



Newsletter

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Welcome to the 11th issue of Food Solutions News.

I hope you have managed to stay well over the winter, and over the last few days I hope you have stayed dry! Hopefully you have found time to watch some of the olympics and felt inspired by our wonderful athletes.

Eating disorders

I recently took a car load of giggling 11 year olds on a school outing. I have no idea how but they ended up talking about how some people will eat and then make themselves sick after eating to try and make sure they don't gain weight. Thankfully they seemed to be talking in general terms and not about any of their friends and also they seemed to think this was a crazy and unhealthy thing to do.

Unfortunately eating disorders seem to start younger these days. I often get phone calls from parents not sure if they should be worried about their child's eating habits. What I usually find is that if they are worried enough to pick up the phone and ring me then usually there is an issue that needs addressing. Early treatment or action is more likely to have positive outcomes compared with trying to put off addressing issues around this complex situation.



So what signs can you be aware of other than just weight loss? Often it may start as a desire to follow a healthier eating pattern but slowly more restrictions are introduced and the range of foods eaten becomes very narrow. They may start eating alone, or they will cook for others but not eat what they have prepared. They may develop certain rituals around food. They might start to read food labels avidly or weigh and measure food out, water intakes might increase considerably, they might stop eating snacks altogether and volumes eaten at meal times will decrease. They might frequently weigh themselves and they might partake in excessive exercise.

Obviously these signs do not automatically mean an eating disorder is present but as a parent if you have concerns it is better to raise your concerns with your child or seek advice from your GP or another suitable professional earlier rather than later.

Recipe:

Salsa's can be a simple and quick way to add flavour and interest to a meal. Experiment with some of these flavours, making the most of what is seasonal at the time.

Fresh tamarillo salsa – great with cold meats, fish or chicken

- 4 tamarillos
- 1 small onion
- 1 tbsp brown sugar

Peel and finely chop the tamarillo and onion. Mix all ingredients together. Makes approximately 1 ½ cups.

Plum salsa

4 fresh plums, pitted and chopped
1 tsp grated fresh ginger
2 spring onions finely sliced
1 tbsp wholegrain mustard

Mix all ingredients together. To allow flavours to develop this is best made one hour or more before serving. Makes 1 ½ cups.

**Apple chilli sauce** – good with meat, especially pork, or grilled chicken

3 apples peeled and roughly chopped
1 medium onion peeled and chopped
1 cup water
¼ tsp chili powder or 1 small chilli finely chopped
1 tbsp brown sugar

Place apple, onion, water and chilli in a saucepan. Cover and simmer 5-10 minutes or until apples are soft. Add sugar and stir well to break up apples. Makes approx 2 cups, can be frozen.

Banana salsa – great with chicken, fish or curries

2 bananas chopped
½ tsp paprika
2 Tbsp lime juice
2 Tbsp Thai sweet chilli sauce

Gently combine all the ingredients. Leave for 1-2 hours to allow flavours to develop. Serve room temperature. Makes 1 ½ cups.

Peach and pesto salsa – delicious with chicken, fish or pork

2 peaches or nectarines, finely chopped or sliced
¼ cup pine nuts
1 Tbsp finely chopped basil leaves or 1 teaspoon pesto sauce
2 Tbsp lime or lemon juice
2 cloves garlic finely sliced

Gently combine all ingredients. Leave at room temperature for flavours to develop. Makes 1 ½ cups.

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".