

Perth Diet Clinic



**MERRY CHRISTMAS
TO ALL OUR CLIENTS AND
DOCTORS.**

**THE PERTH DIET CLINIC WILL BE CLOSED FROM THE 22ND OF
DECEMBER TO THE 3RD OF JAN.**

Healthy Christmas eating.

Enjoy Christmas, the family and the festive time of year.

It really doesn't matter if you want hot, cold, seafood, traditionally, fancy or plain. Don't over eat.

Enjoy a little bit of everything.

Eat slowly and don't nibble.

If there are nuts, chocolate and dried fruits around, then often the "See food diet" comes into play.

Plan meals and sit and eat. If you keep extras to a minimum and eat moderately over this period of time, there should be no problem with your weight.

If you normally like to exercise, then don't give it up over the festive season. If you eat more and exercise less, then a large weight gain is easy. Far better to keep the exercise up. Ask a family member or friend to go for a walk at the beach, rent a bike or go for a swim. Be active and then you will be able to eat a little more without a weight gain.

Go for quality not quantity.

Make this Christmas a good one.



All the dietitians at the clinic wish you a merry Christmas and all the best for 2006. May you have good health and happiness.

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STAR CHRISTMAS RECIPES



STAINGLASS WINDOW CAKE

350 grams glaze cherries, red, green and yellow
100 grams glaze' pineapple
250 grams dried apricot
125 grams whole peeled almonds
125 grams whole pecans
150 grams pitted dates
150 grams sultanas
1/2 cup brandy
1/2 cup sugar
1 cup plain flour
1 teaspoon baking powder
3 eggs
1 teaspoon vanilla essence

Soak fruit and nuts in brandy overnight or by heating on low in the microwave for 1/2 hour.

Mix together sugar, flour and baking powder and sieve over fruit.

Beat eggs until frothy with vanilla.

Pour over fruit mixture and stir well.

Place in 10 by 20 cm loaf tin that has been lined with foil and sprayed with Pure and Simple.

Bake in 150 to 165' C oven for 1 1/2 to 2 hours.

Cover with foil after the first 30 minutes.

When cold remove foil and wrap in fresh foil for 2 days.

Cut thinly in small pieces.

This is not as sweet as sugar has been reduced and dried apricots have been added.

Before serving, may be glazed with sugar, gelatine and water.

Yield 40 slices

Nutritional Analysis of one Serve

KJ-667, Calories-161, Protein-3 grams, carbohydrate-18 grams, Fat-8 grams,

ALMOND BREAD

2-egg white
1/2-cup caster sugar (100 grams)
1/2-teaspoon vanilla
2 egg yolks
1-cup plain flour (140 grams)
120 grams unblanced almonds

Beat egg whites until stiff but not dry.

Add castor sugar gradually while continuing to beat.

Fold in vanilla and lightly beaten egg yolks.

Sifted flour and fold in with almonds.

Place in loaf tin that has been lined with baking paper.

Bake at 180°C for about 40 minutes or until a skewer comes out clean.

Wrap in glad wrap and leave for 2 to 3 days.

Slice with a sharp knife as thinly as possible.

Place on a baking tray and dry in oven at about 120°C until golden but not brown.

This should take about 1 hour. Turn off oven and leave to cool.

Store in an airtight container.

Keeps well in the freezer.

Yield: 20 slices

Nutritional analysis

KJ-363, Calories-87, Carbohydrate- 14.4, Protein-2.6 grams, Fat-3.9 grams, Choles-



Visit our web site at

<http://www.perthdietclinic.com.au>

for nutrition information, health and cooking tips and an abundance of recipes.

CHICKEN PICNIC ROLL

Issue

- 1.8 boned free ranged chicken
- ½ bunch blanched and drained spinach
- 8 slices 97% free ham (200 grams)
- 2 roasted and peeled red capsicum
- 150 grams goat's cheese
- 2 tbsp chopped fresh basil
- salt and pepper to taste

Have the butcher bone the chicken and if possible take the filling to the butcher to fill, roll and cover with a stocking net.

Lay the chicken out with the breast end towards you and skin to the counter.. Cut off extra skin and fat.

Butterfly breast a little to even out flesh.

Place ham, then drained spinach and then capsicum over the whole area.

Place goat's cheese in a roll at the front and sprinkle with basil.

Roll up from the breast end. Tuck in ends and cover with stocking.

Rub in oil to prevent net from sticking.

Season to taste with salt and pepper.

This will weigh about 1.6 to 1.75 kg with stuffing.

Bake in 200°C oven for about 1 to 1-1/4 hours.

Flesh should run clear when pieced with a skewer.

Don't over cook or it will be dry.

. You may add extra chicken breast if needed for more people.

Place on rack to cool.

Add ice cubes to stock to remove all fat.

Place chicken on foil.

Pour over about ¼ cup of remaining stock, seal and refrigerate for at least 6 hours.

Remove netting and slice and serve.

Serves 6 to 10 depending on the rest of the meal.



CHANGES AT THE PERTH DIET CLINIC

Amy Williams will be on maternity leave for 6 months. She is expecting her first baby in February and we wish her well.



We welcome two new dietitians on board;

Katherine Di Candilo and Su Chew. We will be telling you more about them in our news letter early in the new year but you would be delighted to meet with either of them.

Kristy has been with us all year but will be leaving to work and travel in the UK in March.



Peggy Stacy is working less but will still be on board for next year working at Apple Cross and Kardinya.

Congratulations to Louise

Mc Evoy on her engagement. She will be married in November.



She has taken on an extra session on Wednesday afternoon in West Perth.

Bev and Carole are our receptionists and are always happy to help you with any problems or to direct you to the best dietitian or solutions.



We do have clinics in a number of places for the convenience of our clients as some people do not wish to travel to West Perth. If we do ask you to come here, there is metered parking outside the door and if you choose times outside rush hour, then driving

| | | | |
|--|-------------------------------------|-----------|---------------------|
| 12-14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775 Metered parking available in Thelma and Murray Streets. Thelma Street is a cul-de-sac (between Colin and Havelock Streets) and must be approached via Murray Street heading into the city. Email: stacy@perthdietclinic.com.au | Niki Campbell | Monday | 10:30am - 5:30pm |
| | Su Chew | | 7:00 am- 12:30 pm |
| | Peggy Stacy | Tuesday | 10.00am - 5.30pm |
| | L.ouise McEvoy | | 7.00am - 12.00 noon |
| | Katheryn Di Candilo | Wednesday | 7.00am - 1.00 noon |
| | Louise McEvoy | | 2:pm—5:30 pm |
| | Louise McEvoy | Thursday | 7.00am - 5:30pm |
| | Su Chew | Friday | 7.00am - 5:30 pm |
| | L.ouise McEvoy / Kathryn Di Candilo | Saturday | 8.00am - 12:00pm |

APPLECROSS

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|--|---------------|-----------|-----------------|
| Applecross Medical Group 764 Canning Highway Applecross Phone : 9364 6444 | Louise McEvoy | Monday | 8.00am - 1.00pm |
| | Peggy Stacy | Wednesday | 1.00pm - 6:30pm |

KARDINYA

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|---|-------------|----------|-----------------|
| Kelso Medical Group Suite 8, South Street Kardinya Phone : 9331 3366 | Su Chew | Tuesday | 1.00pm - 6.00pm |
| | Peggy Stacy | Thursday | 1.30pm - 6.00pm |

DUNCRAIG

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|--|---------------|-----------|------------------|
| Sports Medicine Glengarry Unit 1, 64 Arnisdale Road Glengarry Phone : 9246 4055 | Louise McEvoy | Tuesday | 2.00pm - 6.00pm |
| | | Wednesday | 8.00am - 12:30pm |

NORANDA

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|--|--------------------|--------|-----------------|
| Noranda Medical Centre Unit 1, 46 Benara road Noranda Phone : 9442 5111 | Kathryn Di Candilo | Friday | 1.30pm - 5.00pm |
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JOONDALUP

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|---|----------------|-----------|-----------------|
| Movewell Physiotherapy, Kenndy Drive, Joondlup Phone: 9310 1600 | Kristy Manners | Wednesday | 1:00pm - 5:30pm |
|---|----------------|-----------|-----------------|

ROCKINGHAM

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|---|---------|----------|--------------------|
| Movewell Physiotherapy Delta Health Centre 24 Pedlar Circuit Rockingham Phone : 9527 3844 | Su Chew | Thursday | 12.00noon - 5:30pm |
|---|---------|----------|--------------------|

We're on the Web!
www.perthdietclinic.com.au