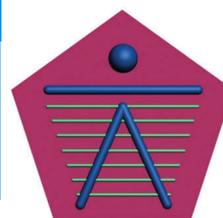


Perth Diet Clinic



WHAT'S SO SUPER ABOUT SUPERFOODS?

A super-food is, technically speaking, one which provides an additional benefit beyond that of its regular nutritional functions. Scientifically speaking, there are no regulations as yet placed on 'who can call what' a super-food. This means there are no regulations to ensure these foods are actually providing any additional benefits. This is not to say certain super-foods do not provide additional advantages to health, but a closer look into these hyped foods is certainly warranted.

Activated Almonds

Studies have linked consumption of regular almonds to a decreased risk of heart disease and type two diabetes. Manufacturers of



'activated almonds'

claim that by pre-soaking or activating the almonds some of the starches and proteins in the almond will start to break down thus assisting the stomach in digestion and absorption. As yet there is **no proof to this claim.**

Acai Berry

Acai berry are claimed to have four times the antioxidant levels of regular fruits leading to accelerated weight loss, cholesterol lowering and aiding arthritis.

Eating a diet rich in fruit and vegetables will provide an abundance of antioxidants. A concentrated source, such as that found in Acai berry, is not required in a well balanced diet.

Chia Seeds

Chia seeds are low in carbohydrate, high in fibre and omega-3, making them a beneficial addition to the diet when added to breakfast cereals, smoothies or sprinkled on fruit or yoghurt. But there is no substantial evidence to support the claims that they can lower cholesterol and blood pressure and thus decrease the risk of heart disease.



Read more about Superfoods on the Perth Diet Clinic website

IS COCONUT WATER ALL ITS HYPED UP TO BE?

The simple answer is no! Like Superfoods, Coconut water and its supposed benefits are all hype in the media. Claims highlight it as a weight loss aid, its high mineral content and its ability to rehydrate. The Dietitians Association of Australia have released a statement saying that although coconut water is not harmful to health, it does not contain an elevated nutrient content and there is no scientific evidence to support the weight loss claims. As for its ability to rehydrate, good old tap water does the trick, and at a very small fraction of the price. Tap water and a varied diet rich in fruit and vegetables is the key to rehydration. Adequate nutrient intake promotes a healthy weight.



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WHO'S THE NUTRITION EXPERT?

As Dietitians there is nothing more frustrating than seeing an interview, reading an article or picking up a book about nutrition that is spoken or written by a supposed 'expert in nutrition', whom in reality has no nutrition qualifications whatsoever!

Unfortunately there are no laws stating who can and can not preach good nutrition, good health or weight loss advice. Anyone from brain surgeons to personal trainers to famous athletes or housewives can write a book and have absolutely no evidence to back it up.

When you seek out nutrition advice or see an interview or article regarding food and nutrition, be sure to check out the author's credentials. Dietitians are the experts in food and nutrition, and have a university degree to back it up. Look for reputable nutrition sources written by dietitians, such as those on the Perth Diet Clinic Website or The Dietitians Association of Australia.

FASTING FOR WEIGHT LOSS... DOES IT WORK?

A recent SBS program about fasting to promote weight loss has brought a number of fasting diets into the spotlight. Intermittent fasting, an occasional fast ranging from several hours up to a day, seems to be the so called key to weight loss.

The truth is that any sort of fast will in fact promote weight loss. There is no magical component to it other than that fasting means not eating, thus not consuming any kilojoules during a set time when one would generally consume kilojoules. This lowers overall weekly kilojoule intake, promoting weight loss.

Sounds simple? Sounds easy? Well there is a negative side to the idea of fasting. Any restriction of food intake leads to physiological hunger and a psychological wanting of food. This in turn can lead to over-eating once the fast is over and more than often leads to the over consumption of 'desired' foods that contain large amounts of kilojoules and fat. Overconsumption of such foods negates any benefits brought about by the initial fasting.

USEFUL NUTRITION APPS

Smart phone apps are certainly the way of the future. You can purchase apps for anything from medical advice to language translations and everything in between. Most exciting is the range of nutrition apps available. Allergy apps are a huge market providing allergy information for a wide range of foods, where to buy allergen free foods, where to eat out if you have a particular allergy and recipes tailored to specific allergies. The Coeliac Society of Australia app is a great one for those with Coeliac Disease, as is the Gluten Free Restaurant Card app. The Monash University Low FODMAP diet app provides information on low and high FODMAP foods, recipes, shopping lists and how to manage Irritable Bowel Disease. Other great apps aimed at healthy nutrition include Food Switch and the Traffic Light Food Tracker.



STAR RECIPES

QUINOA WITH GREENS AND PESTO

Serves - 6



75 grams red Quinoa
75 grams white Quinoa
1- 1/2 cups low sodium chicken stock
1 bunch coarsely chopped broccolini (150 grams)
100 grams frozen peas
1 200 gram bag of baby spinach
1- 150grams peeled and cubed avocado
100 grams chopped low fat feta
100 grams toasted pepitas/pumpkin seeds
2 tablespoons pesto sauce

Place Quinoa and stock in a saucepan and bring to the boil.

Cook, covered for 5 minutes and then turn off, leaving lid on and allow to steam for 30 minutes. Check if it is fluffy and cooked, cooking a little more if necessary.

Cook broccolini in boiling water for 2 ½ minutes, add peas and cook for 1 to 2 minutes more. Drain and set aside.

Carefully, mix Quinoa, broccolini, peas, spinach, avocado, feta and pepitas.

Finally fold in pesto sauce and serve at room temperature or chilled.

Quinoa is high in protein.

This could be served as a main meal salad or a side dish.

Nutrients per Serve :

KJ - 1049, Cal - 250, Protein - 9.7g, Fat - 15.7g, Carbohydrate - 15.5g

MOROCCAN BEAN CASSEROLE

Serves - 6

1 small finely chopped onion (75grams)
3 cm finely chopped ginger
1 coarsely chopped small red capsicum (100grams)
1 teaspoon Harissa (hot chilli spice)
2 teaspoons unsaturated oil (10grams)
1- 400 gram tin drained brown lentils (270grams)
1-400 grams tin drained Cannellini or butter beans (270grams)
1- 800 grams tin chopped tomatoes
2 teaspoons sugar
Salt and pepper to taste

Stir fry onion, ginger and capsicum and Harissa in oil for 5 minutes.

Add lentils, beans and tomatoes.

Season with sugar, salt and pepper.

Simmer on low for 30 to 40 minutes.

Serve with rice, cous cous, Quinoa or a bread product such as pita bread.

This should be served in a bowl like a soup and is perfect for a light supper or lunch.

The beans make it a healthy vegetarian dish.

Nutrients per Serve :

KJ - 284, Cal - 68, Protein - 4.6g, Fat - 2g, Carbohydrate - 7.9g



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 Peacock San Tran Farah El-Chami 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.	9:00am-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