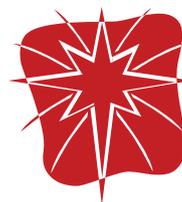


Perth Diet Clinic



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

**THE PERTH DIET CLINIC WILL BE CLOSED FROM THE 20TH OF
DECEMBER TO THE 4TH OF JAN.**



MAKE IT A HEALTHY CHRISTMAS

Christmas is a very busy time of year. If we eat well and get plenty of sleep, we will cope with the holiday season. Avoid eating on the run and make sure to eat plenty of fruit and vegetables.

Some make think, at this busy time of year, they need a vitamin boost.

I don't believe in taking vitamins. If we eat a well balanced diet with food from every food group e.g. dairy, protein, breads and cereals, fruit and vegetables then we should have everything we need. Some people would take extra B vitamins in times of stress. It is better not getting stressed, practicing meditation and avoiding taking on too much at one time.

Help your body with a higher intake of antioxidants as found in green tea, red wine and of course all your fruit and vegetables.

The best fruits would be strawberries, kiwi fruit and all citrus for Vitamin C. Rock melon is high in Vitamin A or Beta Carotene. Always aim for at least 2 serves of fruit a day.

All bright coloured vegetables are rich in Vitamin A. Broccoli and capsicum are rich in Vitamin C. Try and eat 2 ½ cups

a day of vegetables and salads to ensure a wide range of antioxidants. We know that popping a pill is not the same thing.

If you are someone who always gains weight at Christmas, then this year try a different approach. It is always difficult to loose it in the new year.

There is no need for this to happen if you are careful. Eating and drinking in moderation and keeping up exercise can prevent this. Remember not to nibble. Keep high fat and salty nibbles to a minimum and out of site. Christmas meats, seafood and salads will not cause the weight gain. Too much in-between, alcohol, too large serves and being inactive will. The comment "I took a break from watching what I eat and exercise" is a recipe for disaster in the festive season.

Inside this issue

Page 2 Open sandwiches and Turkey Pita wrap

Page 3 cont. Make it a Healthy Christmas

Page 3 Changes at the Perth Diet Clinic

Page 4 Clinics and Times



STAR CHRISTMAS RECIPES



OPEN SANDWICHES

For afternoon tea or supper, allow 2 to 3 per person.

If it is cocktails, 2 per person with a selection of other savouries are ideal.

There is often too much fried fatty food served and these are fresh, healthy and low fat. They are always well received.

I put all the possible ingredients out on the counter and then just keep doing different combinations until I have enough.

- Cut French sticks into 2 cm diagonal slices.
- Spread bread with base of your choice. It is good to use 2 or 3 different ones to give maximum variety in flavour.
- Top with any combination or use some of the suggested ones.
- Follow with an appropriate garnish.

French Stick -Base Spreads

- Labneh yoghurt cheese (5% fat)
- Cottage cheese (3 to 5%)
- Low fat mayonnaise (3 % Fat)
- Grained mustard (no significant fat)
- Low fat creamed cheese (17% fat)
- Avocado (22% fat)
- Horseradish (no significant fat)

Toppings

- Lettuces
- Sliced hard cooked egg
- Smoked Salmon
- Lean shaved ham (3% fat)
- Tinned red salmon
- Chopped or sliced cooked egg
- Lean shaved roast beef
- Thinly sliced Lebanese cucumbers
- Thinly sliced tomatoes
- Swiss cheese
- Fresh sliced mushrooms



Garnish

- Slices of avocado
- Pickled asparagus
- ½ cherry tomato
- Olives stuffed
- Bread and butter pickles

TURKEY PITA WRAP

- 1 pita wrap (55grams)
- 100grams cooked sliced warm turkey breast
- ½ cup shredded lettuce (50 grams)
- 1 Tablespoon sweet Chili Sauce (23grams)
- 1 small chopped tomato (75grams)

Spray a non-stick fry pan and heat pita wrap over moderate heat for 3 minutes per side or until soft and puffy.

Spread with cooked sliced warm turkey.

Top with Chili Sauce, chopped tomato and sprinkle with lettuce. Fold over, cut on the diagonal and serve.

Serves: 1

Nutrients per Serve

KJ-1471.8, Calories-350.7, Protein-33.6, Carbohydrate-29.4g, Fat-10.2g

Visit our web site at

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

for nutrition information, health and cooking tips and an abundance of recipe

MAKE IT A HEALTHY CHRISTMAS

CONTINUE FROM PAGE 1

Do plan entertaining so as to help control and support healthy eating.

Many of the fatty Christmas foods are the snacks, desserts, cakes and biscuits. These should be consumed as an occasional treat. If you are having nibbles, then put out crudités (vegetables for dips), use low fat dips available in the supermarket or make your own. Cut up French bread and make open sandwiches with spreads of low fat cream cheese or avocado and toppings of smoked salmon, egg, asparagus, ham etc. Using fresh light ingredients are more appealing and definitely healthier.

If you have a heavy main meal at Christmas, then a light fruit salad is a more pleasing finish than a heavy Christmas pudding. Short bread or Christmas cake should not be included at this time. Have them to follow a light meal of meat or seafood with salad. Cut portion sizes small and make it just a taste. One can be social between meals with a fresh coffee, tea, or iced water with a slice of lemon.

With casual entertaining BBQs will be popular.

Use skinless chicken thighs, steak or French cutlets done in a marinade or prawns or crayfish done with a little garlic, lemon and olive oil. Try different kebabs-making your own combining vegetables and fruit. Beautiful fresh food needs very little dressing up. Do a vegetable dish on the Barbecue with sweet potato, fresh corn, tomato, capsicum etc. See my web site for recipes e.g. **Roast Vegetable salad** and lots of other delicious recipes to brighten up your entertaining while keeping to good nutrition. www.perthdietclinic.com.au

With day light saving we can enjoy activities outdoors in the evenings.

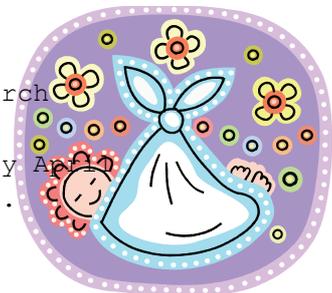
The most important point is to enjoy the festive season, be relaxed, eat healthy and be active. Maybe this year should be walking on the beach or beach volleyball.

Have a wonderful Christmas.



CHANGES AT THE PERTH DIET CLINIC

Su Chew will be on maternity leave for 6 months from March. She is expecting her First Baby in early April and we wish her well.



Amy Williams

We are delighted that Amy is back although only on a Saturday morning at this stage.

Jack is a beautiful boy who she now thinks she can bear to leave for a few hours.

Lindsay Peacock

Lindsay Peacock is returning from England in February after 2 years and will again be doing clinics. Emma is now starting school.



We welcome Sarah Macale on board; who will be covering for Su Chew. She spent her childhood on a farm in New Zealand and has lived in Perth since she was a teenager. Sarah has a lovely sense of humour and a laughing personality. She has travelled extensively and enjoys gardening and dabble in crafts and photography.

Sarah has been doing locum work until recently joining the Perth Diet Clinic. This has given her experience in a variety of dietetic fields. Sarah has been the Branch secretary for the Dietitians Association of Australia. She will be a valuable addition to our team.



