



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

*Merry Christmas
and
Happy New Year*

*Perth Diet Clinic will be closed for the holidays from 19th
December 2012 until 7th January 2013*

MEET OUR NEW DIETITIAN



Farah El-Chami

Farah is an APD and a member of the Dietitians Association of Australia.

Farah has experience in both hospital and private practice settings where she has gained expertise in obesity, diabetes, bariatric surgery, malnutrition, renal disease and bowel disorders. Farah continues to work at Sir Charles Gairdner Hospital one day a week.

Farah comes from a Middle Eastern background and is fluent in speaking, reading and writing Arabic.

Farah is a highly motivated Dietitian who endorses optimal patient centered care. Farah is excellent in helping patients with busy life-styles reach realistic goals to benefit their health and wellbeing.

You will love her winning personality.



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Simply go to www.facebook.com/PerthDietClinic and click 'Like'.

We regularly update our Facebook page with interesting updates on what is making nutrition news, including new Perth Diet Clinic articles and recipes written by our Dietitians.

Made any of our delicious online recipes lately? Cook up a storm and then tell us all about it on Facebook. We would love to hear your cooking successes and check out any pictures of your creations that you would like to upload!

A COCKTAIL CHRISTMAS BASH WITH A NUTRITIONAL TWIST

Hosting a Christmas party? Try a cocktail style celebration with a selection of healthy tapas options.

Typically, tapas are a selection of small appetizers or snacks with Spanish influence. They are small portions on serving platters and guests can help themselves. So it is important not to overindulge. There are many websites that offer tapas recipes, but many are high in fat and kilojoules. Choosing lighter, low fat tapas options will allow you and your guests to enjoy a few extra bites without compromising your health.

Choosing Healthy Tapas Recipes

Choose low fat meat cuts, such as chicken breasts, lean red meats, pork and fresh fish. Incorporate vegetables where possible. Use spices, herbs and marinades to enhance flavour.



Serving Sizes

Tapas serving sizes are typically small. Think of small serving utensils that will look interesting and are easy to use. Large toothpicks, tablespoons, oyster shells, Asian soup spoons, small crackers, mini lettuce leaves, rice paper and meats used as a wrapping are some ideas and will determine the size of the tapas piece.



Healthy Tapas Ideas

Chicken strips coated in wholemeal bread-crumbs and herbs, baked, served with relish

Low fat feta marinated in fat free dressing, pitted olive and cucumber toothpicks

Mini bruschetta using thinly sliced French loaf toasted, crushed tomatoes with herbs, fat free sundried tomatoes and fresh basil

Large cherry tomatoes, halved, sprinkled with rosemary and rock salt then baked and served on balsamic flavoured rice cakes

Tapas and Drinks



Cocktail type food encourages the consumption of fluid. Be sure to offer low kilojoule non-alcoholic beverages such as diet soft drinks, 100% juices and small bottles of water along with

alcohol.

Healthy Dessert Tapas

Dessert can also be served tapas style and does not mean you have to bake tiny cakes! Use Asian soup spoons or large dessert spoons to serve small sweet bites. Low fat yoghurts are a great tapas base, and can be sweetened with fruits, jams or small amounts of chocolate. Check the recipe section of this newsletter for Chobani Sweet Creamy Chocolate, which can be served tapas style.

Other dessert tapas recipes include;

Fresh raspberry, blueberry and mango chunk toothpicks



Mini pavlova shells filled with a dollop low fat Greek yoghurt and topped with a strawberry

Strawberries, banana pieces, cherries and other berries half dipped in white/milk/dark chocolate

Strawberries hulled and filled with low fat Greek yoghurt or sweetened ricotta and topped with slivered almonds or a drizzle of melted chocolate. See the recipe in this newsletter

THE CHRISTMAS SWAP LIST

Gaining a few extra kilos over Christmas does not have to be 'the norm' this year. Here is a list of healthy Christmas swaps that will help you swap 'this' for 'that' and get rid of some fat!

Swap multiple 'overindulgence days' for one

For many people, Christmas, and the large amount of food that goes with it, can be spread over a few days. Visiting a number of family and friends and getting through leftovers can mean overindulging in Christmas foods can last up to a week! This year make a decision to keep overindulging to one day only. Pick your day, the day you are likely to be celebrating the most, and go for it. If you have other celebration days planned or are left with a huge amount of leftovers, tighten your belt a little and make healthy choices when dining out, and turn hefty leftovers into lighter meals.

Swap fatty snacks for healthy bites when entertaining

Don't serve potato chips and high fat dips at get togethers. Swap these unhealthy choices for low fat dip options with toasted pita breads and vegetables sticks. Serve cheese platters with lower fat cheese varieties or reduced fat versions of your favourites. Accompany them with low fat water crackers, smoked salmon slices, fresh olives, fresh dates, grapes, cherries and dried fruits.



Swap hot for not

In our hot Christmas climate, it's easy to swap high fat hot dishes for lighter fresh foods. Swap the baked quiches, minipies and sausage rolls, spring rolls and dim sims at social gatherings. Tempt guests with healthy tapa like snacks. Check out the article in this newsletter for healthy tapas ideas. When it comes to dessert there is no need to serve up puddings laden with steaming custard. Choose light dessert options such as pavlova made with low fat vanilla Greek yoghurt instead of cream, fresh summer fruits dipped in yoghurt dips or melted chocolate or a colourful fruit salad with passionfruit pulp dressing.

Swap emotional snacking for motivational moving

Christmas can be a stressful time for everyone and many people use the silly season as an

excuse to ease those stressful times with a sweet treat. Ease your angst in a more positive way with a nice brisk walk, catching up with a friend for a chat and a coffee or wrapping Christmas presents!

Swap empty kilojoules for full glasses

Beer, wine and soft drink contain a large amount of kilojoules without the effect of easing appetite. If you are out celebrating with food and drink, go a little easier on the drinking to balance the extra eating. Alternate alcoholic beverages for sparkling water or a diet soft drink.

Swap saving for sharing

Don't save enough leftovers to get you through the next few days. Make sure your guests all leave with plates of leftovers after

celebrations at your house. If guests come bearing gifts of chocolates, biscuits and baked goods, open and serve them there and then. Don't feel bad re-gifting edible presents, it's much healthier to share the love.



Swap indoor dining for sunny picnics

Make the most of our beautiful Christmas weather when catching up with friends and family for Christmas. Plan a picnic instead of catching up for 3 courses at a restaurant. It will save you kilojoules and money! Pack wholemeal rolls, salads, roasted chickens or lean meats for the BBQ to make healthy picnic burgers. Take fruit platters and low fat dips with vegetable sticks for adults to snack on while the kids play. Take along a football or cricket set and get everyone involved in a game of family sport.

Swap sweet presents for sports presents

Don't be tempted to fill the kids stockings with chocolates and lollies this year. Look for small gifts that will encourage them to be active. Wrap up bouncy balls, yoyos, frisbies, goggles and swimming pool passes. This way you will likely all be more likely to get active and you won't be tempted to nibble on any of the kids candy!



HEALTHY CHRISTMAS MAINS

Despite our sweltering temperatures on Christmas Day, many Aussie families still like to do the big roast turkey/meat with mounds of roasted vegetables and lashings of gravy. If you are looking to dish up a healthier Christmas main this year, the roast can still be served with some healthy adjustments.

Remove the Fat

Before you roast your chosen meat, remove any visible fat before roasting and ignore recipes that advise to rub the skin/flesh with oil or butter before cooking. Marinate or season the skin/flesh for added flavour. Roast the meat on a rack placed over a tray of water to keep it moist. Remove skin as serving.

Use olive oil spray to lightly spray potatoes, pumpkin and carrots before roasting, instead of allowing them to sit in a bath of oil. Better yet, bake the pumpkin and potato. Slightly wet larger pieces of potato and pumpkin (with skin), sprinkle with some garlic salt and wrap in alfoil. Bake for just over an hour to soften and caramelise.

Steam it Up

Offer a variety of colourful steamed vegetables this year. Try cauliflower, broccoli, green beans, carrots, yellow squash, asparagus, broccolini or sweet corn. Sprinkle with a small amount of garlic salt during steaming for a flavour enhancer.

Lavish it

Set fatty meat drippings with ice cubes and then remove congealed fat before using to make gravy. Use some Instant gravy mixed with flour. And the water you have just used to steam your vegetables for some added taste. Mint sauce and cranberry sauces are also low fat ways to add



flavour to meals. Cranberry sauce is high in sugar and kilojoules, so serve it in a small serving dish with a teaspoon.

Healthy Christmas Tapas Christmas Breaded Chicken Fingers



Serves approx 15

1 -1/2 cups bread crumbs (180grams)
2 tbsp dried oregano (20grams)
1 tbsp dried chilli flakes (10grams)
Salt and cracked black pepper
600grams chicken tenderloins
1/2 cup plain flour (65grams)
2 lightly beaten eggs (88grams)

Preheat oven to 180°C

Prepare a baking dish or tray by covering with baking paper

Combine breadcrumbs, oregano and chilli flakes and season with salt and pepper, then spread onto a plate

Lightly dust each tenderloin in flour, dip in egg and then coat with breadcrumb mixture and transfer to prepared tray

Bake in the oven for approximately 12-15mins, until golden and cooked through

Nutrients per Serve :

KJ - 430, Cal - 103, Protein - 11.6g, Fat - 1.8g
Saturated Fat - 0.4g , Carbohydrate - 9.3g,
Fibre - 0.8g

Quick Links to Other Tapas Recipes

Perth Diet Clinic has a number of suitable Tapas like recipes on the website. View the ones below.

Eggplant Wraps

<http://www.perthdietclinic.com.au/recipe.asp?RecipeID=169>

Savoury Meatballs

<http://www.perthdietclinic.com.au/recipe.asp?RecipeID=2>

Thai Fish Cakes (Tod Man Pla)

<http://www.perthdietclinic.com.au/recipe.asp?RecipeID=143>

Middle Eastern Chicken in Saffron Crepes

<http://www.perthdietclinic.com.au/recipe.asp?RecipeID=59>

STAR RECIPES

Sweet Creamy Chocolate Yoghurt



Serves 1

1 x 170g tub Chobani Greek yoghurt, plain fat free
2 teaspoons quality cocoa (20grams)
1 teaspoon honey (6grams)

Combine all ingredients in a small bowl and mix well

Nutrients per Serve :

KJ - 565, Cal - 191, Protein - 16.9g, Fat - 0.7g, Saturated Fat - 0.4g, Carbohydrate - 13.6g

This recipe serves one as a main dessert. Top with frozen berries for an extra treat. The chocolate yoghurt itself can even be frozen if desired.

To serve as a tapas like desert, serve yoghurt in large Asian soup spoons and sprinkle with cocoa or drizzle with a small amount of melted white chocolate. Or top with a raspberry.

Sweet Ricotta Strawberries

Serves 12

12 large strawberries (480grams)
1 x 250g tub extra light ricotta cheese
2 tbsp sugar (32grams)
1/2 tsp vanilla extract (2grams)
24 flaked almonds (20grams)

Wash strawberries well

Remove tops and carefully hull a small area out of the inside of the strawberry
In a small bowl, combine ricotta, sugar and vanilla extract

Mix well

Using a small spoon, fill the hulled strawberries with sweet ricotta mixture
Top with 2 flaked almonds.

Nutrients per Serve :

KJ - 162, Cal - 39, Protein - 2g, Fat - 1.1g, Saturated Fat - 0.2g ,
Carbohydrate - 4.8g, Fibre - 1.1g



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 Cathie Frost Lindsay Peacock San Tran 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 t Physiotherapy Suite 12 /73 Calley Drive	9322 4680	Mon Wed	2:00pm– 6:00pm 10:00am 2:00pm
WILLETTON AM & PM MEDICAL CNT U2/40-46 Rostrata Avenue	9322 4680	Tues	2:00pm—6:00pm
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	11:00am—6:00pm

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