

Issue Number 6

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As it does every year, time seems to be going by too quickly. It is hard to believe the Christmas season is just around the corner.

Some of you may have noticed that it has been sometime since my last newsletter. I was due to send one out in August but somehow it got missed. For the first time in over 20 years I decided to tackle a university paper in the second semester, so I will use that as my excuse for being negligent with my newsletter. The paper I completed was a psychology based paper on eating disorders. It was an interesting paper and it has certainly helped to increase my knowledge and understanding in this challenging area. My client base for eating disorders has increased over the years so it was timely to do some further study.

Should I have 5 meals a day or 3 meals a day?

I am often asked if someone should change to an eating pattern based around 5-6 small meals a day instead of 3 meals a day. This really depends on your lifestyle and what works for you. If you are asking this question with a goal of weight loss then the key is to make sure you don't end up eating more calories (energy) over the 24 hour period. The 5-6 small meals a day theory is based on the fact that every time we eat it increases our metabolic rate as we need to use some energy to burn the food we have just consumed. Eating at regular times is important for our metabolic rate but some people will find the 5-6 small meals a day difficult to incorporate into their lifestyle. It can be useful to include snacks, especially in the afternoon if you are arriving home from work very hungry and ready to raid the pantry. If you do get very hungry by late afternoon check that your lunch has some carbohydrate and some protein in it - a lovely salad plate at lunch might seem like a good choice but it will not have any staying power without some carbohydrates or protein as part of the mix. If you do need to include snacks over the day look for a snack that has less than 600 kJ per serve (140 calories).

Examples could include:

- 1 pottle of yoghurt
- 4 mini sushi
- 1 cup pretzels
- 3 slices water melon and 1 apple
- 1/4 cup cottage cheese with carrot and celery sticks and 4 marshmallows
- 400ml (large glass) skim milk
- 1 slice fruit loaf (with jam no butter or margarine)

Christmas Turkey

As I am writing this the day is getting hotter and hotter, which is a sure sign that the summer holidays and Christmas are not too far away. The thought of cooking a big traditional Christmas dinner does not appeal to everyone. However if you are planning to cook a turkey on Christmas day check out my piece about how to look after your turkey so you do not give the gift of food poisoning to friends and family. www.foodsolutions.net.nz/vdb/document/62

Recipe

Marinated Lamb with nutty citrus salad

This recipe came from a good friend and is a great summer dish.
(Lamb is best marinated the day before, store covered in the refrigerator)

1 Tbsp olive oil
Approx 500 grams lamb fillet or back strap or leg steaks
1/4 cup orange juice
1/4 cup lemon juice
1 Tbsp balsamic vinegar
1/4 cup olive oil (extra)
1 tsp grated lemon rind
Approx 3 cups of torn lettuce (use a variety - red / green)
4 medium oranges segmented
2 medium grapefruit segmented
2/3 cup blanched almonds toasted
4 green shallots, chopped
1 1/2 cups firmly packed watercress sprigs or rocket

Method:

Heat oil in pan, add lamb in batches, cook until tender, drain on paper towel.

Slice lamb thinly.

Combine lamb, citrus juices, vinegar, extra oil and rind in bowl, cover and refrigerate several hours or overnight.

Drain lamb but reserve the marinade.

Combine lamb, torn lettuce, citrus segments, nuts, shallots, and watercress in serving bowl or platter.

Drizzle with reserved marinade.

Cholesterol Tips

Some of you may have seen a recent article in the Bay of Plenty Times where I was interviewed about my 10 top tips to help reduce cholesterol. In no set order they were:

1) CHANGE YOUR FATS - Try to stop eating animal-based and saturated fats like butter, and use products with plant-based fats, like olive oil, rice bran oil and margarines. Lowering your saturated fat intake is easily managed and helps to decrease your bad cholesterol (the one that blocks the arteries).

2) EAT MORE GREENS - the usual number of servings for fruit and vegetables is 5 plus a day, if you have a high cholesterol level it is recommended you aim for at least 8 serves a day. Don't forget the rainbow and aim for a variety of colours each day. Increasing your fruit and vegetables also helps with weight management and blood pressure control.

3) GO THE WHOLE GRAIN - look for breads and breakfast cereals with at least 6 grams of fibre in 100 grams. Ideally it should be made up of whole grains, check the ingredient list to see if it has wholegrains listed.

4) EAT FISH TWICE A WEEK - Omega 3 fatty acids benefit your blood fat levels and, if you can, I'd suggest eating fish at least twice a week. Tinned fish, like tinned salmon and tuna, can be a cheaper way of regularly getting fish into the diet.

5) EXERCISE REGULARLY - Exercise helps with weight management. Weight loss will generally lead to a drop in cholesterol levels. Exercise also helps to look after the protective type of cholesterol. Choose an exercise you enjoy and aim for one that increases your heart rate - if you're going for a walk, make sure it's a brisk walk as a slow amble around the neighbourhood might not be enough.

6) WATCH YOUR PORTIONS - Make sure you limit your portion sizes at dinner time. Your serve of meat, fish or chicken should make up one quarter of your plate. Another quarter should be rice, pasta or potatoes, or foods that are starchy. The other half is vegetables. Try to have at least three different types of vegetables.

7) SHUN FATTY TAKEAWAYS - they will quickly add excess fat to your food intake. For example, a Big Mac and medium fries contains nine teaspoons of fat, while a plain hamburger and small fries has four teaspoons. One piece of fish and a scoop of chips has 12 teaspoons of fat, while one grilled fish and some oven baked chips has four teaspoons of fat. A single meat pie has 7 teaspoons of fat while a wholegrain bread roll has about three teaspoons of fat.

8) READ FOOD LABELS - as a guideline look for less than 10 grams of fat per 100 grams in items like breakfast cereals and crackers. Looking for less than 2 grams of saturated fat per 100



grams is also useful.

9) TRY NOT TO FRY - Look at healthier ways of preparing food. Rather than frying, try baking, grilling or barbecuing.

10) EAT LOW FAT DAIRY - dairy products can contribute significant amounts of saturated fat. Dairy products are an important source of calcium, choosing low fat dairy products such as green or gold top milk and low fat cheese will look after your calcium intake and help reduce your saturated fat intake.

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.

Wishing you all a very Merry Christmas and a safe and happy start to 2011.

Call Fiona on 07 574 7999 or email fiona@foodsolutions.net.nz if you have any nutrition concerns
Please feel free to forward this email to anyone you feel may be interested. If you no longer want to receive Food Solutions newsletters please go to the 'manage my subscription section below'
Regards

A handwritten signature in black ink, appearing to read 'Fiona', with a stylized flourish above the name.