

# Perth Diet Clinic



## COOKING FOR ONE MADE EASIER

When you are shopping, cooking and eating for one, it is easy to give in to convenience meals and take away foods. Yes, they may be easier, but they are also less healthy than a good old home cooked meal. If the thought of cooking up a storm just for yourself is difficult, read on to see how you can make cooking for one easy, and tempting!

The trick is to be prepared, shop wisely and pre-prepare meals that will last multiple days or that can be frozen for later use. Plan meals that can be a healthy dinner and be converted to a healthy lunch the following day.

Decide on a shopping day. Doing one large shop saves you the time and effort of going to the shop each night, prevents impulse buying of take away and frozen meals and gives you more time to cook each night. The night before you shop, write a rough menu plan for Monday to Friday at least. From this, write your shopping list and stick to it!

Vary your meals to ensure a variety of protein, vegetables and staples. This will give you a wide variety of nutrients and also prevent boredom, which often leads to a re-lapse of bad habits.

The following meals are great ideas when cooking for one;

### Asian stir fries with rice

For convenience, use the pre-cooked 2 minute rice pouches. Refrigerate some leftovers for the next night or a smaller portion for lunch the next day.

### Spaghetti Bolognese

Pack it full of frozen peas, corn, diced carrot & capsicum. Make only enough pasta for one serve and freeze leftover Bolognese sauce in one serve portions for later use.

For more meal ideas and a sample menu and shopping list see the article 'Eating for One' at [www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)

## MAINTAINING WEIGHT LOST - IS IT JUST THAT EASY?

Recent research has indicated that although eating less and exercising more is the key to weight loss, it is not always the key to maintaining that weight loss long term. Scientists have found that a number of things occur in the body of a dieter that actually work to fight against weight loss, even after the dieting has stopped. The body will fight to gain the weight back! So the question remains....once we get fat, will we stay fat forever?



Research from the University of Melbourne show that after an 8 week dieting period, in which significant weight loss was achieved, patients showed hormonal changes, particularly an increase in the level of ghrelin, the hunger increasing hormone, and a decrease in peptide YY, the hunger suppressing hormone.

Research at the University of Columbia into muscle fibres of an overweight/obese person, taken before, during and after weight loss shows that after weight loss, muscle fibres become more highly efficient and burn up to 25% less energy during exercise. Brain scans of the same people show that after weight loss, there is greater response in the areas of the brain linked to reward and a decreased response in the area linked to control when patients were showed pictures of various foods. This indicates that the brain is working in the fight against weight maintenance.

It is known that some people are hereditarily pre-determined to be overweight or obese. It is also thought that some people are even genetically pre-disposed with the desire to consume high Kilojoule foods. How much of this is genetic and how much is learnt through early family habits is unknown.

If being overweight or obese sets us up for a life time of overweight or obesity, how can we fight the fat? It is yet unknown what kind 'fat time-frame' we have, the time a person has to lose the weight before it has any lasting biological effects, but it is certainly not overnight. Genetics will certainly play a role, as will the length of time a person has been overweight or obese. The good news is that an overall lifestyle change, including diet and exercise regimens, that carry on long term will certainly help fight the fat and keep it off!

## MAINTAINING WEIGHT DURING PREGNANCY

Weight gain during pregnancy is not only inevitable, it is very important for the growth of your developing baby. What is even more important is the amount of weight gained. Too much is just as detrimental as not enough. Pregnancy is not a time to 'go crazy' and eat whatever you like whenever you like. Yes, you do have the best excuse ever to gain weight right now, but the amount and type of foods you eat will have lasting effects on the health of you and your baby.

The amount of recommended weight gain during pregnancy is based on your pre-pregnancy Body Mass Index (BMI) as follows;

**Less than 18.5** = 12.5-18kg

**18.5 - 24.9** = 11.5 -16kg

**25 - 29.9** = 7 - 11.5kg

**Above 30** = 5 - 9kg

Gaining less than the recommended average puts you at risk of pre-term birth. This could put your baby at a higher risk of the complications linked to prematurity. Gaining more than the recommended amount of weight puts you at much greater risk of gestational diabetes, high blood pressure, caesarean, birth defects and a high weight baby. It can also make losing weight post-partum much more difficult and it will be more likely that you will maintain some of the excess gained weight. This in itself places you at a higher risk of diabetes and heart disease.

If you find you are not gaining enough weight during pregnancy, check your diet and start including some additional, healthy foods. Make sure you are having 3 meals a day and snacks in between. Healthy snack options include fruit toast, dried fruit, nuts, cheese and crackers, yoghurt, Milo/Sustagen and smoothies with fruit, milk and yoghurt. To make meals more kilojoule dense try the following;

- Add LSA mix or linseeds/flaxseed meal to breakfast cereals
- Add cheese to sandwiches and use avocado or pesto as a healthy spread option
- Combine pesto and olive oil to use on salads as dressing
- Add nuts to stir fries and casseroles

If you find you are gaining too much weight, check the areas of your diet where you can cut back, or the areas you can swap high fat, high sugar options for healthier choices. Make sure you are not 'eating for two' and include exercise in your daily routine. It is important to eat 3 health meals a day, but you may not need to



snack between meals. Listen to your hunger and decide if you are really hungry or not. Limit the amount of fat you eat during the day by making small changes. Switch to low fat dairy products, reduce the amount of fat (oil, butter) in cooking and in other foods, remove the visible fat from meat and the skin from chicken and decrease the amount of take away, fast food and packaged foods you consume.

Limit the amount of sugar you consume by reducing soft drink and cordial intake and decrease the amount of ice cream, baked goods, lollies and chocolate.

To help maintain weight during pregnancy, and prevent excess weight gain, it is advised to continue exercising throughout the pregnancy. The recommendation is at least 30 minutes of moderate intensity exercise on most, if not all days. As the pregnancy progresses, 30 minutes may become difficult to complete in one go. If so, break it up into 10 minute portions and spread them throughout your day. Try exercises such as walking, cycling on a stationary bike (a regular bicycle can be dangerous during pregnancy as balance is not as good), swimming, yoga, pilates and light weight training. If you have been exercising prior to pregnancy, it is perfectly fine to continue your exercise regimen. Make sure you adjust your exercise choices to ensure they are safe during pregnancy, and decrease the intensity as the pregnancy progresses. If you have previously not exercised, it is wise to chat to your doctor before you start and choose simple, low impact exercises such as walking and swimming.

## WHAT IS QUINOA?

Quinoa is a gluten free grain containing more protein than any other grain, with the perfect combination of all 8 essential amino acids. In addition, it is high in fibre and has a low GI, making it a great choice for diabetes. In fact, Quinoa is a healthy choice for everyone to include in their diet.

Quinoa is also high in a number of nutrients such as iron, B vitamins, calcium, magnesium and vitamin E.

When cooked, Quinoa has a nutty flavour and is light and fluffy. Its a great alternative to rice or cous cous, and can be served warm with a stir fry or cold in a salad. Quinoa can also be used in baking. See next page for Quinoa recipes.

## STAR RECIPES

### Red Lentil and Quinoa Salad

Serves - 8



- 1 cup raw red lentils
- 1 cup raw Quinoa (200 grams)
- ½ medium finely chopped red onion (50 grams)
- ¼ cup parsley (20 grams)
- ½ cup currants (70 grams)
- ¼ cup capers (60 grams)

#### Dressing

- 2 tablespoons olive oil (40 grams)
- 2 tablespoons red wine or white Balsamic vinegar (40 grams)
- 1 tablespoons of sugar (16 grams)
- 1 teaspoons salt
- Black pepper
- 1 tsp ground cumin
- 1 tsp mustard powder
- 1 tsp nutmeg
- 1-½ teaspoons curry powder
- ¼ tsp ground cinnamon

Rinse lentils and put in saucepan of water – bring to the boil and cook uncovered until just getting soft but still holding shape (about 7 to 8 minutes). Drain.  
Place Quinoa in saucepan with 2 cups of water. Bring to boil and cook covered for 2 to 3 minutes. Leave to steam for 20 minutes.  
Finely chop onion and parsley and mix with cooled lentils, currants and capers.  
Prepare dressing by whizzing oil, vinegar, sugar, salt, pepper, cumin, mustard, nutmeg, curry powder and cinnamon together.  
Add Dressing to salad and serve warm or chilled.

#### Nutrients per Serve :

KJ - 1002, Cal - 235, Protein - 9.7g, Fat - 7.5g, Carbohydrate - 31.6g, Fibre - 5g, Sodium - 260mg

### Indian Chicken with Quinoa

Serves - 4

- 1 tsp olive oil (8grams)
- 1 tbs black mustard seeds (12 grams)
- 2 tsp garam masala (10 grams)
- 2 long green chillies, seeds removed, thinly sliced (30 grams)
- 1 large onion, coarsely grated (100g)
- 1 cups quinoa (170g)
- 1/2 cup green split peas (110g)
- 2 cups salt-reduced chicken stock
- 1 cup shredded cooked chicken (140 grams)
- 80g baby spinach leaves, roughly shredded

Heat oil in a large pan over medium heat. Add mustard seeds and cook until they begin to pop. Add garam masala, chilli and onion, and cook until onion is softened and browned. Add the quinoa and peas, and stir to coat in spice mixture. Add stock and 1 cup (250ml) boiling water. Simmer over low heat for 25 minutes, Add the chicken and spinach and heat through for 5 minutes

#### Nutrients per Serve :

KJ - 1544, Cal - 369, Protein - 26.85g, Fat - 7.6g, Saturated Fat - 1.2g, Carbohydrate - 45g, Fibre - 6.2g



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>WEST PERTH</b> 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 Louise McEvoy San Tran	Mon to Fri  Sat	7:00am- 5:00pm  8:00am-12:00pm
<b>ATTADALE</b> Health at 520 520 Canning Highway	9322-4680	Mon  Wed	8:00am-12:30pm  2:00pm– 6:00pm
<b>LEEMING</b> South St t Physiotherapy Suite 12 /73 Calley Drive	9322 4680	Mon  Fri	2:00pm– 6:00pm  10:00am 2:00pm
<b>WILLETTON</b> AM & PM MEDICAL CNT U2/40-46 Rostrata Avenue	9322 4680	Thurs	2:00pm—6:00pm
<b>ROCKINGHAM</b> Move Well Physiotherapy 24 Pedlar Circuit (near Bunnings)	9322-4680	Thurs.	9:30am-5:00pm
<b>PADBURY</b> Padbury Physiotherapy 2/73 Gibson Avenue	9322 4680	Mon	Cathie Frost 11:00am—6:00pm

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