



# Perth Diet Clinic



*To All Our Clients & Doctors*



**The Perth Diet Clinic will be closed from  
the 17th of December to the 4th of January**

## Survival of the Stomach on Christmas Day



**Extra healthy breakfast-** Keep breakfast light and simple. If you are home, a small bowl of cereal or 2 slices of toast with low fat spread will suffice. If you're out, go for the fruit platter. Avoid sausages, bacon and baked goods.

**Lunch- when the main meal is later.** Lunch can end up being like a dinner meal on Christmas Day. Select one small plate filled with lean meat portions and various salads. Turkey and seafood are great choices, but go easy on the creamy seafood sauces and cranberry sauce. Avoid salads with creamy sauces. Choose green salads and pick from the fruit platter to make up your plate. If you have dinner and dessert ahead, skip the dessert at lunch and opt for a few pieces from the fruit platter.

**Dinner- when the main meal.** Treat yourself to a slightly larger serving avoiding stuffing, fried foods and creamy sauces. When having dessert, use a smaller bowl. If you want to try a few things, take smaller portions of each, and avoid going back for seconds!

**Grazing-** Don't fall into the trap of picking at chips, chocolates, biscuits and dips all day long. Listen to your stomach and realise that it isn't hunger making you graze! Make wise snacking decisions, and read on to get some good party food tips!

## Party Food Over Christmas and New Year

Party food often means a lot of finger food options, and finger food can be a nightmare for someone watching their weight. It is often deep fried or extra sweet and contains a large amount of fat or sugar for something so small. The small, tasty mouthfuls trick us into thinking we haven't eaten all that much, and before you know it you have blown a whole days kilojoules in just one night! So what are the do's and don't's of party food?

### Don't

- Stand near the party food table. The sight of food often makes it hard to resist
- Try one of everything. You may end up eating a large amount of little bites that all add up to a lot of kilojoules.
- Say yes every time. You won't offend a waiter or host by saying 'no thanks'.

### Do

- Eat a meal before you leave if you know there will only be unhealthy finger food
- Try one or two things and feel satisfied
- Sip your drink slowly. Busy hands will help stop tempted fingers from finding food
- Bring something healthy. Offer to bring a dip and vegetable platter, like the recipe featured, or make your own healthy version of a party favourite.

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## Keeping Up the Summer Appearance Over Christmas

We all know the feeling of putting on a few extra kilos over the winter months, then working extra hard to lose them right before summer comes. You go to the gym, you work on your diet and you look and feel fantastic!

Then comes the silly season, and all those tips you learnt from your Dietitian seem to be forgotten. With weeks of celebrating, before and after Christmas, those kilos can creep right back up on you, and you're no longer feeling so fantastic.

So make a decision right now to keep those kilos away over the Christmas period. Make a mental list, or write an actual list of ways that you can stay fit and healthy, whilst still enjoying Christmas with your family and friends. Stick the list on the fridge, or if your travelling, take it with you and always have it within sight! Below are a few ideas to get you off to a good start.

**Keep Exercising!** Early morning walks are fantastic in the summer. Get your partner, child or friend on board and make regular times to meet for a walk each week. That way you are less likely to cancel, as you are not only disappointing yourself.

**Stock up on summer fruits.** A tasty peach is yummy, and much healthier than a sweet biscuit.

**Eat, don't pick.** Have 3 good meals, don't graze all day long. It's easy to forget how much you have eaten when you graze all day.

One of the most difficult days to maintain good eating is Christmas day itself! You may find yourself visiting countless relatives for endless meals, that seem to be laden with added fats and kilojoules.

## Picking the Best Fruits this Summer!



Summer is a fantastic time for fruits in Australia. With all the tasty stone fruits and melons on the supermarket shelves, there should be no excuse for snacking on chocolate bars, biscuits and candy. Having delicious pieces or pre-prepared fruit salads in the fridge is a great way to ensure you snack right this summer.

So what fruits are good to choose, and how do you pick the tastiest in the bunch? Read on for some fruitful information!

### Peaches

It is hard to choose a good peach just by looking at the colour, as different varieties have different amounts of red in their flesh. The best way is to feel them. They should have a little 'give' when gently pressed. It should also smell sweet. Peaches should be refrigerated.

### Nectarines

Choose evenly coloured nectarines, mostly deep red. You should be able to squeeze it gently without too much give. Avoid nectarines with bruises and soft spots.

### Plums

Choose plums with a good strong colour. When gently squeezed they should be between a fairly firm, and slightly soft stage of ripeness. Avoid plums with a brownish colouration, and those that are relatively hard or very soft.

### Pineapple

Pineapples ripen from the bottom up. The diamond shaped eyes on the pineapple will turn yellow, so the higher up the yellow goes, the riper and more sweet the pineapple will be. Smell the bottom of the pineapple, it should smell sweet. When squeezed, it should gently yield to the pressure, but be firm. Leaves should be green and firmly attached. Easily removed leaves is not a sign of ripeness, just a loose leaf!

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[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)



## STAR CHRISTMAS RECIPES



### Healthy Christmas Loaf



#### *Egg and Lactose Free!*

Serves : 10  
Preparation : Night before + 20mins  
Cooking : 1 hr & 10mins

1 cup dried apricots, halved (130grams)  
1/2 cup roughly chopped dried figs (80grams)  
1/2 cup sultanas ((85grams)  
1/4 cup caster sugar (55grams)  
1/2 teaspoon ground cinnamon  
2 cups self raising flour (260grams)  
2 tsp baking powder  
1 3/4 cups low fat or lactose free milk(440ml)  
1/2 cup flaked almonds (80grams)

Combine apricots, dates, sultanas, sugar, cinnamon and flour in a bowl. Add 1-1/2 cups milk. Stir to combine. Cover. Refrigerate overnight.

Preheat oven to 170°C fan-forced. Grease a 900ml loaf pan.

Stand apricot mixture at room temperature for 10 minutes. Stir in remaining 1/4 cup of milk. Add half the almonds. Stir until just combined. Spoon mixture into prepared pan. Sprinkle with remaining almonds. Bake for 1 hour to 1 hour 10 minutes or until a skewer inserted in the centre comes out clean. Stand in pan for 5 minutes. Turn out onto a wire rack to cool.

#### **Nutrients per serve**

KJ - 1000, Cal - 240, Protein - 6.3g, Fat - 6.3g, Saturated Fat - 1.5g, Carbohydrate - 45.6g, Fibre - 4.1g

### Baba Ghanoush

1 medium eggplant (400grams)  
Spray Oil  
3 tbsp sesame seeds (54grams)  
2 tbsp lemon juice (40ml)  
1 clove garlic (3 grams)  
Salt and pepper to taste  
1/4 tsp cumin

Cut eggplant in half, spray with oil and place cut side down on a greased baking sheet. Bake in oven at 200°C for 40 mins, or until soft.

Remove and allow to cool for 5mins, then scoop out the flesh. Place in a strainer and let moisture drain for 15min.

Place in a blender with sesame seeds, lemon juice and garlic. Blend until smooth.

Season to taste with salt, pepper and cumin.

Let flavours blend in the refrigerator for 2hrs or more. Better the second day.

Cut Pita breads into wedges and warm in 150°C oven for 10mins. Serve with the dip.

#### **Nutrients per serve = 1tbsp, not including pita bread**

KJ - 154, Cal - 37, Protein - 1.4g, Fat - 3.0g, Carbohydrate - 1.0g.



Visit our web site at

<http://www.perthdietclinic.com.au>

for nutritional information, health and cooking tips and an abundance of recipes

## Alcohol - Making Low Calorie Choices

When it comes to the overall health of the body, obviously the smartest choice for alcohol is to drink in moderation. However, over Christmas we all like to enjoy ourselves a bit more than usual, and alcohol is always on the menu at Christmas parties and work functions. Knowing which alcohol is the smartest choice can end up making a big difference to your waistline.

### Yellow Glen Jewel Champagne

This champagne contains 30% less calories and 40% less alcohol than regular champagne, making it a good choice for two reasons! Christmas events often include champagne breakfasts and lunch time celebrations, and the lower alcohol content of this champagne makes it a wiser choice for these occasions.

### Pure Blonde Beer

This beer contains 70% less carbohydrate than regular beers, which means overall it will contain less kilojoules. However, in comparison to regular full strength beers it contains only 25KJ less per 100ml. In addition, it is 4.6% alcohol, and full strength beer is approximately 5% alcohol. Doing the sums, Pure Blonde isn't really all that much better than a full strength beer.

### Wine

When it comes to white wine, choose a dry or sparkling white, as these contain the fewest kilojoules per 100ml. For the best choice, sparkling contains 8.5% alcohol, where as dry is around 12%. Avoid sweet whites, that have nearly twice as many kilojoules and five times the sugar.

A regular 12% alcohol red wine, and an 8% rose contain approximately the same amount of kilojoules per serve. (similar to a sparkling and dry white) The difference is the rose contains 4% less alcohol if you are looking for a low alcohol option. Sparkling reds have a slightly higher alcohol percentage, and around 50KJ more per 100ml.

It is important to remember the alcohol recommendations over the Christmas period. For women, it is recommended to have no more than 2 standard drinks per day for men and women per day. It is also advised to have 2 alcohol free days per week. A standard drink is equal to 10g of alcohol. Unfortunately, many people are unaware of what a standard drink looks like, and most restaurants and bars serve alcoholic drinks that are much larger than one standard drink.

At the bottom of this page is a picture of what one standard drink, or 10g of alcohol looks like. Below is the nutritional information for each.

### 425mL Light Beer

438KJ, 106 Cal, 9.8g Carbohydrate, 0.4g sugar

### 285mL Regular Beer

646KJ, 153 Cal, 8.5g Carbohydrate, 0.9g sugar

### 100mL White Wine Dry

293KJ, 70 Cal, 0.5g Carbohydrate, 0.5g sugar

### 100mL White Wine Sweet

410KJ, 98 Cal, 10g Carbohydrate, 10g sugar

### 100mL Red Wine

285KJ, 68 Cal, 0.2g Carbohydrate, 0.2g sugar

### 60mL Fortified Wine

374KJ, 89 Cal, 7.5g Carbohydrate, 7.5g sugar

### 30mL Spirits without mixers

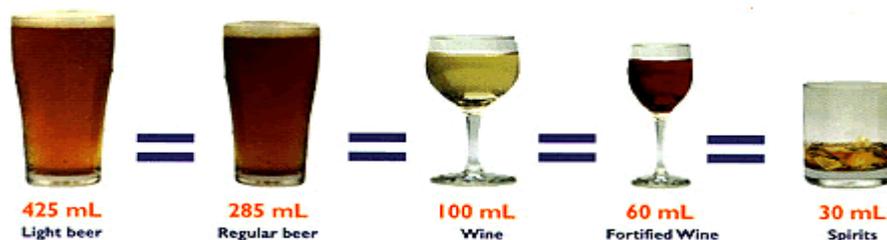
266KJ, 64 Cal, 0g Carbohydrate, 0g sugar

### 30mL Spirits with mixers i.e. Coke

500KJ, 120 Cal, 7.5g Carbohydrate, 7.5g sugar

### 30mL Spirits with diet mixers i.e. Diet Coke

266KJ, 64 Cal, 0g Carbohydrate, 0g sugar



## CONSULTING VENUES AND TIMES

<b>WEST PERTH</b> 12-14 Thelma St Metered Parking in Thelma St (cul-de-sac) Approach Thelma via Murray Street heading into the City).	9322-4680 Peggy Stacy Cathie Frost Lindsay Peacock Louise McEvoy San Tran	Mon to Fri  Sat	7:00am- 5:00pm  8:00am-12:00pm
<b>ATTADALE</b> Health at 520 520 Canning Highway	9322-4680	Mon  Wed	8:00am-12:30pm  2:00pm– 6:00pm
<b>LEEMING</b> South St Physiotherapy Suite 12 /73 Calley Drive	9322- 4680	Mon  Fri	2:00pm– 6:00pm  10:00am 2:00pm
<b>WILLETTON</b> AM & PM MEDICAL CNT U2/40-46 Rostrata Avenue	9322- 4680	Thurs	2:00pm—6:00pm
<b>ROCKINGHAM</b> Move Well Physiotherapy 24 Pedlar Circuit (near Bunnings)	9322-4680	Thurs.	9:30am-5:00pm
<b>PADBURY</b> Forrest Rd Medical Centre 65 Forrest Road  <b>PADBURY</b> Padbury Physiotherapy 2/73 Gibson Avenue	9322 4680  9322-4680	Wed  Mon	Louise McEvoy 8:30am-2:30pm  Cathie Frost 11:00am—6:00pm
<b>JOONDALUP</b> Western Endoscopy Centre Unit 1/32 Pimlico Place	9322 -4680	Tues	Cathie Frost 1:00—5: 00pm

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