

Perth Diet Clinic



SLOW COOKING SAVES TIME DURING WINTER



When we think of winter foods we are likely to think of roast meals and hot puddings and the things that keep us warm. These comfort foods, together with less exercise can lead to extra kilos creeping on over winter. Enter the Slow Cooker. A cheap and easy appliance that cooks healthy meals with very little hands on time, so there is still time to get in a walk before dinner!

Slow cookers work by simmering foods at low temps over long periods of time. Meals can be cooked on high or low settings, for a period of 4-8hrs. Depending on the recipe, slow cooking is generally low in fat and kJ, as only a meat, vegetables and liquid are required. This can be prepared in the morning and will cook while you are at work.

Slow Cooker recipes are easy to find, and it is possible to turn favourite casserole and pot recipes into slow cooking ones. You can omit the oils from your original recipes when using a slow cooker. Find slow cooker recipes at;

www.lifestylefood.com.au/slowcooker
www.taste.com.au/slowcooker

www.slowcookerrecipes.net.au/

Our own Perth Diet Clinic website has a slow cooker recipe for Lamb Shanks Provencale. www.perthdietclinic.com.au/recipe.asp?RecipeID=109

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www.facebook.com/PerthDietClinic

During winter, supermarkets often have slow cooker recipes in their magazines or pamphlets in stores.

Another great low energy food to have in winter is homemade soup. Try Chicken and Vegetables, Lentil and Pumpkin, Minestrone with carrot and chickpeas and Scotch Broth with barley. If you need any further ideas, check out our list of soups on our web page at www.perthdietclinic.com.au/recipes/soups

IS YOUR CHILD CONSTIPATED?

When it comes to constipation in children, it is not how often they go that is important, it is the type of stools they are passing, and whether they are experiencing pain. A child is constipated if their stool is hard, dry or crumbly, or if they experience pain while on the toilet, or in their stomach, accompanied by bloating. A constipated child may be irritable and disinterested in food.

Toilet habits are different for every child. Breast-fed babies may pass a stool after every feed, or only once per week. Toddlers may have 2-3 per day, or only 2-3 per week. If you are concerned your child is constipated, check their stools. If they are not soft you can make simple changes to help. For babies, on formula, ensure it is made up correctly. If they are on solids, add stewed prunes or prune juice and introduce baby cereal that is fibre enriched. Try gentle tummy massage. In toddlers, offer more fruit, vegetables and whole grain products. Offer plenty of fluid and exercise based play and encourage them to sit on the toilet a few times a day for 5 or so minutes at a time.



DIET AND CANCER PREVENTION

It is known that diet plays a role in the development of many cancers. Here we look at individual cancers and the current research on the offending foods.

Bladder cancer

- Increased risk with high char-grilled meat intake
- Decreased risk with increased fruit and veg and water intake

Breast Cancer

- Increased risk with alcohol intake, even small amounts, and being overweight
- Decreased risk with lower fat intake and increased fruit, veg, fish and low fat dairy

Colorectal Cancer

- Increased risk with alcohol intake, being overweight and high intake of red and processed meats
- Decreased risk with increased fruit, veg and wholegrain cereal intake, likely linked to increase in fibre intake

Endometrial Cancer

- Increased risk with overweight, particularly abdominal obesity
- Decreased risk with lowered fat intake

Lung Cancer

- Increased risk with smoking
- Possible decreased risk with increased fruit and veg intake, but unlikely to combat the very high risk of tobacco use

Mouth, Throat and Oesophageal Cancers

- Increased risk with smoking and abdominal obesity. Regular drinking of very hot drinks can increase risk
- Possible decreased risk with very high fruit and veg intake

Ovarian Cancer

- Possible increased risk with obesity
- Some studies show decreased risk with increased soy and green tea intake, but not all studies support this

Pancreatic Cancer

- Possible increased risk with obesity, especially abdominal obesity. Type 2 Diabetes and Impaired Glucose Tolerance all increase risk

Prostate Cancer

- Increased risk of fatal prostate cancer with overweight and obesity
- Possible decreased risk with high intake of cruciferous vegetables (broccoli, cauliflower), tomato, legumes and fish

Stomach Cancer

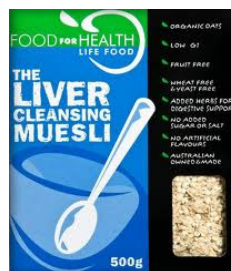
- Increased risk with obesity, which causes gastric reflux, also high salt and processed meat intake
- Decreased risk with increased fruit and veg intake

Overall, it looks like being at a healthy weight and eating a low fat diet rich in fruit and vegetables and high in fibre is the key to preventing or combating cancer. Lifestyle choices are also important, such as regular exercise and avoiding smoking and alcohol consumption.

PRODUCT REVIEW FOOD FOR HEALTH MUESLI

Food For Health offer a range of wheat, sulphur, dairy and cane sugar free muesli varieties. They focus on supplying a high fibre, healthy breakfast muesli alternative.

The Fibre Cleanse Muesli targets bowel health. It contains ingredients that help keep the bowel regular, including psyllium, oat bran and rice bran. It also contains lecithin, which supports the digestive system, linseeds for essential fatty acids, magnesium to aid bowel motion and slippery elm as a soothing coating for the bowel lining.



The Liver Cleansing Muesli is aimed at both liver and digestive health. It contains lecithin, a good source of amino acids and acts as a digestive aid. Other liver cleansing amino acids are also included. Psyllium and barley bran are added to boost the fibre content,

linseed meal to boost essential fatty acid content and slippery elm as a bowel soother.

Most of us could benefit from increasing the fibre content in our diet, particularly if you are suffering from a bowel condition. Talk to your Dietitian about whether these high fibre breakfast options are suitable for your condition. For a cost and nutrition comparison on these mueslis and other cereals, see our website.

STAR RECIPES

Slow Cooker Five Spiced Caramel Pork



Serves - 4

1 teaspoon sesame oil (5 ml)
800 grams cubed lean pork butterfly steaks/fillet
2 crushed cloves garlic (6 grams)
8 finely sliced spring onions (120 grams)
1 medium sliced carrot (100 grams)
1 medium sliced red capsicum (150 grams)
8 sliced mushrooms (100 grams)
3/4 cup low sodium soy sauce (188mls)
1 tablespoons fish sauce (20ml)
1/4 cup brown sugar (55 grams)
2 whole star anise
2 teaspoons Chinese five spice

1 cup sliced green beans (150 grams)

Heat the oil in a wok or fry pan . Add pork and lightly fry until sealed.

Add pork, garlic, onion, carrot, capsicum. Beans mushrooms, soy sauce, fish sauce, sugar, star anise, and Chinese five spice to slow cooker and cook on low for 4.hours or until tender.

Serve with steamed beans as a garnish over pork on its own or with rice.

Nutrients per Serve :

KJ - 1357, Cal - 324, Protein - 50g, Fat - 4g,
Carbohydrate - 20g, Fibre - 4g

Slow Cooker Honey Mustard Chicken

Serves - 4

1 tsp olive oil (5 grams)
4 small cubed chicken breast (400 grams)
1 medium sliced red capsicum (150 grams)
12 sliced mushrooms (150 grams)
2 tablespoons honey (50 grams)
4 tablespoons wholegrain honey mustard (80 grams)
2 teaspoons dried thyme or 2 tablespoons fresh)
1/4 cup chicken stock (65 ml)
1 cup sliced green beans (150 grams)
1/2 cup low fat sour cream (125 ml)

Heat the oil in a wok or frypan. Add chicken and lightly stir-fry until sealed.

Add chicken, capsicum, mushrooms, honey, mustard, thyme, and chicken stock to crock pot. Cook on low for 2 hours and then add beans and cook for 1 hour more.

Just before serving, stir in sour cream.

May be served alone or with mashed sweet potato.

Nutrients per Serve :

KJ - 1140, Cal - 260, Protein - 27g, Fat - 9g
Saturated Fat - 3g , Carbohydrate - 17g, Fibre - 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

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

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