



# Newsletter

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**It is hard to believe the official start of winter is not too far away.**

With the changes in season it is not unusual to find eating patterns change. Many people often comment that it seems easy to gain weight over winter as our meals tend to be 'heavier'. This does not need to be the case. Certainly our food choices might change as we look for more warming foods as the days get cooler and the nights get longer. As long as portions are monitored though winter eating patterns do not have to lead to weight gain.

Typical winter foods like soups do not need to be calorie dense – but they can be a great way to get some vegetables in. Look for soups that do not have cream added to them. Cooking in the crock pot is also popular over winter, trim the meat before cooking and watch portion sizes (remember the palm of your hand is a good guide for the amount of meat per serving). Cook potatoes without added fat. If you do more roast meals over winter then use things like cooking paper, or place your prepared vegetables in a plastic bag add just a dash of oil to the bag and give them a good shake – this helps to coat the vegetables in some oil, but you can get away with using very little oil. Add your vegetables to an oven and a pan that is already heated to also help with browning.



**Brussels sprouts** – you either love them or hate them! My girls used to get so excited about seeing little baby lettuces – they now know that they do not taste like lettuce, but as they are served on a regular basis over winter they have since grown to tolerate them (not sure I can yet say they enjoy or love them!). If you turn your toes up at brussels sprouts try the two following recipes:

The following recipe is from [vegetables.co.nz](http://vegetables.co.nz)

### **Brussels Sprouts with orange sauce**

10-12 brussels sprouts  
½ - 1 tbsp margarine  
Tbsp grated orange rind  
¼ cup freshly squeezed orange juice  
1 Tbsp sugar  
¼ tsp ground ginger  
2 Tbsp finely chopped fresh parsley  
½ tsp cornflour

Remove any limp outside leaves. Cut a small cross in the base of each sprout. Boil for 5-10 minutes or until softened. Melt margarine in a separate pan. Add all remaining ingredients to margarine, blend well. Heat and gently stir sauce frequently till thickened. Drain brussel sprouts and pour sauce over them.

### **Brussels Sprouts with Balsamic Vinegar**

Balsamic vinegar is great with brussels sprouts, adding a nice zingy taste!

12-15 fresh Brussels Sprouts  
2 tablespoons olive oil  
2 cloves garlic, peeled and sliced  
1 medium onion, peeled and thinly sliced  
¼ cup balsamic vinegar  
Freshly ground pepper to taste



Trim off the stems and remove any limp leaves from the Brussels Sprouts. Blanch the sprouts in boiling water for 5 minutes. Drain and rinse under cold water to stop the cooking.

Heat a large frying pan and add the olive oil, garlic and onion. Sauté a few minutes until the onion just becomes tender. Add the blanched, drained Brussels Sprouts. Sauté a few minutes until they are cooked to your liking. Add the vinegar and pepper and toss so that all the sprouts are coated with the vinegar.

### Make satisfying choices

Did you know that the following foods all contain the same amount of energy (calories)?

4 licorice allsorts  
= 1 small corn on cob  
= 200 gram tub of low fat yoghurt  
= 1 thin grilled or BBQ sausage  
= 1 small apple + 2 water melon wedges  
= 4 crisp-bread biscuits  
= 10 potato chips  
= 2 slices thin wholemeal bread

Making sure your food choices are filling and satisfying is important for appetite control, which in turn is important for weight control.

### Coeliac awareness week:

May 22 to 29 is Coeliac awareness week. It is thought that 1 in 100 people have Coeliac Disease, but 4 out of 5 don't know it. Coeliac disease is a lifelong intolerance to gluten. Gluten is found in wheat, barley and rye, and some people are also intolerant to oats. If a coeliac eats a food containing gluten the gluten will damage the gut lining reducing the absorption of important nutrients.

Symptoms can be quite varied – tiredness, diarrhoea, constipation, unresolved anaemia, abdominal discomfort, indigestion, bloating, wind. People who I see with unexplained gut problems are encouraged to have a coeliac screen to exclude this as a cause. Getting the correct diagnosis is vital – especially when dealing with something like irritable bowel. A coeliac must take care with all food choices – and it is not recommended that they try and get away with indiscretions in the diet as they will be doing long term damage even if they don't have any immediate effects after eating a gluten containing food. One of the significant long term consequences if the gluten free diet is not followed carefully can be poor bone health due to poor calcium absorption.

### Winter sports for children

The winter sports programme for children is well under way. To help your children get the best out of their performance remember these key points

**Keep up with fluids** – being well hydrated helps with performance – encourage them to have a drink before they leave the house, as well as taking a drink bottle with them.

**Have breakfast** – making sure some good fuel is on board before they go off to play is vital for sustained energy. Getting in some carbohydrates is vital – include things like breakfast cereal, toast, fruit toast, crumpets, baked beans, bananas. Protein is also useful – include things like an egg, yoghurt, milk drink, smoothie made with milk + yoghurt + fruit, peanut butter on toast. Try to make sure that there is sufficient time in the morning so that breakfast has a chance to settle before their game.

**Avoid** the high fat choices after the game as these do not help with refuelling muscles.

Keep in mind that even if you don't have a budding All Black or Silver Fern in the family setting up good food habits can never start too early. Ideally you don't want to give your child the message that just because they have played sport they can then go and have a food treat after every game – this can negate the benefits of all that running around!

### Questions?

Do you have a burning nutrition question you want answered? If you do send me the question and I will try to answer it in my next newsletter.

Stay warm, and try to avoid all the winter coughs, colds and flus that will soon be doing the rounds.

Call Fiona on 07 574 7999 or email [fiona@foodsolutions.net.nz](mailto:fiona@foodsolutions.net.nz) if you have any nutrition concerns

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Regards

