



## Welcome to Facts On Food

Happy New Year and welcome to the January edition of Facts On Food, the Border Dietitians newsletter. This month you'll find information about Healthy Weight Week and healthy hydration over summer. There is another nutrition news story and a healthy recipe for dinner. Discover the truth behind another myth and find out which fruit and veges are in season.

## Australia's Healthy Weight Week 2012, 22nd to 29th January



The latest statistics shows that 1 in 5 Australian women aged 18-25 years are overweight, and 15% are obese. That is why this year Australia's Healthy Weight Week (22nd to 29th January) is encouraging young women to commit to looking and feeling their best, with the call to "Eat better, Feel better, Move more Now!"

The Dietitians Association of Australia (DAA) recommends that young women make healthy changes to their eating and exercise habits one step at a time and ditch the quick fix diets. DAA Spokesperson Melanie McGrice says, "We're urging young women to forget magic powders, awful-tasting drinks and starvation plans, and to be wary of any diet that promises quick or dramatic results". These diets tend to lead to feelings of guilt and failure for not being able to stick to the unrealistic and unsustainable diet.

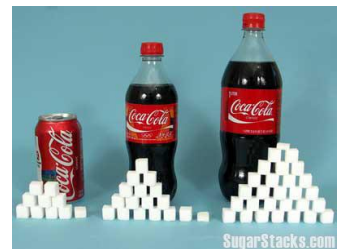
Eating only raw foods or sipping a lemon drink for a few days or a week won't make up for a poor diet during the rest of the year. Instead, aim to drink plenty of water, and eat a balanced diet of vegetables, fruit, wholegrain breads and cereals, lean meat or chicken, fish and low fat dairy foods.

For more information and to pledge your commitment, visit [www.healthyweightweek.com.au](http://www.healthyweightweek.com.au)

## The Importance of Healthy Hydration

Most of us know that we should drink 8 glasses or 2 litres of water a day but many of us struggle to do so. Drinking enough fluid is particularly important over the summer months when we tend to lose more water through sweat. When our bodies are dehydrated they cannot function properly.

Whilst drinking enough is essential for good health, it is also important to choose the right fluids. It is best to drink water instead of fruit juices, soft drinks, cordials, sports drinks and alcohol. Water contains no calories and will not cause weight gain or dental problems. Whole fruit is a better choice than fruit juice, but if you choose to drink fruit juice, opt for no added sugar varieties and limit it to 125mL (1/2 cup) a day. Soft drinks, cordials, sports drinks and flavoured mineral waters usually have a lot of sugar and kilojoules. One can of soft drink contains up to 12 teaspoons of sugar!



Alcohol is also a double threat when it comes to hydration. Whilst a cold beer can quench your thirst, alcohol is a diuretic, which means you actually lose more fluids through urination than you gain when you drink it. It also

contains extra calories and little nutritional benefit, with a stubbie of full strength beer containing the same calories as two slices of bread, and many varieties of pre-mixed cans have the same calorie content as a McDonald's cheeseburger!

So to keep your body healthy and hydrated this summer, choose water as your main drink, with herbal teas, diet cordials and small amounts of fruit juice and diet soft drink as extra options.

## In the News – Do You Know How Many Fruit and Veg You Need?

We all know that fruit and vegies are good for us, but do you know how many serves you body needs each day, or what a serve is? A recent survey of students at the University of Sydney found that only 54% knew the recommended daily amounts of fruit and vegetables, and even fewer knew the serving



sizes of four common fruit and vegetables tested in the study. Australia's last national nutrition survey found 19-24 year olds were the most likely of all age groups to not eat enough fruit and/or vegetables.

The Australian Government recommends that adults consume two serves of fruit and five serves of vegetables each day, which can reduce your risk of heart disease, stroke, diabetes, obesity and some cancers. A serve of fruit is equal to a medium sized piece of fruit (e.g. apple), 2 small pieces of fruit (e.g. kiwifruit) or ½ cup canned fruit, whilst a serve of vegetables equals 1 cup of salad, ½ cup cooked vegetables or 1 medium sized potato. For recipes and other ideas on how to get your 2 and 5, visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au).

## Recipe – Lamb Cutlets with Crushed Chickpeas and Snow Peas

**Serves:** 2

**Ingredients:**

- 400g can of chickpeas, drained
- 1 clove garlic, crushed
- 2-3 tablespoons lemon juice
- 2 tablespoons olive oil
- 4 medium-size lamb cutlets
- 2 handfuls (100g) snow peas



**Method:**

1. Put a small saucepan of water on the stove to boil.
2. Place chickpeas, garlic and lemon juice in a bowl and crush together with a fork until it makes a chunky mash. Stir through one tablespoon of olive oil and season to taste.
3. Add the other tablespoon of olive oil to a frying pan and place over a medium high heat.
4. Put snow peas into the boiling water.
5. When the pan is hot, add lamb to pan and cook for 2 minutes each side.
6. Once lamb is cooked, peas should be done. Remove saucepan from heat and drain peas.
7. Divide crushed chickpeas between 2 plates. Top with lamb and snow peas.

	Per Serve
<b>Energy</b>	2094 kJ (502 Cal)
<b>Protein (g)</b>	34.5
<b>Total fat (g)</b>	32.5
<b>- Saturated fat (g)</b>	7.9
<b>Carbohydrate (g)</b>	15.7
<b>- Sugar (g)</b>	2
<b>Dietary fibre (g)</b>	6.25
<b>Sodium (mg)</b>	337.5

Each serve provides 1 serve/exchange of carbohydrate, 1 serve protein food and 2.5 serves vegetables.

## Facts on Food

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: It is important to cleanse toxins from your body by fasting or detoxing periodically.**

**Fact:** Whilst a lot of money is being made from detox diets and it can be tempting to try one after indulging over the holidays, the truth is that your body has its own sophisticated system for removing toxins through the liver, kidneys and spleen. There is no evidence that not eating or only consuming juice for any length of time makes this system work any better. It is much more beneficial for your body to eat a healthy diet with plenty of wholegrains, fruit, vegetables and legumes, and limited amounts of alcohol and fatty foods.



## What's In Season?



**FRUIT:** Apples, Apricot, Avocado, Banana, Berries, Cherry, Grapes, Kiwifruit, Lemon, Lime, Lychee, Mango, Melons, Nectarine, Papaya, Passionfruit, Pawpaw, Peach, Pineapple, Plum, Watermelon

**VEGIES:** Artichoke, Asian Greens, Asparagus, Beans, Broccoli, Cabbage, Capsicum, Cauliflower, Celery, Corn, Cucumber, Eggplant, Leek, Mushroom, Peas, Spinach, Squash, Tomato, Zucchini

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