

Welcome

I hope you have been well since the last newsletter.

Nutrition is a prominent topic when we deliver our programs. Everyone knows the low fat, low sugar, high fibre mantra, but it is easy to get tangled in the application of these plain objectives to our routine eating. Thus in this newsletter I would like to offer some practical information and day to day tips. In addition you may request more extensive information (.pdf documents) by replying to the newsletter address:

“Fast Food Fact Sheet”. Produced by Catherine Saxelby, it describes the 7 key problems with fast food and offers advice including the “10 Best Take Aways”. To receive a copy reply with “Fast Food” in the subject.

“Good Eating Guidelines”. A nine page document produced by Health Futures for healthy eating. To receive a copy reply with “Guidelines” in the subject. For a brief summary chart of the “Good Eating Guidelines” visit www.healthfutures.com.au and open Newsletter: Issue A4; that issue also has quality nutrition web sites to visit. You will also notice each previous issue includes a recipe.

We often have requests for the extra info. from people who were not originally sent the newsletter. No problems and you are welcome to subscribe -- just send an email with “Subscribe” in the subject.

Did man really come out of the trees because of red meat? It's one of the most common questions I have been asked this year -- referring to the TV adverts by Sam Neil promoting red meat. I tread carefully because I have had people unsubscribe because we published a meat recipe. The anthropological evidence is strongly suggesting that humans' advanced development was contingent upon our ability to eat meat. Indeed there is strong suggestion it is linked to our, probably accidental, learning to cook meat (it is easier to consume). The adverts do not sit well with many vegetarians -- may I make the point that as a result of our advanced intelligence we are now capable of eating a meat free diet that is equally nutritious or more nutritious. So there is room for an each way bet on this one.

Staff note: Many of you will have met one of our team, Scott McTaggart. He is not a bad runner (6th in last year's City to Surf) -- he is fitter this year and expecting to do even better so you may like to check out the telecast.

Rob Edwards and the Health Futures Team

Healthy Eating on a Budget

I often have seminar participants suggesting that a significant barrier to healthy eating is increased cost. If you take time to consider the options that is not really the case. Here are a few tips to keep the budget on target whilst shopping with health in mind:

- o Keep the pantry well stocked and consider the meals you intend preparing before you go to the supermarket. This ensures you have the ingredients you need -- buying one-off items from the corner store is expensive.
- o Base meals around what is in season or on special.
- o Buy in bulk. It is often cheaper (perhaps shop with someone else and split the cost).
- o Buy modest amounts of meat, chicken and fish. Leaner meat cuts can be more expensive, but if your goal is to eat less meat then the cost is relatively unchanged.
- o Look for marked down products, often significantly when nearing their expiry date.
- o Take your calculator shopping to make it easier to work out which size options are the best value.
- o Minimise 'luxury' items. If ice cream, chocolates, biscuits, cakes and sweets are only occasional treats they will not blow the budget.
- o Only buy what you need. It is not a bargain if you don't use it.
- o Cook at home and limit eating out. You have more control over both content and cost.
- o Cook in bulk. Leftovers can be a cheap lunch the next day; soups, stews, casseroles and pasta bakes all reheat well for another meal.
- o Use leftovers to create new meals. For example: Bolognese sauce can make a great pizza base or goes well on a toasted sandwich; left over roast meat can be used in a warm salad or pasta dish; boiled rice can be used to make a fried rice.
- o Ever considered growing your own veges? Its cheap, good exercise and great stress management.

“Every tomorrow has two handles. You can take hold of the handle of anxiety or the handle of enthusiasm. Upon your choice so will be your day.”

UNKNOWN

Don't Forget:

Stick to the healthy guidelines most of the time, but treat yourself occasionally.

Buy an ice-cream (trust me there are some really good ones in the Woolworth's freezer cabinet); a sausage at a BBQ; fish and chips do taste great, don't exercise for the day; an extra glass of wine.

There are few people more dull than a prudish health fanatic!

"Failure seldom stops you; what stops you is the fear of failure"

JACK LEMMON

(1925 - 2001)

Don't Forget:

If weight loss is a sensible goal for you and you are finding it's proving a little stubborn, try the "10% Rule":

Eat 10% less

and

Increase your physical activity by 10%.

Breakfast Like a King

The old adage "Breakfast like a king, lunch like a queen and dinner like a pauper" is good advice. More often we get it around the other way by starting the day with a small breakfast or skipping it all together. Then a small lunch followed by a large dinner. It's unreasonable to expect people to revert fully back to the old adage, but the following suggestions will help you move in that direction.

Breakfast has a very important function. As the word suggests, it is "breaking" the "fast". Usually between dinner and breakfast no energy enters the body so the metabolic rate slows down to conserve energy. In the morning your body 'expects' to be refueled. It is difficult for your body to work at its optimum if you rush around getting ready for work, organizing children and so on without breakfast (when your body is still trying to conserve energy). People who don't eat breakfast tend to have a less nutritious diet overall and they eat less calcium, zinc and fibre. It is particularly important to encourage children to eat a healthy breakfast because those who skip breakfast as children tend to continue to do so when they become adults. If you are just not a breakfast person then you need to be a 'mid morning' eater.

Breakfast is easy! In a few minutes you can prepare a range of healthy options. I have grouped several options, but mix and match to suit your preferences -- and have portion sizes to meet your needs. Making time for a relaxed breakfast is a great stress management strategy, allowing you to start the day unrushed and in a positive frame of mind. If you are pushed for time eat a couple of pieces of fruit on the run. Here's a few brekky ideas:

- o Healthy (read the labels) whole grain cereal and skim milk
- o Grapefruit; natural muesli with skim milk; grilled tomato on toast
- o Prunes; scrambled eggs on toast
- o Pawpaw and passionfruit; baked beans on toast
- o Stewed fruit with low fat yoghurt; asparagus on toast
- o Fresh strawberries or a slice of rock melon; rolled oats with skim milk;
- o Simmered tomato and onion on toast
- o Banana; grilled cottage cheese and sliced tomato on toast
- o Slice of pineapple; whole grain wheat biscuits with skim milk and sliced banana
- o Fruit loaf toasted, topped with slices of banana, peaches or berries
- o Pancakes with berries and nuts (see Recipe section)
- o Fruit cups with yoghurt and bran; sardines on toast.

Lunch Like a Queen

Here are a few suggestions:

- o Tuna or salmon salad and an orange
- o Minestrone soup, wholemeal roll and an apple
- o Vegetable soup, wholemeal roll and stewed fruit with low fat yoghurt
- o Pita bread filled with rice or bean salad and a peach
- o Sandwiches - take your pick. Put these fillings on wholemeal bread, crispbreads, and bread rolls or fill pita or Lebanese pockets:
 - Tuna and green salad vegetables
 - Mixed bean salad and ricotta cheese
 - Lean smoked turkey with asparagus
 - Grated carrot, sultanas and walnuts
 - Cottage cheese, apple and celery
 - Lean chicken and salad
 - Ricotta cheese, tomato and capsicum
 - Banana and cinnamon
 - Mushroom, coleslaw and sprouts
 - Lean beef, mustard, grated zucchini and radish.

Leftovers: if you have prepared a healthy meal for dinner it will still be healthy the next day, so have it for lunch. This is certainly better than grabbing an unhealthy lunch on the run. It also has the bonus that you won't have as many second helpings for dinner.

Dinner like a pauper (well, not too poor!)

Not everyone is a budding gourmet chef nor have the inclination to be. Many hours in the kitchen can be a joy for some, and an awful thought for others. Take time to develop your own set of meals that best meet your needs -- health and otherwise.

The following two recipes are presented as examples of how you can retain the style of a meal, yet make it significantly healthier. Consider applying some of these ideas to your routine meals.

MEAT AND THREE (or FOUR or FIVE) VEGETABLES

Many of us grew up with "meat and three" as standard fare. It is one of the most common meals served in Australia. If this is your style of meal you may not enjoy cooking a completely different menu for the sake of good health, nor do you need to. Although red meat, three times per week is plenty.

Not So Healthy

- 150 to 450gms of steak, sausages, chops, lamb or pork
- The meat is pan-fried with oil or fat added
- Modest servings of vegetables boiled in salty water, except for the chips that are deep-fried
- The meat is usually the most abundant food on the plate and the fat is eaten.

Healthier alternative

- 90 - 150gms of lean meat: steak, veal, lamb, pork, chicken. Meat is not the most abundant food on the plate
- Cut fat from meat and grill on a rack or BBQ
- Generous serves of four or five vegetables. With less meat it is important there are more vegetables to make up the difference
- Vegetables are steamed, baked or microwaved
- Increase the variety of vegetables rather than more of the same vegetable, as you will risk the meal becoming boring.

SPAGHETTI BOLOGNAISE Serves 6

Not So Healthy:

750gms of mince steak
 1 large onion, finely chopped
 1 capsicum, finely chopped
 1 small can of tomatoes
 1 clove of garlic, crushed
 2 tablespoons tomato paste
 2 tablespoons olive oil
 1/2 teaspoons salt
 1 cup red wine
 Basil, oregano
 250gms spaghetti pasta
 2 teaspoons salt

Brown mince in half the oil and set aside. Sauté onion, capsicum and garlic in remaining oil. Add meat, tomatoes, tomato paste and salt. Simmer for one hour. Add herbs half way through cooking (a little later if fresh). Add wine. Cook pasta in boiling water and salt. Serve a large helping of sauce on a small bed of spaghetti. Serve with a bottle or two of full-bodied red wine.

Healthier Options:

400gms lean mince steak (veal is even better)
 340gms can of red kidney beans (roughly mashed)
 2 large onions, finely chopped
 2 capsicums, finely chopped
 3 or 4 cloves of garlic, crushed
 1 large can of tomatoes
 2 tablespoons tomato paste (No Added Salt)
 Generous amounts of oregano, basil and parsley
 1 cup of red wine (optional)
 2 tablespoons olive oil
 250gms wholemeal (white if you are not keen on the wholemeal) spaghetti

Brown mince in half the oil, drain and set aside then Sauté the onion, capsicum and crushed garlic in the remaining oil. Add meat, beans, tomatoes and tomato paste. Simmer for 1 hour (the longer the better). Add herbs half way through cooking (a little later if fresh). Add wine. Cook pasta in water with a pinch of salt and dash of olive oil. Serve a generous helping of sauce on a medium bed of spaghetti. Serve a leafy salad as a side dish. A full-bodied red wine would be a fine accompaniment, but don't forget The Rule of 2s (*and don't forget that life's too short to drink bad wine*).

Healthier because:

Less Fat: there is less meat and it is leaner; more vegetables means that for the same serving size there is less meat.

Less Energy: the same volume of the healthier version has less kilojoules as the vegetables are replacing some of the meat and fat, which are much more energy dense.

More Fibre: by increased vegetables, substituting the beans for a portion of the meat and selecting wholemeal pasta.

Less Salt: None added during cooking (except a pinch in the pasta cooking) and "No Added Salt" products are used. The extra garlic and herbs make up the difference in flavour.

And it's still BALISSIMO!!!



Good Health -- Great Future

How Do You Rate Yourself?

Consider www.healthfutures.com.au/planner (use HF Code: P1111) to manage your goals.

	Rating	Goals and Actions
Physical Activity		
Body Weight		
Alcohol		
Cigarettes		
Dietary Fibre Intake		
Dietary Fat Intake		
Sugar Intake		
Fluid Intake		
Stress Management		
Time to Relax		
Back Care Exercises		
Cholesterol/Triglyceride		
Skin Self Checking		
Check Stools for Blood		
Breast/Testicular Self Check		
PAP Test		
Mammogram		
Prostate		
Dental Check Up		

Replies, Replacement Reports and Back Issues

For back issues of this newsletter visit www.healthfutures.com.au/news. The newsletter goes to many thousands of people so again it is not possible for us to respond to specific health related questions.

For those who have taken part in the Health Futures Appraisal Program a new appraisal report is available. Due to the number of people who have taken part in our programs, we are unable to provide new reports without charging a small fee. The fee is \$49 for production and postage of a CD (approx. 3000 pages of resources). Reports are sent after payment (by cheque) to: Health Futures Pty Ltd, Level 1, 44-52 Townshend Street, Phillip ACT 2606. Please indicate date of birth and if your name has changed.

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat whole meal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose whole grain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

Have a great day