

Perth Diet Clinic



'GOOGLE VS NUTRITION'

Google has developed a new tool which allows individuals to compare the nutritional content of two different foods. All you need to do is type in two different foods with the word 'vs' in between, for example 'apple vs orange'.

The tool will automatically compare the two foods nutritionally. There are also drop down options to change the serving size, preparation method and to include additions

	Apple	Orange
Amount per	Apple ▾ 100 g ▾	Orange ▾ 100 g ▾
Calories	52	47
Total Carbohydrate	14 g 10 g	12 g 9 g
Sugar	% Daily Value 4%	% Daily Value 4%

that are common to that food (for example mashed potato with margarine). You can even accommodate for additions. The nutrition information comes from the United States Department of Agriculture and includes all macronutrients plus a number of vitamins and minerals.

Any foods can be compared. From apples vs oranges, to bacon vs broccoli and even chocolate cake vs lettuce. So the next time you are waiting in the lunch line deciding which option is healthier this lightning speed Google search could make the choice easier!

FACEBOOK & SELF ESTEEM

Research on women in the UK and US has compared Face book usage to body image issues. Findings show that the more time spent on Face book, the more likely one is to compare themselves to others, leading to a negative self image.

This comes as little surprise when our Face book feeds are swamped by ads for weight loss programs and products, photo-shopped photos of friends in bikinis doing awesome things and constant pictures of 'super healthy' carb-gluten-fat-additive-dairy free meals people love to post.

Reality check! This is not reality! These pictures do not represent ones real life, only a snap shot of a particular time. Comparing yourself to a single photo is in no way productive. What is productive is to de-clog your news feed! Ignore weight loss adds.. Look at positive thoughts, healthy recipes and scientifically based nutrition information.

POSITIVE WAYS TO CLOG YOUR FACEBOOK NEWS FEED

Here are a great list of pages to 'Like' to ensure your Face book news feed makes you smile each day, improves your wellbeing and body image.

Perth Diet Clinic

Our very own page links you to scientifically based nutrition articles and scrumptious tried and tested healthy recipes.

Mamma Mia

This is a fantastic Aussie page created for women. They discuss everything and aim to present issues in a non-judgemental, digitally unaltered and healthy way. They keep you updated with what is going on in the world, give you the latest research on health, inspire you with real life stories and encourage you to love and take care of yourself.....with many hilarious posts as well!

Australian Healthy Food Guide

Offer great info on the latest health research, latest products to hit supermarket shelves and many deliciously healthy recipes.

A few others....

Good Health Magazine, Women's Health Magazine, Body and Soul

TIME SAVING TIPS THAT WILL FREE YOU TIME TO EXERCISE!

Buy/hire an exercise machine and a TV/DVD to exercise at home...simplicity and motivation!

Grocery shop online and have it delivered a day you have time to pre-prepare meals to freeze.

Cook/prepare food in bulk. Cut all the veggies, make meat sauces, boil soups and bake muffins.

Say no to excessive invitations for the kids or yourself, or schedule them to suit you.

Clean as you go. Clean up as you cook, pick up as you walk past and clean the bathroom whilst you shower!

Teach young kids simple tasks ie making breakfast, putting clothes away, brushing teeth, packing school snacks, setting the table and dusting...kids love it!



HEALTHY TAKEAWAY.... IS THAT AN OPTION?

Recent surveys show that on average Australians eat takeaway 2.5 times a week. Our busy lifestyles lead us to choose quick and easy foods. Whether drive through, home delivery or restaurant. When food is not prepared by us we have no idea how much added salt, sugar and fat are included and no control over portion size. What we can control is our choice! Here are some quick tips to healthier choices if eating out is the only option, or you just want someone else to cook!

Thai

Choose Thai salads, steamed meats, rice paper rolls and stir fries containing lean meat and lots of vegetables. Order a separate small rice and serve an appropriate portion. Noodle dishes are often large and noodles are cooked in oil and sauce, soaking up a lot of fat and kilojoules. Ask for steamed noodles on the side. Thai sauces can contain a lot of sugar and fat. Avoid coconut milk sauces and options that appear to be drowning in sauce. Ask for sauces on the side if you can.

Italian

It's hard not to overdo the carbohydrate kilojoules when eating Italian, but you can keep the fat down and also restrict serving sizes. Choose pastas and pizzas with tomato based sauces, lean meats and lots of vegetables. Order entree size pasta or small pizza. Better yet, share half with a friend and order a side salad/vegetables. Ask for no dressing/butter. Also ask for cheese on the side of pastas and for a small amount of cheese on pizzas. Avoid creamy sauce options, fatty meats, bacon and excessive amounts of cheese.

Indian

Choose tomato based curries. Curry meat can often be a fatty cut, so seafood curries are a good choice. Ask the waiter for a leaner meat option. Choose a curry that contains vegetables. Many curries contain potato. If so, you will not need as



much rice. Plain white or saffron rice are the best options. Avoid fried foods such as samosas and papadums. Be wary of how many side dishes you are consuming. Choose between naan and rice, or have a small serve of each.

Counter/Pub Meals

Choose a grilled, steamed or baked meat with salad or vegetables. Ask for sauces on the side. If

the meal comes with chips, ask for an alternative such as baked potatoes, salad or vegetables. Avoid anything crumbed or fried, such as chicken schnitzels, battered fish and squid rings.

Chinese

Similar to Thai; choose stir fries with lean meats and lots of vegetables.

Clear soups are also a great option. Again, be wary of noodle dishes and dishes that contain heavy sauces. Order steamed rice or noodles on the side. Avoid fried meats, spring rolls and other fried options



DECIPHERING MINDFULNESS

Being mindful is an act of noticing what you are doing as you are doing it. Seeing is non-judgmentally and deciding to react consciously rather than compulsively. Mindfulness allows one to be present, self aware and appreciate moments. Being aware and in the moment has a multitude of benefits. It allows us to enjoy the time with loved ones or alone, without worrying about life stressors. It can make us more aware of unhealthy diet and lifestyle patterns and act in a healthy conscious way to change. Practicing mindfulness can be simple with the following.

Research shows that breathing can effect both state of mind and emotion. Take a moment during a busy time to focus on your breath. Take three slow breaths and notice each one go in and out.

Use your senses to escape in a stressful, chaotic or simply a mindless task. Look around the room, listen to the natural sounds, feel the temperature and smell the air. Tuning your thoughts away from your current task for a few moments is calming and can reduce stress levels.

Notice both your posture and breath when using the computer. It is a common phenomenon that we tend to hold our breath for moments as we type or read. Holding the breath, even momentarily, increases carbon dioxide levels, increasing acidity, which can lead to increase stress and stress related diseases.

Eat mindfully. Avoid eating whilst working or moving. Take a moment to sit, see what you are eating, smell the aroma, chew with purpose and taste with enjoyment. You are more likely to feel satisfied, less likely to overeat and feel more calm to continue on with your busy day.

ONE POT RECIPES

Creamy Yellow Curry Hot Pot



Serves 4

Ingredients

1 teaspoon sesame oil (6 grams)
2 tablespoon yellow curry paste (40 grams)
375ml can Carnation Light and Creamy Coconut milk
400ml vegetable stock
1 lemon grass stick
3/4 cup raw basmati rice (75 grams)
1 large diced red capsicum (140grams)
1 large peeled and sliced carrot (180grams)
100grams trimmed and halved green beans
8 baby corn spears (80 grams)
600grams white fish, cut into large pieces
3 teaspoon fish sauce (18 ml)
3 teaspoon lime juice (18ml)

Method

Heat sesame oil in a large wok. Add curry paste and cook stirring for 2 minutes.
Add Carnation coconut milk, vegetable stock and lemon grass. Cover and simmer for 15minutes.
Cook rice stovetop as per packet instructions.
Add red capsicum, carrot, beans and corn.
Cook uncovered for 10 minutes.
Add fish, fish sauce and lime juice and cook for 5-10minutes, until fish is cooked through.
Serve on a bed of rice.

Nutrients per Serve :
KJ - 1748, Cal - 417, Protein - 38g, Fat - 7g,
Saturated Fat - 2.3g, Carbohydrate - 48g,

Baked Tomato Chicken in One

Serves 4

Ingredients

1 teaspoon olive oil (6 grams)
600grams skinless chicken breast
4 trimmed spring onions, sliced into 3 sections each (60 grams)
1 thickly sliced red capsicum (140 grams)
1 thickly sliced yellow capsicum (140 grams)
1 sliced zucchini (250 grams)
1 tablespoon drained baby capers (10 grams)
2 tablespoon chopped fresh basil (5 grams)
300grams diced tomatoes
500g Italian Passata sauce
Salt and cracked black pepper
1 1/3 dry whole meal penne pasta (150 grams)

Method

Preheat oven to 180°C.
Heat an oven proof dish to medium heat and add oil. Brown chicken for one minute each side.
Add spring onion, capsicums, zucchini, capers, basil, tomatoes and pasta sauce.
Season with salt and pepper
Bake in oven for 25-30mins, or until chicken is cooked through
Meanwhile, cook pasta as per packet instructions
Serve chicken and vegetables on a bed of penne

Nutrients per Serve :

KJ - 1598, Cal - 382, Protein - 42g, Fat - 5g
Saturated Fat - 1.3g , Carbohydrate - 36g,
Fibre -9.2g



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

WEST PERTH 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 Lindsay Peacock San Tran Caitlin Warren Louise McEvoy	Mon - Fri Sat	7:00am- 5:00pm 8:00am-12:00pm
ATTADALE Health at 520 520 Canning Highway	9322-4680	Wed	2:00pm– 6:00pm
LEEMING South St Physiother- apy Suite 12 /73 Calley Drive	9322 4680	Mon Wed	2:00pm– 6:00pm 10:00am 2:00pm
ROCKINGHAM Insight Physiotherapy 24 Pedlar Circuit (near Bunnings)	9322-4680	Thurs.	9:30am-5:00pm
PADBURY Padbury Physiother- apy 2/73 Gibson Avenue	9322 4680	Mon	1:00pm—6:00pm

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