



# Newsletter

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## Welcome to the first issue of Food Solutions News.

It has been a long time in the planning and I can now invite you to take a look at my new website [www.foodsolutions.net.nz](http://www.foodsolutions.net.nz)

The website will be updated regularly with new hot tips and recipes. Articles from my fortnightly column with the Bay of Plenty Times will be posted on the web after publication.

### Worried about winter weight gain?

During the colder months we often turn to different food choices and cooking methods. It is not uncommon to gain some extra kilos over winter. Some research is indicating the benefits of including soup in the diet to help with weight control. The weight control effects are thought to be due to a number of reasons. Soup is thought to help control hunger as it has a high satiety value. This means that people will feel fuller and eat less at the meal if soup is served as a first course. It is also thought to be more satisfying because of the time it takes to sip a bowl of soup, the more slowly we eat the more satisfying it becomes. While these studies were done by the Campbell Soup company it could still be worthwhile including soup as part of your winter fare, just make sure they are not cream based ones!

### Simple vegetable soup

#### Ingredients

3 onions finely chopped  
4 medium carrots grated  
2 medium parsnips grated  
1 medium kumara grated  
3 stalks celery finely chopped  
Salt to season  
Freshly ground black pepper  
4 litres beef or vegetable stock (homemade or a good quality commercial liquid stock)  
1 ½ cups barley or soup mix



In a big pot add all the vegetables and barley or soup mix to the stock, season with pepper and salt, bring to boil and gently simmer for 1 hour or longer.

### Would you be prepared?

It seems that one minute none of us had heard of swine flu and the next minute it was a significant world wide issue. I listened to an interview on National Radio with a New Zealander living in Mexico. Hearing her speak of her personal experiences in Mexico City during a major health alert really made me think. If my family was quarantined without warning and not allowed out of the house, how well prepared would we be? What could we eat? On that particular day the cupboards did not look great - although we did have a good supply of wine!

Of course in NZ it is not just the threat of a pandemic that should make us wonder how well we could survive - we also face the threat of natural disasters.

The Ministry of Health recommends that for pandemic planning we should all be prepared to last for at least seven days without a single trip out to buy groceries.

Take a moment and think the basic staple foods you have in your cupboards and freezer. Do you have nonperishable carbohydrate like rice, pasta, cous cous or flour? Do you have some non-perishable protein foods like canned beans or tinned fish? Do you have any non perishable fruit and vegetables like dried, canned or frozen supplies? Do you have any powdered milk? Don't forget about water as utilities could be cut or contaminated, especially in a natural disaster. Once you have built up these supplies remember to replace them as you use them.

### Portions:

One of the many things you can do if you want to lose weight is to pay close attention to your serving sizes. Over the years serving sizes of many things have increased, and what used to be normal is no longer normal, this is especially so for many foods you buy ready to eat. While soft drinks are not an everyday food and I am not recommending you have these regularly, it is easy to use this as an example of how things have changed. Single serves of soft drink use to

be sold mostly in 300 ml bottles however over the years the typical size now available is the 600ml bottle. This increases the calories consumed by a whopping 60%. Admittedly the label does say that the bottle contains 2 serves – but most people buy this as an individual serving.



What can you do at home? Check out your plate size. Typically we serve the amount of food based on the size of the plate we are using. If you are reducing the serving sizes of your meals psychologically you may feel more satisfied with your new serving sizes served on a smaller plate. You don't have to reduce to a bread and butter plate but you could try a smaller main meal plate.

### What is coming into season?

Soon we will be able to buy yams. Typically available from June to October, yams can contribute a number of nutrients to the diet: vitamin A, vitamin B6, fibre and potassium. Their bright colour is a good indication of powerful antioxidants, in particular carotenoids (the yellow colour) and anthocyanins (red skins). Antioxidants help to fight free radicals, which can damage cells and cause cancer.

To prepare yams scrub them, don't peel. You can cook them almost anyway you like – boil, steam, roast, bake or microwave them. They are naturally sweet and go well with orange, ginger or sweet and sour flavours.

**I hope you all manage to keep well as winter starts to set in. If you are finding it difficult to stay on track with your eating, now might be the time to book another consultation with Fiona.**

**Call Fiona on 07 574 7999 or email [fiona@foodsolutions.net.nz](mailto:fiona@foodsolutions.net.nz)**

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Regards

A handwritten signature in black ink that reads 'Fiona'.