



Welcome to Facts On Food

Welcome to the November edition of Facts On Food, the Border Dietitians newsletter. This month we celebrate World Diabetes Day with a tasty and diabetes friendly recipes, and bust a diabetes myth. We think about how to avoid the dietary traps of a BBQ, there is information about supplement use and we find out what fruit and vegies are in season.

World Diabetes Day 2011, 14th November

This month the International Diabetes Federation celebrates World Diabetes Day. It is the third year of their 2009 – 2013 focus on diabetes education and prevention. They aim to reach the more than 300 million people living with diabetes, as well as those who are at risk of developing diabetes.



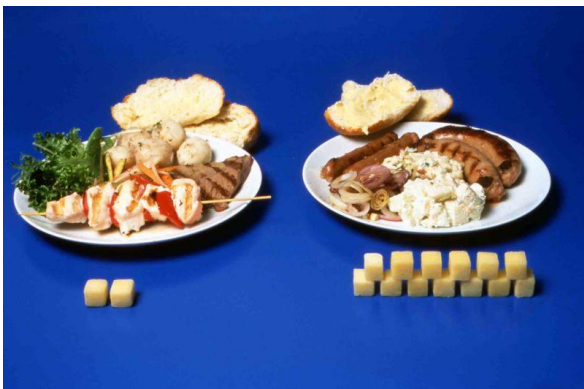
The theme for this year's campaign is "Act on Diabetes. Now." and there are 5 key messages:

- Diabetes Kills: 1 person every 8 seconds
- Diabetes can no longer be ignored: 1 million amputations a year
- Diabetes does not discriminate: young/old; rich/poor; man/woman
- Lifesaving care, a right not a privilege: Education, Medicines, Technologies
- Choose Health: Demand healthy food and environments

Whether you have diabetes, know someone with diabetes or want to prevent the number of those with diabetes continuing to grow, why not get behind the campaign. Visit <http://www.idf.org/worlddiabetesday/>.

Healthy Summer BBQs

The average BBQ meal contains over 3,000 Calories and 13 teaspoons of fat – that's definitely not good news for your heart or your hips. So as the weather warms up and BBQs come out, it is important to make healthy choices. We have some healthy tips to help you get started.



1. Choose leaner cuts of meat and add a marinade to give them lots of flavour.
2. Try chicken or kangaroo sausages, which are lower in fat.
3. Make healthier burgers by using lean minced meat and lots of vegetable toppings.
4. Choose fresh salads with a little olive oil or balsamic vinegar instead of high fat options such as coleslaw and potato salad.
5. Have a fresh fruit salad to satisfy your sweet tooth.
6. Reduce your alcohol intake. One stubby of beer has the same calories as two slices of bread, but none of the nutritional benefits.

In the News – Supplements and Mortality Rate



In the September issue of Facts on Foods we busted the myth that everyone should be taking a multivitamin. Last month, results from The Iowa Women's Health Study were published which showed that in older women, several commonly used dietary vitamin and mineral supplements be linked with increased mortality risk. These supplements included multivitamins, vitamin B6, iron, magnesium, zinc and copper. Supplemental calcium was the exception; it was associated with reduced mortality rate. Whilst no causal link can be drawn from the observational data, the researchers advised that "based on existing evidence, we see little justification for the general and widespread use of dietary supplements. We recommend that they be used with strong medically based cause, such as symptomatic nutrient deficiency disease" (Arch Intern Med 2011; 171(18): 1625-1633).

Recipe – Chicken and Barley Salad

Serves: 4

Ingredients:

1 kg pumpkin, peeled and deseeded, cut into cubes
 Olive oil spray
 3/4 cup pearl barley
 400g chicken breast fillets, fat removed
 1 brown onion
 4 green onions, thinly sliced
 10 sun-dried tomatoes, drained and chopped
 100g baby rocket
 Pepper
 2 tablespoons pepitas or pine nuts, toasted
 2 tablespoons lemon juice
 2 teaspoons olive oil
 2 teaspoons ground cumin
 1 teaspoon honey



Method:

1. Preheat oven to 200°C. Place the pumpkin on a baking tray. Spray with olive oil. Roast for 40 minutes or until tender.
2. Whilst pumpkin is cooking, place barley in a saucepan and cover with warm water. Set aside for 30 minutes then drain. Add 6 cups cold water and bring to the boil over high heat. Reduce heat and simmer for 25 to 30 minutes, or until barley is tender. Rinse and drain, then transfer to a large bowl.
3. Meanwhile, add chicken, brown onion and pepper (to taste) to a large saucepan. Add 5 cups cold water. Partially cover and bring to the boil over high heat. Reduce heat and simmer for 5 to 7 minutes, or until cooked through. Remove from heat and set aside for 5 minutes. Remove chicken, allow to cool then shred. Discard poaching mixture.
4. Add chicken to barley. Add green onion, tomatoes, rocket and nuts. Season with pepper.
5. In another bowl, combine lemon juice, oil, cumin and honey. Pour over chicken and barley then toss to combine.

	Per Serve	Per 100g
Energy	1958 kJ (468 Cal)	443 kJ (106 Cal)
Protein (g)	32.1	7.3
Total fat (g)	16.3	3.7
- Saturated fat (g)	3.3	0.8
Carbohydrate (g)	43.3	9.8
- Sugar (g)	15.7	3.6
- Dietary fibre (g)	9.2	2.1
Sodium (mg)	84.5	19.1

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

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: People with diabetes should only eat diabetic food.

Fact: Many foods, including sweets, are labelled as 'diabetic' as they are lower in sugar, however they are often high in fat. Sugar does not need to be excluded from your diet if you have diabetes, though this myth still persists. People with diabetes can still enjoy sugar in moderation as part of a healthy diet. Sugar is not ok if eaten in large quantities and in high calorie, nutrient poor foods such as lollies and soft drink, but diabetic food is expensive and unnecessary. Have smaller amounts of sugar in healthy foods, such as fruit and low fat dairy foods.

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

What's In Season?

FRUIT: Bananas, Blueberries, Cherries, Grapefruit, Honeydew melon, Lychees, Mango, Oranges, Passionfruit, Pineapple, Rockmelon, Starfruit, Strawberries, Watermelon.

VEGIES: Artichokes, Asparagus, Cucumber, Chilli, Chinese greens, Green beans, Hass avocado, Lettuce, Peas, Potato, Silverbeet, Snow peas, Spinach, Spring onion, Sugar snap peas, Sweetcorn, Zucchini.



Kerryn, Sally and Gemma

Border Dietitians
558 Mitchell St, Albury NSW 2640
(02) 6023 4588
www.factsonfood.com.au