



Newsletter

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Welcome to the second issue of Food Solutions News.

The word 'spring' seems to be on everyone's lips. In the last few days it seems the evenings are staying lighter for longer and the sun is beginning to have some warmth in it. Some lucky people already have some lovely spring bulbs flowering in their gardens.



What's in season - Asparagus

Spring can herald the arrival of some much loved fruit and vegetables. Coming into season is one of my favourite vegetables – asparagus. The first of the asparagus is available in August, although main supplies start from September.

Asparagus is an excellent source of antioxidants; it is also one of the best natural sources of folate.

Did you know that fresh asparagus is squeaky? When the spears are gently rubbed they squeak, old asparagus is rubbery and doesn't squeak.



The best way to store your asparagus is to keep the butt end wet to avoid it from becoming dehydrated. Store it in the fridge with the butt ends either wrapped in wet paper towels or stood up in 1-2 cm of water.

Asparagus is very versatile – you can steam, stir-fry, microwave or boil it. You can quickly blanch it then plunge it into ice cold water and add it to salads. To serve it in a simple style you can boil it till just tender, drain, drizzle a little olive oil, season with pepper and then

scatter shaving of good quality parmesan cheese over it.

Irritable bowel and asparagus – just a reminder for my clients with irritable bowel that asparagus contains the long sugar compound fructan. For some people this can cause gut symptoms of bloating, gas or stomach pains. If you avoid wheat due to irritable bowel and wonder why your gut sometimes plays up you may need to look at some different fruits and vegetables as another cause. If you want to know more contact me on 07 574 7999 or email fiona@foodsolutions.net.nz

How to eat less and enjoy more!

In May I was lucky enough to escape to Melbourne for a three day workshop with Dr Rick Kausman who is an internationally recognised expert on the person-centered approach to weight management.

Rick's definition of a diet is 'anything that tells us what to eat, when, and / or how much to eat for the purpose of weight control'

Unfortunately we know that in most cases diets don't work in the long term. Some of you may think that this contradicts my profession! However my goal is always to help my clients to find long term changes they can sustain not just for 6 weeks or 6 months but for many years.

Many of the people I see have followed diets for most of their lives, breaking that cycle can take a long time. The long term goal is to help people feel in control of their eating with out the need for a diet's rules and calorie counting.

One of the best ways to manage over-eating is to really focus on your non-hungry eating. At Rick's three day workshop one of the exercises we were taken through was relating to the 'law of diminishing pleasure'. This exercise can help you identify more easily when you may have had enough. It is our first initial mouthfuls that we enjoy the most. By working through this exercise it can help you to eat less, while at the same time increase your enjoyment of food.

At this time of the year as we slowly move into warmer weather the desire for weight loss can seem to occupy our thoughts. Try to avoid that dieting trap. If you think you need help refocusing your eating habits or if you want to know more about the 'law of diminishing pleasure' call me today for an appointment ph 07 574 7999 or email me fiona@foodsolutions.net.nz



Newspaper articles

If you want to look back on any of my news paper articles for reference they can be found on my website www.foodsolutions.net.nz My most recent articles can be found by looking up the section on nutrition articles and referring to the section called 'recent articles'. They include:

[Measuring progress](#) – how valuable is it to set a weight goal when making changes to your diet?

[Caffeine](#) – the effects it can have

[Alzheimer's](#) – diet concerns for people with alzheimers

[Cancer week August 2009](#)

Under my articles on weight loss you can read more on [non-hungry eating](#) or [mindful eating](#)

Cancer and processed meats:

Recently the media has reported on the concerns regarding the safety of processed meats in the diet. The World Cancer Research Fund International (WCRFI) released the statement that children who eat smoked, salted or cured meats can develop a greater risk of bowel cancer later in life. The WCRFI says a diet high in processed and red meat is the top risk factor for developing bowel cancer.

Some estimates suggest that thousands of cancer cases could be prevented if everyone limited their intake of processed meat to 70 grams a week.

That is the equivalent of only three rashers of bacon.

Processed meat in this report includes ham, bacon, pastrami and salami, as well as hotdogs and some sausages.



As parents, what can we do if our children have a liking for ham or salami sandwiches (like mine do!)? When considering a person's diet, variety is often a key factor. It is important to encourage a variety of foods as part of a balanced diet, and this goes for the school lunch box as well. Try to include a variety of fillings for the sandwiches or rolls such as chicken, lean meat, fish, eggs, low fat cheese or hummus.

Recipe:

Roasted golden kumara, pear and pumpkin seed salad

5 cups diced golden kumara
1 cup chopped pear (not peeled)
Zest of one orange
1 Tbsp cumin seeds
2 tsp ground cumin



Salt to season
½ - 1 Tbsp olive oil
50 grams feta cheese, cut into small cubes
1 cup spring onions, thinly sliced
70 g pumpkin seeds - roasted

Preheat oven to 200 C.

To roast pumpkin seeds place in small dish in hot oven and remove once seeds start to pop, this won't take long so watch closely so they don't burn.

Place kumara, pear, 2 Tbsp olive oil, orange zest, cumin and salt in roasting pan lined with cooking paper, spray lightly with olive oil. Toss gently and roast for 20 – 30 minutes or until golden in colour.

Remove from the oven and cool.

Drizzle the olive oil over the roast vegetables.

Carefully mix in the feta cheese, spring onions and pumpkin seeds.

I hope you all manage to enjoy the warmer weather that is slowly heading our way. 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

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Regards

A handwritten signature in black ink that reads "Fiona". The signature is written in a cursive style with a large, stylized 'F' and a long, sweeping underline.