteering to sell merchandise or holding a pink event to raise funds. Visit www.pinkribbonday.com.au for more information.

In the News – HSC and VCE Exams

As year 12 students reach the beginning of the end of the HSC or VCE, it is good to know that studies are finding that there are certain foods that help with concentration, motivation and memory. So what are some of these 'brain foods'?

- Low GI foods – glucose is the brain's fuel source so eating carbohydrates regularly through the day is important. Low GI carbohydrates are more slowly digested so glucose is available over a longer period of time, which helps with concentration. Low GI foods include wholegrain breads and cereals, pasta, legumes, corn, most dairy foods and many fruits.
- Iron rich foods – the brain requires oxygen, and iron is needed to transport oxygen around the body. Not having enough iron can cause tiredness, irritability, reduced mental alertness and difficulty concentrating.
- Choline – this vitamin helps the body process nerve signals between our brain and muscles, so eating foods containing choline such as eggs, milk and soy may also help to improve memory.
- Tyrosine – amino acids are made from the breakdown of protein. Tyrosine is an amino acid that is used as a building block for nerve chemicals such as adrenaline. Studies have shown that it may improve memory in healthy people under stress. Sources include lean meat, eggs, milk and soy.
- Nuts and seeds – research shows that consuming nuts and seeds can boost your brainpower and help you think more clearly. They are full of protein, omega 3 and 6 fatty acids, vitamin E and B6, which help to nourish your nervous system.



Research also continues to show that children who eat breakfast perform better in school than those who don't, so make sure you start everyday (especially exam days) by 'breaking the fast' to help improve your mental performance.

Recipe – Orange Milk Puddings with Pistachios

Serves: 6

Ingredients:

- 1 litre skim/non-fat milk
- 1/3 cup cornflour
- 1/3 cup caster sugar
- 1 cinnamon quill or 2 teaspoons ground cinnamon
- 1 large strip orange rind
- 1/2 cup chopped pistachios



Method:

1. Combine 1/2 cup milk, cornflour and sugar in a jug. Stir until dissolved.
2. Add remaining milk, cinnamon and orange rind to saucepan and bring to simmer over medium heat. Pour in cornflour mixture and whisk continuously until thickened and smooth.
3. Remove cinnamon quill and rind. Spoon mixture into 6 serving glasses and chill until set, approximately 4 hours.
4. To serve, top each pudding with pistachios.

	Per Serve	Per 100g
Energy	811 kJ (194 Calories)	397 kJ (95 Calories)
Protein (g)	8.3	4.1
Total fat (g)	5.5	2.7
- Saturated fat (g)	0.8	0.4
Carbohydrate (g)	28.2	13.8
- Sugar (g)	21.1	10.3
- Dietary fibre (g)	1.0	0.5
Sodium (mg)	77.9	38.2
Calcium (mg)	225.4	110.5

Each serve provides 2 carbohydrate serve/exchange and 2/3 serve dairy foods.

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: Lifting weights is not good for weight loss because it will make up “bulk up”.

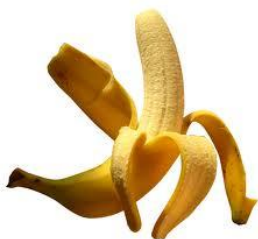
Fact: Many people, women in particular, avoid lifting weights for fear that it will bulk them up, however doing strength training such as lifting weights, crunches and push-ups regularly can in fact help you maintain or lose weight. This is because strength training helps you build muscle, which burns more calories than fat. So the more muscle you have, the more calories you burn, even when sitting down.



The American College of Sports Medicine recommends that adults should train each major muscle group 2 or 3 days a week, waiting at least 48 hours between resistance training sessions. If you are new to lifting weights, very light or light intensity is best. Ask a Fitness Professional to guide you in the correct choice of resistance exercises. Doing resistance exercises the correct way will limit injuries and help you build muscle more easily and quickly.

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

What's In Season?



FRUIT: Bananas, Blueberries, Grapefruit, Lemons, Mangoes, Oranges, Passionfruit, Pineapple, Rockmelon, Starfruit, Strawberries, Tangelo.

VEGIES: Artichokes, Asparagus, Beetroot, Broccoli, Cucumber, Chilli, Chinese greens, Garlic, Green beans, Hass avocado, Lettuce, Mushrooms, Onion, Peas, Potato, Silverbeet, Spinach, Spring onions, Zucchini.

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