

# Perth Diet Clinic



## SIMPLE SWAPS MEANS LESS KILOJOULES

We all enjoy a tasty treat once in a while, but when they become a part of your everyday diet, it can become a problem for your waistline and your health. Making simple substitutions in your diet will improve your long term health and help you shed some kilos.

### **Swap fat filled snacks for fruit**

Fruit can be as sweet and tasty as chocolate or cake and won't leave you feeling guilty. Swap a chocolate bar for a fruit salad and save 910kj and 16g of fat.

### **Swap hot chips for healthy potatoes**

Hot chips or fries are not a source of vegetable, and are simply a source of unwanted fat. Even hot chips prepared at home can not beat a good old baked potato. Save 980kj and 20g of fat.

### **Swap sweet drinks for sugar free options**

Sugar filled soft drinks and juices contain a large amount of kilojoules. Swap soft drinks for diet versions to save 450kj per glass, and choose 100% juice over added sugar varieties to save 150kj and 8g of sugar.

### **Swap crisps for crackers**

When entertaining guests or need a snack, potato chips can be tempting. It can be hard to just have a handful. Swap fried crisps for baked crackers such as Sakatas or Snakatas. Save 200kj & 12.5g fat per 50g!

### **Swap Sunday slap up for Sunday slim up**

Fried bacon and eggs or a stack of pancakes drowning in butter and maple syrup should not be an every Sunday breakfast. Start your day in a healthier way by swapping fried bacon and eggs for a bagel with a poached egg and lean bacon. Save a massive 3010kj and 51g of fat! Skip the 5 pancake, butter and maple stack and make 2 banana, walnut & honey pancakes

(see recipe over page)

Save 2300kj & 16g of fat.

Eating healthy can still include delicious foods, you just need to know how to do it! Check out the Perth Diet Clinic website for more scrumptious recipes and low fat cooking tips.



## FOOD REVIEW : WALNUTS



Walnuts are a wonderful nut for many reasons. Not only do they taste great, and can be incorporated into a number of different dishes, but they have several great nutritional benefits.

Firstly, like many other nuts, walnuts are high in mono and polyunsaturated fats, the good fats. Walnuts have actually been shown to contain higher amounts of these good Omega-3-fatty acids than other nuts. In addition, they are high in protein, fibre, B vitamins, magnesium and antioxidants in the form of vitamin D.

Many scientific studies have shown that incorporating nuts into the daily diet, in particular walnuts, can significantly reduce the risk of heart disease by helping improve the elasticity of blood vessels and help prevent plaque formation. Walnuts have also been shown to aid in lowering LDL cholesterol and C-reactive protein, which is a proven marker or predictor for heart disease.

Despite their multitude of nutritional goodness, eating walnuts is not a case of 'more is better'. All nuts, including walnuts are high in fat, and therefore high in kilojoules (calories). Eating too many walnuts can eventually lead to weight gain, which itself is a co-factor in the development of heart disease. Moderation is key! When you start to incorporate walnuts into your diet, do so by using them to replace something else. Decrease your intake of something high in saturated fat, such as fatty meats or cheeses, and only have up to 20 walnut halves each day. Walnuts add flavour and crunchiness to many different dishes. Here are some tasty walnut ideas.

**Pizza** - Try using a pita bread base and top with roasted pumpkin pieces, spinach, low fat fetta and crushed walnuts.

**Porridge** - add sliced banana and crumbled walnuts on top of porridge and drizzle with a small amount of honey.

**Salads** - add walnuts to any salad for some crunch

**Muesli and cereals** - add flavour and texture

## NUTRITION DURING PREGNANCY

A woman's nutritional status pre-pregnancy is extremely important, and in many cases overlooked. All women planning a pregnancy should ensure their body is in the optimal condition for the long and hard task ahead. Even if your pregnancy is unplanned, or happens earlier than expected, you can still make sure you give yourself and your baby the nutrients you both need.

### Pre-pregnancy Weight

Pre-pregnancy weight, and more importantly pre-pregnancy BMI (body mass index), is a very important predictor of potential adverse outcomes for a pregnancy. Being underweight or overweight can lead to complications for the mother and the foetus. Before pregnancy you should aim to reach a weight that places you in the 'normal' category for BMI. This is where a Dietitian can be most helpful.

### Nutrient Checklist

It is important that you have adequate levels of some vitamins and minerals prior to becoming pregnant, as it may be hard to play catch-up once the foetus begins to grow. Taking a pregnancy supplement, before you become pregnant will help to ensure your levels are adequate.

### Folate

Folate, or folic acid, is required for normal growth and development of the baby. It is proven that adequate folate levels will reduce the risk of the foetus developing neural tube defects. The Recommended dietary intake (RDI) for folate during pregnancy is 600 $\mu$ g/day. This is best achieved by supplementing the diet with a folate supplement. NHMRC recommend women begin taking folate supplements of 400 $\mu$ g/day at least one month before you become pregnant and three months into the pregnancy. If taking a pregnancy multivitamin, check it contains this amount of folate, you may need an additional folate supplement. Dietary sources should also be consumed. Folate can be found in broccoli, spinach and salad greens, some fruits and fortified cereals.

### Vitamin D

Vitamin D plays an important role in bone development of the foetus aiding in the absorption of calcium. The best source of Vitamin D is sunshine, so women who cover up or avoid the sun completely should be sure to have their Vitamin D status checked. Dietary sources include egg yolk, certain fish, liver and fortified foods such as some milks. Most pregnancy supplements will contain Vitamin D.

### Iodine

Iodine is important for baby's growth and brain development. RDI is 220 $\mu$ g/day. The NHMRC recommend a supplement source that contains 150  $\mu$ g per tablet. Ensure your pregnancy multi-vitamin contain at least this amount per dose. The remaining iodine should come from the diet. Dietary sources include seafood, iodised salt, bread fortified with iodine, eggs and fortified margarine.

### Iron

Iron is used in the formation of all the red blood cells needed by the mother and the baby. It also allows the movement of oxygen in the blood, which is used for the growing foetus and the mother. The RDI during pregnancy is 27mg/day. All good pregnancy multivitamins will contain iron in some amount, and the rest should be obtained through diet. The best dietary sources of iron include lean meat, oysters, green leafy vegetables, legumes and fortified cereals. Iron absorption can vary depending on the person, the type of food consumed and the total meal. To increase iron absorption, eat food high in vitamin C, such as colourful fruits and vegetables, with iron containing foods. Try to avoid caffeine, as this decreases iron absorption.

For information on weight gain during pregnancy, visit our website and check out the article 'Pregnancy Nutrition Checklist'

### Website Updates

Some of you may remember Dietitian Amy Hatton, who previously worked for Perth Diet Clinic prior to moving to Sweden with her fiancée. Amy is now Amy Rush and still living in Sweden. Amy has taken on the role of updating our Website.

Amy will be reviewing all existing articles to make sure they provide you with the most up to date nutrition information. She will also be creating new articles, adding new recipes and addressing any new and interesting products on the supermarket shelves.

Be sure to check out the Perth Diet Clinic Website regularly for the latest nutrition updates, and everything you need to know about your nutrition interest.

**Christmas dinner in Sweden with the Rush's**



## STAR RECIPES

### Pumpkin, Leek, Spinach & Ricotta Crust-less Quiche

Perfect for a pre-made work, or school lunch

Preparation Time  
30 mins

Cooking Time  
25 mins

Serves - 4

#### Ingredients

- 700g butternut pumpkin, peeled, cut into small cubes
- Olive oil spray
- 1 leek, pale section only, halved lengthways and thinly sliced crossways
- 2 garlic cloves, crushed
- 100g baby spinach leaves
- 4 eggs
- 2 egg whites
- 60ml (1/4 cup) skim milk
- 80g (1/3 cup) fresh low fat ricotta
- 1/3 cup fresh basil leaves



#### Method

- Preheat oven to 200 degrees
- Line a large baking tray with non stick paper
- Place pumpkin on tray, spray with olive oil
- Season with pepper and bake for 25mins, or until golden
- Meanwhile, in a large non stick pan, cook leek until soft
- Add garlic and cook until soft
- Add spinach and cook stirring until spinach just wilts
- Line a 26 x 16cm slab pan with baking paper, spread the pumpkin and leek mixture evenly over the base of the pan
- Whisk together egg, egg whites and milk.
- Pour egg mixture evenly over the pumpkin and leek mixture
- Sprinkle evenly with the ricotta
- Bake for 20mins or until puffed and golden

Note : This recipe is Gluten Free

#### Nutrients per Serve :

KJ - 882, Cal - 211, Protein - 16g, Fat - 8.8g,  
Saturated Fat - 3.1g, Carbohydrate - 15g, Fibre - 4g

### Healthy Pancakes with Banana, Honey and Walnuts

Serves - 4 (makes 8 large pancakes)

#### Ingredients

- 2-1/4 cups self raising flour, sifted (use Gluten free flour to make gluten free pancakes)
- 2 eggs
- 1-1/2 cups skim milk
- 2 tsp baking powder
- 2 small bananas, sliced very thinly
- 16 walnut halves
- 2 tablespoons honey to serve

#### Method

- Whisk the egg and milk together
- Combine sifted flour and baking powder
- Make a well in the dry ingredients and add the egg and milk. Stir until well combined
- Rest the batter for 5 minutes
- Meanwhile, heat a non-stick pan on medium heat
- Check the thickness of the batter. You want it to run quite smoothly (like cream would), so add a little water and stir well if needed.
- Pour some batter into the pan to form a 12cm-diameter pancake. Cook for 2 minutes or until bubbles appear on the surface and the pancake is golden underneath. Turn and cook for a further 1-2 minutes or until golden
- To serve, top with the thinly sliced banana slices. As they warm you will be able to spread them with a knife. Sprinkle with 2 crushed walnut halves and drizzle with 2 teaspoons of honey per serve.

Note: Use gluten free flour to make them gluten free.

#### Nutrients per Serve :

KJ - 1985  
Cal - 475  
Protein - 16.6g  
Fat - 8.6g  
Saturated Fat - 1.5g  
Carbohydrate - 79.9g  
Fibre - 4.3g



Visit our web site at  
<http://www.perthdietclinic.com.au>

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