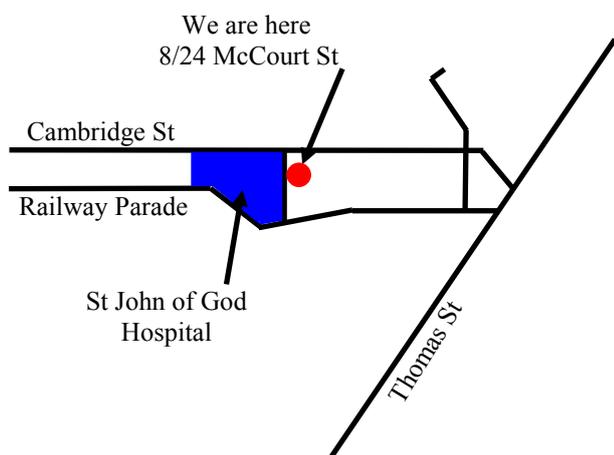


# Perth Diet Clinic



## ONLINE FOOD SHOPPING

Some people love food shopping, some people hate it. Either way it is a time consuming, whether we do a once a week in big shop, or a nightly shop on the way home from work. We are often unprepared with no lists, no idea what we plan to cook each night and unaware what is already in the fridge and pantry.

Enter the age of online food shopping. This service is becoming more and more popular, and it is easy to see why after completing an initial order. You can literally sit in your kitchen, in front of your recipe books or have a menu plan in hand and click on every ingredient you need, fresh, frozen and packaged. Then all you need to do is select your one hour window delivery time between 6am and 10pm and await your delivery.

Online food shopping is not only a convenience our busy lives can afford, it can also be a benefit to our health and nutrition. Having more time to food shop, at a time that is convenient to you, allows you to make more healthy choices and be less tempted by unhealthy options

**WE ARE RELOCATING TO  
UNIT 8/24 MCCOURT STREET,  
WEST LEEDERVILLE  
AS AT 1ST OCTOBER, 2014  
PHONE AND FAX WILL REMAIN  
THE SAME. PHONE– 93224680  
FAX 93214775.**

Here is how to make online food shopping work for you.

- 1) Write out a dinner menu for the week. This is as simple as writing down 5-7 meals you wish to prepare.
- 2) Write down the foods you need to make lunches each day
- 3) Write down the school and work snacks you need for the family
- 4) Go online and select only these ingredients

Type in the ingredient name you need in the search area and spend a moment looking at the options. Check if any of them seem to be a healthier option than the one you may automatically go for. Is there a higher fibre cereal, a lower salt stock or a leaner meat available.

Searching for exactly what you want saves you time and money and you are less likely to be tempted by unhealthy products that you do not need. Check out Coles Online and Woolworths Online. You can even navigate through the sites and do a pretend order to see if online food shopping works for you.



## THE STRESS OF IBS



Irritable Bowel Syndrome (IBS) is diagnosed when bowel symptoms are present but there is no evidence of any disease. Symptoms can be highly distressing to the sufferer.

Symptoms can last for days, hours or weeks and include wind, pain, diarrhoea, constipation, bloating or a combination of these.

There are multiple triggers of IBS, many of which are dietary factors. A Dietitian can help with identifying food related triggers such as roughage, caffeine, alcohol, spices, lack of fluid and FODMAP's. Stress is a very common factor that is not often dealt with. Stress can have a major impact on an IBS sufferer as it can stimulate changes in bowel function by affecting the nerves in the bowel. It is not uncommon for IBS sufferers to make a number of IBS related dietary changes, only to still suffer from debilitating symptoms. In such cases, learning to identify common stressors and ways to deal with them can help immensely.

Discuss your problems with a professional, such as a doctor, psychologist or your dietitian. Exercise regularly and take time for relaxation. Try Meditation, Yoga, Thai chi, pilates, swimming, walking along the beach or along nature trails. All of these help and mind body relax.

## COCONUT OIL

Coconut oil seems to have taken over as the latest 'superfood' in the media. It's proposed benefits, include weight loss, controlling sugar cravings and boosting metabolism. Dietitians beg to differ. Dietitians do not recommend coconut oil as none of the above have been scientifically proven.

The main concern for dietitians is the high saturated fat content of coconut oil. Saturated fat is the unhealthy fat found in fatty meats, butter and processed food. It is linked to high cholesterol levels and an increased risk of heart disease. Coconut oil is 92% saturated fat but coconut oil activists claim that it contains a high proportion of medium chain fatty acids (MCTs), which have been shown to lead to weight loss in a calorie controlled diet. The MCTs used in these studies were 100% pure MCT. Coconut oil contains only half the MCTs of these pure oils, so it is highly unlikely the outcomes would be the same. No studies have been done on coconut oil to confirm.

Coconut oil enthusiasts advise consumers to 'add plenty of coconut oil' to their daily diets. Beside the unpleasant texture, coconut oil is not advised as it is purely adding unwanted saturated fat and increasing the overall kilojoule content of the diet. It could easily lead to weight gain and other lifestyle disease. **Dietitians continue to recommend that coconut oil and other coconut products be limited due to its high saturated fat intake and its higher risk to overall health.**



## FIBRE ALERT!! ARE YOU GETTING ENOUGH?

*Recommended fibre intake per day*

Men - 30grams  
Women - 25grams

Children  
1-3 years - 14grams  
4-8 years - 18grams

Boys/Girls  
9-13 years - 24/20grams  
14-18 years - 28/22grams



## Star Salmon Recipes

### Sesame Salmon with Sweet Chilli Wok



Serves 4

#### Ingredients

4 x 125g raw skinless salmon steaks  
Salt and cracked black pepper  
4 teaspoons sesame seeds (12 grams)  
2 tsp sesame oil (10mls)  
1 thickly sliced red onion (96 grams)  
1 sliced large capsicum (140 grams)  
1 sliced large carrot (180 grams)  
100g stringed sweet pea pods  
8 baby corn spears (80 grams)  
2 tablespoons sweet chili sauce (60ml)  
2 tbsp soy sauce (40ml)  
2 teaspoon lime juice (12ml)  
1 lime, quartered

#### Method

Season salmon steaks and top with one teaspoon each of sesame seeds  
Heat 1 teaspoon sesame oil in a pan. Add salmon steaks and cook for approximately 8-10 minutes, until cooked through .  
Meanwhile, heat 1 teaspoon of sesame oil in a wok or large pan. Add onion and cook for 1-2 minutes to slightly soften. Add all other vegetables and toss quickly to combine.  
Add sweet chili, soy and lime juice and cook stirring for a few minutes, until vegetables are slightly cooked but still crisp.  
Serve sesame salmon steak and a lime quarter on top of vegetables

Nutrients per Serve :  
KJ - 1544, Cal - 369, Protein - 30g, Fat - 20.8g,  
Saturated Fat - 5.2g, Carbohydrate - 13.7g,

### Soft Tacos with Salmon and Mango Salsa

Serves 4

#### Ingredients

400g skin free raw salmon, cut into 2 cm pieces  
Salt and cracked black pepper  
1 tsp olive oil (6 grams)  
1 diced large mango ( 500grams) or 1 x 400g can mango flesh  
1 deseeded and finely diced red chili ( 45grams)  
1 diced small avocado ( 180grams)  
2 tablespoons chopped mint ( 12grams)  
2 tablespoons lime juice ( 40mls)  
4 soft tacos ( 200grams)  
60g packet rocket

#### Method

Season salmon with salt and pepper  
Heat a non stick pan to medium heat and add oil. Add olive oil and cook salmon turning often, until pieces are cooked through  
Combine mango, chili, avocado and mint and mix well. Drizzle over lime and mix again  
Top each tortilla with rocket and salmon and finish with mango salsa

#### Nutrients per Serve :

KJ - 1718, Cal - 410, Protein - 25g, Fat - 23g,  
Saturated Fat - 6g,  
Carbohydrate - 25g,



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

<b>MAIN OFFICE</b> <b>Unit 8/24 McCourt St,</b> <b>West Leederville (Free</b> <b>parking on site) Across</b> <b>from St John of God</b> <b>Hospital, Subiaco.</b>	9322-4680 Peggy Stacy Lindsay Peacock San Tran Caitlin Warren Louise McEvoy Natalie Scott	Mon - Fri Sat	7:00am- 5:00pm  8:00am-12:00pm
<b>ATTADALE</b> <b>Health at 520 Physio</b> <b>520 Canning Highway</b>	9322-4680	Wed	2:00pm– 6:00pm
<b>LEEMING</b> <b>South St Physio</b> <b>Suite 12 /73 Calley</b> <b>Drive</b>	9322 4680	Mon  Wed	2:00pm– 6:00pm  10:00am 2:00pm
<b>ROCKINGHAM</b> <b>Insight Physiotherapy</b> <b>24 Pedlar Circuit</b> <b>(near Bunnings)</b>	9322-4680	Thurs.	9:30am-5:00pm
<b>PADBURY</b> <b>Padbury Physio</b> <b>2/73 Gibson Avenue</b>	9322 4680	Mon	1:00pm—6:00pm

**Check us out on the web!**  
**[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)**