

Perth Diet Clinic



The Staff at Perth Diet Clinic wish all our Clients and Doctors



Perth Diet Clinic will be closed for the holidays from 20 December 2013— 6 January 2014

BE IN CONTROL IN THE LEAD UP TO CHRISTMAS **PLAN AN ACTIVE CHRISTMAS PARTY**

Getting ready for Christmas is busy with extra time spent shopping and maybe consuming meals on the run. Shopping centre foods and take away in general are not known for their healthy choices. If you need to snack or grab a meal then follow these simple tips;

- Take your own snack! Buy a coffee and relax in a cafe while munching on a banana or handful of nuts brought from home
- Juice it up! A fresh fruit and vegetable juice is a great snack option if you want to snack on the run
- Scan the food court for colour! Look for an outlet that offers salad or vegetables that are cooked fresh. Choose a 'make your own' sandwich or noodle venue and choose low fat meat cuts
- Sushi or rice paper rolls are a quick, easy and healthy lunch or dinner, and is a regular in shopping centres
- Avoid fried food and fast food outlets. There will always be a better option.

When we think of a Christmas party, we think food and alcohol. Whether its a work Christmas party or family celebration, challenge the traditional this year and include active fun on the agenda. Don't think exercise, think silly season movement.

- Dance it off! Designate an area for dancing and load your iPod with Christmas classics. Encourage dancing with dance competitions, well known group dances (such as the Macarena) and couples dances (such as father-daughter, mother-son, inter office colleagues)
- Plan silly festive fun with simple games turned 'Christmassy' such as musical sleighs, Xmas bauble and spoon races, Santa sack races, relay races with full Santa sacks and timed races to set up and dismantle Xmas trees.
- Run a Christmas Gift treasurer hunt over a large area.

HEALTHY CHRISTMAS DIPPING

Dips are a party favourite, especially on hot summer days at Christmas parties. They are an easy option to bring, and whether store bought or home made.

The varieties of dips and dippers are endless.

Dips are generally grazed on before meals and maybe high in kilojoules, fats and sugars.

Making a healthy dip and dipper choice is easy with an abundance of recipes online or buy a low fat variety.

Try to emphasis fresh fruit and vegetables, low fat dairy and healthy oils and fat sources.

Use the following guide when looking for a healthy dip and dipper options this holiday season.

Dips

- Look for reduced fat dip varieties. These may include those that use low fat dairy products or less oil, or may include dips made purely from vegetables. For example, a salsa will contain little to no fat compared to a creamy French onion dip.
- When comparing store bought dips, look at the per 100g column, as serving sizes will differ greatly. Remember, that if a dip contains Avocado, nuts, seeds or healthy oils, the total fat content may appear high but the saturated fat content will be low. These dips will contain a good source of healthy fat.
- If you are aiming to watch your weight, stick to a small serve of any high fat snack.
- Make your own versions of your favourite dips using less oil, low fat dairy and lots of fresh vegetables. Low fat Philadelphia cream cheese, low fat ricotta cheese, low fat natural yoghurt and low fat Greek yoghurt are all good bases for a healthy dairy based dip. If you prefer a non dairy based dip, use canned legumes such as chick-peas, or a dense vegetable such as mashed pumpkin, sweet potato or beetroot as a base.

Dippers

- Look for low fat cracker and chip options, such as Sakatas, Fantastic Delites, flavoured rice cakes broken into pieces, Red Rock Deli rice crisps or the new Special K Cracker Crisps in a number of flavours.
- Make your own low fat toasted dippers using mountain breads, tortillas or Turkish bread. Cut into triangular pieces, brush with balsamic vinegar and place under the

- Always accompany any dip with a variety of vegetable stick dippers. Think outside the usual carrot and celery. Try red, yellow, green and orange capsicum, mushroom halves, snow peas, sugar snap peas or baby corn spears
- Make toothpick dippers using pickled onions, low fat sundried tomatoes, gherkins, marinated artichokes or roasted/baked pieces of zucchini, eggplant, pumpkin and sweet potato. Roast vegetables in herbs and spices such as nutmeg, garlic salt, or thyme.
- If you want a sweet dip, try the strawberry one featured in this newsletter.
- Be adventurous with making fruit kebabs. Try interesting fruits such as star fruit, fresh figs, mulberries, raspberries, different melon varieties and even alternate fresh and dried fruits on each kebab.

TRAVEL 'LIGHT' FOR CHRISTMAS

Many people use the Christmas holiday period to take a break, from healthy eating and physically activity.

Try and plan an active holiday that is fun and not detrimental to health. A holiday filled with fun activity can help to balance the extra snacks and alcohol that may be consumed over the festive season. When planning a getaway, choose a destination that inspires movement of any kind.

We are lucky to celebrate our silly season in the summer, so a beachside holiday is definitely a fun and active option. Take daily beach walks, swim in the ocean or even try your hand at body boarding or surfing. These are all great kilojoules burners that don't feel like exercise.

A holiday with other families can inspire more movement. The more the merrier when it comes to backyard cricket, beach volleyball or even a game of Frisbee. If you have children, they are more likely to be active and outdoors if there are other children to play with.

Wherever you go, do some research into what activities are on offer in the area. You will be amazed how many fun activities actually feel like a workout for the body. Take a walking tour, a bush hike, a cycle tour, go horse riding, snorkelling, kayaking, skiing, wind surfing, roller blading or even fruit picking. All of these fun activities will burn energy, leaving you to happily enjoy a sumptuous meal at a five star restaurant or a backyard bbq and drinks. And don't forget how much fun you will have burning all that energy!

STAR RECIPES

Beetroot and Chickpea Dip

Makes 7 serves (serving size approx 1/3 cup)

This is a high fibre dip, rich in healthy unsaturated fats. It has slightly higher kilojoules per serve but is strong on flavour so choose vegetable sticks or rice cakes as accompaniments.

450gram can drained whole baby beetroot
400gram can rinsed and drained chickpeas
1/4 cup blanched almonds
1/4 cup low fat Greek yoghurt
1 tablespoon olive oil
2 tablespoon lemon juice
1 crushed garlic clove

Place all ingredients in a food processor (or use a hand mix) and process to a smooth consistency.

Nutrients per Serve :
KJ - 602, Cal - 144,
Protein - 5.2g, Fat - 6.1g
Saturated Fat - 0.8g ,
Carbohydrate - 15.5g,
Fibre -4.1g



Corn and Lime Dip

Makes 5 serves (serving size approx 1/3 cup)

This substantial dip is a great snack with low fat rice crackers such as Sour Cream Fantastic Delites or even a handful of sugar snap peas.

420gram can drained corn kernels
1 bunch washed and dried coriander
3 finely sliced shallots
250g extra light cream cheese
5 tablespoons low fat milk
1/4 teaspoon cayenne pepper
1 finely grated lime plus juice

Combine all ingredients and mix well.
Refrigerate for at least one hour to allow flavors to develop.

Nutrients per Serve :
KJ - 577, Cal - 138,
Protein - 8.2g, Fat - 3.3g
Saturated Fat - 1.9g ,
Carbohydrate - 16g,
Fibre -1.9g



Sweet Strawberry Dip

Makes 5 serves (serving size approx 1/3 cup)

A healthy dessert that goes well with kebabs of fruit such as mango and banana, or even with toasted wedges of crusty bread.

250gram punnet hulled and chopped strawberries
250g extra light cream cheese
1/2 cup diet vanilla yoghurt
1 tablespoon honey

Mash strawberries with a fork until smooth. Combine cream cheese, yoghurt and honey and mix until smooth. Add strawberries and mix well.

Nutrients per Serve :
KJ - 439, Cal - 105, Protein - 7g, Fat - 2.5g
Saturated Fat - 1.7g , Carbohydrate - 11.5g,
Fibre -1.2g



Sweet Maple Carrot Dip

Makes 5 serves (serving size approx 1/3 cup)

This sweet dip is nice with a plain and crunchy dipper such as plain rice cakes

6 large peeled and chopped carrots
1 tablespoon olive oil
2 teaspoon ground cinnamon
3 teaspoons maple syrup

Boil or steam carrots until soft. Combine with other ingredients and use a food processor or hand mix to blend until smooth.

Nutrients per Serve :
KJ - 497, Cal - 119, Protein - 1.3g, Fat - 3.5g
Saturated Fat - 0.5g , Carbohydrate - 17.9g,
Fibre -6.6g



Visit our web site at

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

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

CONSULTING VENUES AND TIMES

WEST PERTH 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 Lindsay Pea- cock San Tran Caitlin Warren Louise McEvoy	Mon to Fri Sat	7:00am- 5:00pm 8:00am-12:00pm
ATTADALE Health at 520 520 Canning Highway	9322-4680	Wed	2:00pm– 6:00pm
LEEMING South St Physiotherapy Suite 12 /73 Calley Drive	9322 4680	Mon Wed	2:00pm– 6:00pm 10:00am 2:00pm
ROCKINGHAM Move Well Physiotherapy 24 Pedlar Circuit (near Bunnings)	9322-4680	Thurs.	9:30am-5:00pm
PADBURY Padbury Physiotherapy 2/73 Gibson Avenue	9322 4680	Mon	1:00pm—6:00pm

Check us out on the web!
www.perthdietclinic.com.au