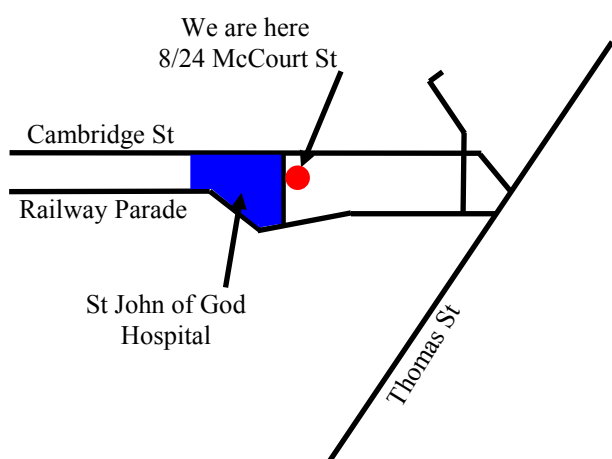


Perth Diet Clinic



WE HAVE MOVED TO :

**UNIT 8/24 MCCOURT STREET,
WEST LEEDERVILLE
PHONE 9381 2211
FAX 9381 2699**



NEW STAFF MEMBER

We welcome Jasvir Singh to our clinic. Jasvir (Jas) is a valuable addition to our clinic, bringing amazing experience from working as a consultant for Nutrition Australia, and running multiple lifestyle and screening programs.



It's a new year, time to re-establish those goals:

- Lose that weight finally
- Get better control of diabetes
- Exercise more
- Get bowels functioning better, less pain, less bloated or more regular
- Lower that cholesterol

If any or all of these sound familiar, there is no better time than **RIGHT NOW.**



NEW YEARS RESOLUTIONS

BACK TO SCHOOL



MAKE PLANS, NOT RESOLUTIONS

How many times have you said “ This year I am going to.....”

This accounts for almost all of us. This year try to look at it in a different way. Make plans instead. Things to aim for to reach that goal. For example:

“This year I will lose that 10 kilos”.

How will I do it:

- I will book in to see a Dietitian, to get on the right track from the get go.
- I will walk around my block at least 3 times per week and once that is going well, I will revisit this and make changes.
- I will limit going out to once per week and no more than 3 drinks maximum on those nights.
- I will recognise that I always snack when I am feeling emotional, so I will try and let things go, or try to find something else to occupy myself.

Define ways you will actually reach those goals, rather than making a blanket statement.



We are almost at that time again. School! What to put in the lunchboxes.

This is always especially important for those with little ones starting Kindy. Follow these simple ideas to make it a stress free transition.

Practise

Practise with the kids, set up a lunchbox at home with a morning snack, and then their lunch. This will let you know how much they are likely to eat and let the kids know about set times.

Independence

One of the big skills kids will learn at school is independence. Try to make everything in their lunchbox easy to open. Even if it means opening packets and adding the contents to zip lock bags or testing your kids ability to open plastic containers.

The food

What you put in the lunchbox is up to you, however it is important to realise that kids don't need treats everyday. Some will go the whole year happily with a jam sandwich, a banana and a muesli bar. It doesn't have to be the latest, most interesting concoction or brand. Set some limits, such as treats on a Friday or a extra cheese wedge if they eat all their dinner the night before.

Practicality

How long will it take your child to eat their meal? Does it need any utensils or heating? Most children just want to eat quickly and get up and play. Remember it gets hot, a yoghurt should be frozen or put on an ice pack. Bananas need to be placed in a careful spot so they don't get squashed.

Drinks

The best idea is water. It can be frozen or with added ice blocks. Be warned even the most expensive filtering drink bottles can leak! When you find a good one, buy a few, they are hard to come by.



Lovely Salad Recipes

Chicken Salad



Recipe from "[Living in the 21st Century with Diabetes](#)"

Ingredients

- 1 large peeled mango (150grams)
- 1 medium red apple with skin (100grams)
- 1 medium peeled avocado (150grams)
- Grilled or smoked chicken breast (500grams)
- 1 tbsp toasted sesame seeds (10grams)
- Leafy greens (500grams)
- Bean sprouts (250grams)
- 6 slices ham trimmed of fat (120grams)
- 1 cup Spicy Cream Dressing

Method

Cut mango into strips.
Core and cut apple into wedges and dip in lemon juice.
Cut avocado into strips and dip in lemon juice.
Cut chicken breast into strips.

- * Wash well and chill 2 or 3 types of lettuce including spinach
- * Arrange lettuces attractively on a large platter with bean sprouts.
- * Place mango, apple and avocado around sides.
- * Arrange chicken in the middle, dribble over dressing and garnish with toasted sesame seeds.

- Serves : 6

Blue Cheese Low Fat Dressing

Ingredients

- 1/3 cup non-fat yoghurt (85 grams)
- 2 tbsp non-fat milk (40 ml)
- 2 tbsp 97% fat free mayonnaise (40 grams)
- 1 tbsp chopped chives (4 grams)
- 2 tsp grained mustard (10 grams)
- 1/4 teaspoon Tabasco or other pepper sauce
- 1 clove crushed garlic (3 grams)
- 1 1/2 tbsp blue cheese (30 grams)

Method

Place yoghurt, milk, mayonnaise, chives, mustard, Tabasco, garlic and blue cheese in a kitchen wiz and blend.
Pour over salad and serve or leave for guests to help themselves.

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

MAIN OFFICE Unit 8/24 McCourt St, West Leederville (Free parking on site) Across from St John of God Hospital, Subiaco.	9381 2211 Peggy Stacy Lindsay Peacock San Tran Louise McEvoy Jasvir Singh	Mon - Fri	7:00am- 5:00pm
		Sat	8:00am-12:00pm
ATTADALE Health at 520 Physio 520 Canning Highway	9381 2211	Wed	1:00pm– 6:00pm
LEEMING South St Physio Suite 12 /73 Calley Drive	9381 2211	Mon	1:00pm– 6:00pm
		Wed	10:00am 2:00pm
ROCKINGHAM Insight Physiotherapy 24 Pedlar Circuit (near Bunnings)	9381 2211	Thurs.	11:00am-5:00pm
PADBURY Padbury Physio 2/73 Gibson Avenue	9381 2211	Mon	1:00pm—6:00pm

Check us out on the web!
www.perthdietclinic.com.au