



## Welcome to Facts On Food

Welcome to the September edition of Facts On Food, the Border Dietitians newsletter. This month we celebrate National Stroke Week and Dementia Awareness Week. We think about.... And there is a recipe for an omega 3 rich dinner. We bust another nutrition myth and keep you up-to-date with what fruit and vegies are in season.

## National Stroke Week 2011, 12th to 18th September

“Every 6 seconds someone dies from stroke – know your stroke risk and live”. That’s the message that the National Stroke Foundation is hoping to spread during this year’s National Stroke Week, 12th to 18th September. Strokes can happen to anyone, regardless of their age or gender, so they are urging all Australians to reduce their risk of stroke by following these 6 steps:

1. Know your personal risk factors: high blood pressure, diabetes and high blood cholesterol
2. Be physically active and exercise regularly
3. Avoid obesity by keeping to a healthy diet
4. Limit alcohol consumption
5. Avoid cigarette smoke. If you smoke, seek help to stop now
6. Learn to recognise the warning signs of stroke and act FAST.

F.A.S.T is an easy way to remember and recognise the signs of stroke:

- Face – Check their face. Has their mouth drooped?
- Arms – Can they lift both arms?
- Speech – Is their speech slurred? Do they understand you?
- Time – Time is critical. If you see any of these signs, call 000 now



Know your risk then follow these steps to reduce your risk of stroke, disability and death.

For information and advice on stroke prevention, treatment, recovery, support and National Stroke Week, visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au), or talk to your GP or dietitian.

## Dementia Awareness Week 2011, 16th to 26th September

Alzheimer’s Australia is encouraging us all to Mind our Minds this month as part of Dementia Awareness Week. Dementia describes the symptoms of multiple illnesses that cause a progressive decline in a person’s functioning. Alzheimer’s disease is the most common form of dementia. Around one in four people over the age of 85 have dementia, with an estimated total of 269, 000 Australians currently living with dementia. Alzheimer’s Australia reports that this is expected to grow to 981, 000 by 2050 if there is no significant medical breakthrough. So what can we do to reduce our risk of developing dementia? Alzheimer’s Australia encourages you to:

- MIND your DIET – eat a healthy diet high in antioxidants, certain vitamins and unsaturated fats
- MIND your BODY – aim for 30 minutes moderate activity most days
- MIND your BRAIN – keep your mind active
- MIND your HEALTH CHECKS – have regular checks with your doctor and treat any problems found
- MIND your SOCIAL LIFE – keep connected with family and friends
- MIND your HEAD – protect yourself from serious head injury
- MIND your HABITS – avoid smoking and excessive alcohol consumption

Firm conclusions cannot be drawn about the association of modifiable risk factors such as lifestyle and diet with cognitive decline or dementia, however lifestyle may modify your risk. Many studies suggest that moderate physical activity for at least 30 minutes several times a week can reduce your risk of dementia, including Alzheimer's Disease. According to Dr Ronald Petersen, director of the Alzheimer's Research Center at the Mayo Clinic, "Regular physical exercise is probably the best means we have of preventing Alzheimer's disease today, better than medications, better than intellectual activity, better than supplements and diet".

For more information on the 7 'Mind your Mind' signposts visit <http://mindyourmind.org.au>.

## In the News – National Walk to Work Day



"Did you know that people who walk before and during work are generally healthier, more productive and creative and less likely to be absent or on sick-leave?" Research continues to show that physical activity can reduce your risk of certain types of cancer, including bowel, endometrial and breast cancers. So why not join in the Cancer Council National Walk to Work Day on Friday 16<sup>th</sup> September and help improve your health as well as the environment. Find out more at <http://www.walk.com.au/wtw/page.asp>.

## Recipe – Salmon with cashews and couscous

**Serves:** 4

### Ingredients:

1/2 cup fat free plain yoghurt  
 3 shallots, sliced, greens and whites separated  
 2 tablespoons lemon juice  
 2 tablespoons chopped fresh coriander  
 1/2 teaspoon ground cumin  
 3/4 teaspoon salt  
 1/2 teaspoon freshly ground pepper  
 1 tablespoon extra-virgin olive oil  
 1/4 cup chopped dried apricots  
 1 tablespoon minced fresh ginger  
 1 1/4 cups water  
 1 cup whole-wheat couscous  
 4 x 120g salmon fillets  
 2 tablespoons chopped toasted cashews



### Method:

1. Preheat grill to medium-high. Combine yoghurt, shallot greens, lemon juice, coriander, cumin, 1/4 teaspoon salt and 1/4 teaspoon pepper in a medium bowl. Set aside.
2. Heat oil in a large saucepan over medium heat. Add apricots, ginger, the shallot whites and 1/4 teaspoon salt. Cook, stirring, until softened, about 2 minutes. Add water and bring to a boil over high heat. Stir in couscous. Remove from heat, cover and let stand until the liquid is absorbed, about 5 minutes. Fluff with a fork.
3. Meanwhile, rub salmon with the remaining salt and pepper. Grill the salmon until browned and just cooked through, about 3 minutes per side. Serve with the couscous, topped with the yoghurt sauce and toasted cashews. Add a side salad or cooked vegies.

	Per Serve	Per 100g
<b>Energy</b>	1988 kJ (476 Cal)	816 kJ (195 Cal)
<b>Protein (g)</b>	33.4	13.7
<b>Total fat (g)</b>	17.8	7.3
<b>- Saturated fat (g)</b>	3.4	1.4
<b>Carbohydrate (g)</b>	43.4	17.8
<b>- Sugar (g)</b>	6.7	2.7
<b>- Dietary fibre (g)</b>	2.0	0.8
<b>Sodium (mg)</b>	540	220

Each serve provides 1 serve of protein food and 3 carbohydrate serve/exchange.

## 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: Everyone needs to be taking a multivitamin supplement.**

**Fact:** Most healthy people who consume a reasonably good diet don't need supplements. Vitamins are required in very small amounts and the idea that you must meet some vitamin and mineral target every day of your life is a myth. If you eat lots of fruit and vegetables one day and not as many the next, you will still get the nutrients you need over a week. Your body can only store so much of the vitamins you take in, so one common result of taking large doses of vitamin supplements is very expensive urine! Usually the problem with people's diets isn't a lack of vitamins but the fat, salt and sugar they consume.



If you have been diagnosed with a nutrient deficiency a multivitamin can be important. There are also some groups who typically need multivitamins, as they cannot meet their requirements with food. These include:

- Dieters who are consuming less than 1200 Calories a day
- Those at risk nutritionally because of chronic disease
- Pregnant women often require iron and folate, and a multivitamin is often given
- Elderly people as the capacity to absorb or utilize vitamins may decrease with ageing, however there is still little evidence of any benefit of taking a multivitamin
- Vegans as their diets are often lacking in vitamin D, B12, calcium, iodine and other nutrients.

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:** Blood oranges, Grapefruit, Lemons, Mandarins, Oranges, Papaya, Pineapple, Rockmelon, Strawberries, Tangelo.

**VEGIES:** Artichokes, Asparagus, Avocado, Broccoli, Cabbage, Carrot, Cauliflower, Chilli, Chinese greens, Garlic, Ginger, Green beans, Leek, Lettuce, Mushroom, Onion, Peas, Potato, Pumpkin, Silverbeet, Spinach, Spring onion.



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