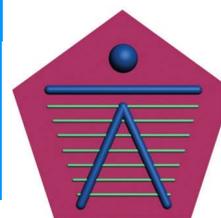


Perth Diet Clinic



↓ FOLIC ACID = ↑ HOMOCYSTEINE BUT DOES IT LEAD TO HEART DISEASE?

Homocysteine is an amino acid found in the blood. Evidence suggests that high levels of homocysteine can increase the build up of fatty deposits in the arteries, known as atherosclerosis. This in turn can be related to an increased risk of Heart Disease. However, no direct causal link between increased homocysteine levels and heart disease has been proven. It is however thought that increased homocysteine levels are an indicator, rather than a causative factor when it comes to heart disease. Blood levels of Homocysteine are influenced by both diet and genetics. Studies have shown that a higher level of folic acid in the blood are related to lower levels of homocysteine.



Despite the lack of absolute evidence, it is advised that those with high homocysteine levels or other heart disease risk factors/ indicators

ensure their diet is adequate in folic acid. Folic acid is found naturally in leafy vegetables, citrus fruits, legumes and wholegrains. It is worth noting that folic acid can be lost during cooking. Steaming or microwaving vegetables as opposed to boiling will help prevent this. Fortification with folic acid of all wheat flour for bread making purposes is mandatory in Australia. This includes any plain or sweet bread, roll, focaccia, muffin etc made with wheat flour. It does not include organic breads or breads made from cereal types other than wheat. Some manufacturers choose to fortify products such as breakfast cereals, and this will be stated on the label.

Consuming a diet rich in fresh fruits and vegetables and wholegrain cereals will ensure adequate folic acid intake. There is yet to be a direct link made between folic acid supplementation and decreased risk of heart disease. Consuming a diet high in folic acid will likely lead to other health benefits, such as weight loss, decreased cholesterol etc, all of which help to prevent heart disease.

HEALTHY CAMPING FOOD

Camping is a popular pastime for many families at Easter. Easter egg hunts in the woods or on the beach are fun, but lead to excess chocolate consumption over the Easter holiday. With this in mind, it is wise to choose healthier meals to make up for all that extra chocolate!

Camp Fire Breakfast

Just because you have a camp fire or a BBQ does not mean you need greasy bacon, eggs and hashbrowns every morning. If bacon and eggs are your thing, choose 97% fat free bacon cuts, available in the packaged meat sections of the supermarket. Purchase a non-stick camping fry pan. Make scrambled eggs with skim milk, no butter, or boil eggs in a billy can! Disposable cereal packages are also available from supermarkets, including one serve porridge packs.

Lazing Lunches

Camping is a time to relax, so don't bother with preparing full meals at lunch. Fresh meat and salad rolls/sandwiches are very easy to prepare on the picnic rug or table. Use leftover BBQ meat or purchase reduced fat ham in re-sealable packages. A BBQ chicken, skin removed, is a great roll or sandwich stuffer. For something a little more fancy, buy low fat beef BBQ patties and BBQ them topped with a slice of low fat cheese for healthy burgers.

BBQ Dinner

A BBQ can go both ways, really unhealthy or really quite healthy. Avoid the 'snagger in a bun', topped with oily mushrooms and onions. Purchase some quality, low fat cuts of meat such as lean steaks, chicken breasts, low fat sausages or even fillets of fish. Season them with salt, pepper or seasonings such as Thai, Moroccan or Italian before BBQ'ing. Wrap small potatoes and corn cobs in alfoil and give them a good hour on the BBQ. Asparagus is also great on the grill, seasoned with salt and pepper. Serve it all with a nice big side salad and some tomato sauce. Any leftovers can be used as sandwich or roll fillings the following day.



GENES CAN PREDICT OUR FUTURE HEALTH

Our genes are what make us unique. They not only determine our physical features and athletic ability but they also determine our taste preferences, our risk of developing certain diseases and our response to medications or environmental factors. Pre-knowing facts such as these could potentially help us to adapt our current lifestyles in aid of preventing diseases we are genetically pre-disposed to. Mygene is a company that allows patients to do just this, and dietitians are becoming registered 'mouthswabbing gene testers'.

Mygene currently offer a wide range of gene testing including those relating to sport and exercise performance, appetite control, caffeine metabolism, carbohydrate and lipid sensitivity, folate metabolism, vitamin D metabolism, inflammatory markers and coeliac disease and lactose intolerance risk.

Tests can be ordered by your dietitian and completed in their office with a simple mouth swab. The swab is sent to the lab and the results returned to the dietitian. After assessing the results, your dietitian will determine the appropriate dietary implications the results may have, and how best to implement changes into your current diet.

Genetic testing is an exciting new area for dietitians. It will certainly enable dietitians to get a better insight into the needs of patients and help them in their individual nutrition quests.

COLES 'SIMPLY LESS'

Coles have recently released a new range of more than 90 products designed to promote healthier eating. The products are a healthier choice compared to their counterparts, and range from breakfast cereals and snack bars, to microwave meals, fresh salads and desserts.

'Simply Less' products contain less kilojoules and/or less fat than their competitive products. Coles say the range aims at promoting satiety with calorie controlled products and that all Simply Less products contain protein and fibre where possible, to enhance the effect on satiety. They help with portion control by individually wrapping all snack items such as bars and desserts. All frozen meals serve one, and contain at least 2 serves of vegetables and a quality protein source. Simply Less products are great if your looking for a healthier alternative to a similar product but just because a

ADD MEDICATION MAY STUNT GROWTH

Evidence is highly suggestive, although not conclusive, that the Attention Deficit Disorder (ADD) drug Ritalin may stunt the growth of children, affecting both height and weight. What is confusing is that it is unsure whether ADD itself effects growth, or if it is solely the medication. In addition, it is yet unknown if growth is only slowed during the time of active medication, through early childhood and teens, and if rebound growth will occur once medication is ceased.

What is known is that Ritalin can suppress appetite in children, which may in turn effect growth and overall nutritional status.

With this in mind, it is the right of the parent and child to make the decision to continue medication or opt for behavioural therapy. Ritalin certainly has its positives, improved attention span, improved learning ability, better social skills, improved self esteem and decreased risk of depression. These benefits potentially outweigh the possible side effects of slightly stunted growth.

If your child appears to be benefiting from Ritalin medication, but you are worried about their growth and nutritional status, a dietitian can certainly help to assess your child's current dietary intake. They can also provide tips on encouraging appetite and 'bulking up' foods they do eat to increase their nutrition. A dietitian can also assess any areas of concern, such as calcium, protein, fibre insufficiencies and help accordingly.



product is advertised as lower in kilojoules/fat, it does not mean you can consume more of it! In addition, just because the Simply Less dessert and snack food options are available, they do not need to be consumed on a daily basis and should be considered as occasional foods. Unfortunately the meal plans on Coles website include one or more of the snack/dessert foods daily. Fruit, yoghurt and fresh vegetables are the best options. Overall though, if it is a frozen meal, snack bar or dessert you are after, check out the Simply Less range and you can be happy knowing you have made a healthier choice.

STAR RECIPES

High Folic Acid Recipe Chicken and Asparagus Penne with Basil Pesto



Serves - 4

1.5 cups dry penne pasta (122g)
250g punnet halved cherry tomatoes
6 sliced spring onion, white part only (90g)
1 lemon, juice reserved, 2 tsp rind finely grated (150g)
Salt and cracked black pepper
1 tsp olive oil (8g)
500g thinly sliced, skinless chicken breast
2 bunches asparagus, sliced into thirds (320g)
4 tbsp Leggo's Basil Pesto (40g)

Cook pasta as per packet instructions
Place cherry tomatoes, spring onion and lemon rind in a bowl and season with salt and cracked black pepper, set aside
Heat a non stick fry pan to medium heat and add 1 tsp olive oil. Cook chicken slices until just browned
Add asparagus and lemon juice and cook for 2-3 mins or until chicken is cooked through and asparagus is crisp
Drain the pasta and add the chicken and asparagus mix, and the cherry tomato mix
Add basil pesto and mix well

Nutrients per Serve :

KJ - 1631, Cal - 390, Protein - 9.7g, Fat - 8.7g,
Carbohydrate - 37.7g, Fibre - 3.2g

BBQ Salad Ideas Moroccan Couscous Salad

Serves - 4

This is an easily prepared substantial side salad to accompany any barbequed meat. Use as an alternative to heavy coleslaws or pasta salad. Ingredients are easy to take to a campsite and do not require refrigeration

1 x 100g packet Ainsley Harriott Moroccan Medley Couscous
8 halved cherry tomatoes (136g)
310g can corn kernels, drained
1/2 chopped cucumber (250g)
1 finely diced red onion (60g)
5 chopped dried apricots (30g)
2tbsp sultanas (30g)
1 lemon (150g)

Prepare couscous as per packet instructions (using boiling water)
Combine cherry tomato halves, drained corn, chopped cucumber, diced onion, chopped apricots and sultanas
Drizzle with the juice from the lemon and mix well to combine
When couscous is ready, fluff it up with a fork and add it to the salad
Toss gently to combine



Nutrients per Serve :

KJ - 844, Cal - 201, Protein - 6.5g, Fat - 1.8g
Saturated Fat - 0.3g , Carbohydrate - 36.5g,
Fibre -5.6g

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 Cathie Frost Lindsay Peacock San Tran Louise McEvoy	Mon to 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 t Physiotherapy Suite 12 /73 Calley Drive	9322 4680	Mon Wed	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