



FOR ALL THE FACTS ON FOOD AND GOOD NUTRITION



Welcome to Facts On Food

Welcome to the December edition of Facts On Food, the Border Dietitians newsletter. This month we think about keeping weight under control during the holidays and give you some ideas for healthy gifts. There is another nutrition news story and a delicious recipe makeover. We find out the truth behind another myth and look at which fruit and vegies are in season.

Keeping the Holiday Calorie Count Down



The holiday period is a time to celebrate, which often means eating more foods high in fat and sugar, and drinking more alcohol. However, it doesn't always have to end up with you putting weight on. Over the festive season, try to choose healthy, low fat foods where possible.

Be aware of portion sizes of foods. Larger portions equal more kilojoules, which mean we end up putting more weight on. It doesn't take much to eat those few extra kilojoules which might put only a small amount of weight. This weight creeps on over time and before you know it, you've easily gained a few kilograms. Over the festive season, take a moment to think about the kilojoule content and portion sizes of the foods you choose.

The following party foods, BBQ foods and drinks all contain the same number of kilojoules.

Party food:	2.5 chicken nuggets 7 wafer thin slices of salami 2 tbsp (14-15) cashews or peanuts 3 potato wedges	2 cocktail frankfurts 2 crumbed and fried calamari 18 – 19 potato chips
BBQ food:	1 fatty lamb chop 1 sausage 1 chicken skewer 1 meat rissole 20 medium prawns 9 cups of salad and vegetables	2/3 cup (40) olives 6 large wedges watermelon 1/3 cup coleslaw 1/3 cup potato salad 18 natural oysters ¾ cup fried onions
Drinks:	1 stubby full strength beer 5 "pots" low alcohol beer	2 x 100 mL glasses of wine 320 mL soft drink



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Remember to choose foods that will fill you up without the excess kilojoules. For example, 40 olives are more likely to fill you up than 3 potato wedges. If you are going to a party where finger food is being served, have a light meal at home beforehand and choose only one or two snacks that you enjoy at the party, rather than being hungry and having a plateful of high kilojoule snacks.

Also be mindful of the kilojoule content of alcohol. Alcohol has almost the same kilojoule value as fat with minute amounts of vitamins and minerals. Alcohol is not a thirst quencher. It causes dehydration and can add those extra kilojoules that put on weight. Add soda water or mineral to wine to halve the kilojoules or have a glass of water in between glasses of wine.

Try to also add in a bit more activity/exercise to your daily routine over the festive season. The more we move the more easily we use up the kilojoules we've eaten and put on less weight. You might find that you'll end up losing weight rather than putting it on!

Healthy Gift Ideas

Whilst enjoying Christmas pudding, gingerbread, candy canes and chocolate can be an enjoyable part of Christmas, why not give your friends and family something more nutritious this Christmas?

Here are a few ideas to get you thinking:

- Bake a healthy fruity Christmas cake
e.g. <http://www.taste.com.au/recipes/18756/super+healthy+fruitcake>
- Make your own fruit bouquet, or order one online
- Order a delicious fresh fruit basket
- Put together an organic food basket
- Purchase a cookbook that shows how to make healthier meals
- Arrange a subscription to a magazine with healthy recipes



In the News – Caffeine and Skin Cancer



The beginning of summer and approach of holidays tends to mean more time out in the sun. We are all aware that UV exposure increases our risk of skin cancer, but do we have a new weapon to fight it? Medical News Today reported that research has found consuming 3 cups or more of coffee a day is linked to a lower risk of a common form of skin cancer called basal cell carcinoma (BCC). So should we be throwing out the sunscreen and drinking an espresso instead? The study found no relationship between caffeine and other forms of skin cancer, and more research is needed that specifically investigates the links between coffee intake and BCC, so whilst it may give coffee drinkers an excuse to have another cup, it is still important to “slip, slop, slap, seek, slide”.

Recipe – Berry Pavlova

Serves: 8

Ingredients:

- 3 egg whites
- 150g castor sugar
- 1 teaspoon cornflour
- 1 teaspoon white wine vinegar
- Few drops vanilla essence
- 225g fresh strawberries
- 250g frozen mixed berries, defrosted
- 3 cups low fat fruit yoghurt

Method:

1. Preheat oven to 130°C. Line a baking tray with baking paper.
2. Place egg whites in large glass bowl and allow to come to room temperature.
3. Whisk egg whites on low speed, and gradually increase speed until frothy. Whisk until whites are stiff and form peaks.
4. Whisk in a third of the sugar at a time.
5. Using a metal spoon, fold in cornflour, vinegar and vanilla essence.
6. Spoon meringue mixture onto prepared baking tray and shape into a 23 cm round, making a hollow in the centre.
7. Bake for 75 – 90 minutes, until meringue is firm and crisp on the outside. Allow to cool completely before removing greaseproof paper.
8. For the filling, mix defrosted berries with yoghurt. Spoon into centre of meringue. Top with sliced strawberries.
9. Chill for 20 minutes before serving.



Save 576 kJ
(138 Cal) and
12.6g of fat per
100g!!

	Per Serve	Per 100g
Energy	701 kJ (168 Cal)	373 kJ (89 Cal)
Protein (g)	7.4	3.9
Total fat (g)	0.3	0.1
- Saturated fat (g)	0.1	0.05
Carbohydrate (g)	33.3	17.7
- Sugar (g)	33.0	17.5
- Dietary fibre (g)	1.3	0.7
Sodium (mg)	83.5	44.3

Each serve provides 2 carbohydrate serve/exchange, 1 serve of fruit and 0.5 serve 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: Eggs are bad for your health.

Fact: Eggs are one of the richest sources of cholesterol, containing on around 210 mg per large egg, and cholesterol is a fat in our blood that contributes to blocked arteries and heart attacks. Does that mean eggs are bad for your health? No. Evidence from The Heart Foundation suggests that in healthy individuals, eating up to 6 eggs per week as part of a healthy diet is not associated with adverse cardiovascular disease outcomes. This is because the liver makes around 75% of the cholesterol in your blood, with only 25% coming from the food you eat. Eggs are rich in omega 3 fats and are one of a few natural, highly nutritious foods providing at least 11 different vitamins and minerals and antioxidants. So why not start your day sunny side up and have an egg for breakfast?



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

What's In Season?



FRUIT: Apricots, Bananas, Blackberries, Blueberries, Cherries, Grapes, Honeydew melon, Lemon, Lychees, Mango, Nectarines, Peaches, Passionfruit, Papaya, Pineapple, Rockmelon, Raspberries, Starfruit, Strawberries, Watermelon.

VEGIES: Asparagus, Capsicum, Celery, Cucumber, Eggplant, Green beans, Hass avocado, Lettuce, Peas, Radish, Snow peas, Spring onion, Sugar snap peas, Sweetcorn, Zucchini.

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