



Perth Diet Clinic

SHOULD WE BE TAKING VITAMIN SUPPLEMENTS?

Many people take a number of supplements on a daily basis. Often they are in doses that are not needed or recommended. Read on, to learn a little more about some of the most common vitamins.

If we have a balanced diet, we will get the required amount of vitamins and minerals without costly supplements.

Vitamin A

Vitamin A is fat soluble and therefore we can store it in the liver. We get it from fat sources such as liver, cheese, full cream milk, butter and fortified margarine. Vitamin A is also obtained from carotene that is found in green leafy vegetables, carrots and pumpkin. Vitamin A is necessary for maintaining eye, skin and bone health. It also helps in maintaining our immune system, is a strong antioxidant and aids in reproduction. We associate being able to see in the dark because of carotene that come from carrots. This isn't strictly true but it is very necessary for eye health. As people get older this become even more important. As it is fat soluble and stored in the liver, we can get too much. Some people who eat too many carrots actually turn yellow. This is called hypercarotenemia.

Vitamin B3

Vitamin B3 is Niacin. It is one of the 3 most common B vitamins. Vegemite is a good source of all three.

Niacin, also known as nicotinic acid, is water soluble so therefore we can't store it. It is necessary so the body can convert carbohydrates into sugar (glucose), which your body then uses for energy. Niacin also helps keep your nervous system, digestive system, skin, hair and eyes healthy. It can help raise the good cholesterol-HDL although large doses can cause flushing. We need more B vitamins when we are stressed. Protein rich foods give us tryptophane, a precursor to niacin. Corn is the only cereal that is low in niacin. A severe deficiency of Niacin can give us pellagra, a severe dermatitis with dementia and diarrhea. This would be very uncommon in Australia. It could occur in alcoholism where diet is inadequate.

Vitamin E

Vitamin E is also fat soluble so it is found in oils. An excellent source is wheat germ but other good sources are sunflower, safflower, rape (canola) and sesame oils. Vitamin E is a strong antioxidant and people take it to boost their immune system and protect their heart. Whole grains, such as wheat and oats; wheat germ; leafy green vegetables; sardines; egg yolks; nuts and seeds are high in Vitamin E. Vitamin E has an important function as an antioxidant. As such, it prevents the degradation of polyunsaturated fat and other compounds by oxygen. It may have some additional functions in the membranes of body cells.

Vitamin B5

Vitamin B5 is Pantothenic acid and is water soluble. It is necessary to sustain life. It is part of the basic cycles in the body that are critical in the metabolism and synthesis of carbohydrate, proteins, and fats. Small quantities of pantothenic acid are found in nearly every food, with high amounts in wholegrain cereals, legumes, eggs and meat.

Vitamin C

Vitamin C is known as ascorbic acid. It is important in maintaining collagen, wound and fracture healing as well as assisting in repair of tissues after bruising. A lack of Vitamin C can lead to bleeding gums and greater susceptibility to infection. Good sources are broccoli, citrus, capsicum, tomatoes, kiwi fruit, and strawberries



In general- If we eat a well balanced diet with the largest range of foods possible, emphasizing whole grains, fruit, vegetables and nuts we will have all the vitamins we need. Because vitamins are so important in the over all maintenance and running of our bodies, we can't afford to be lacking in any of them. Eat a diet that is particularly rich in colour, as these will be the highest in vitamins and antioxidants. Antioxidants help prevent the formation of free radicals that lead to cancer, aging and illness. We are what we eat.

Inside this issue

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STAR SUMMER RECIPES



WARM PRAWN SALAD



- 250 grams of peeled raw prawns
- 2 tablespoons pesto sauce (46 grams)
- 2 bunches of trimmed asparagus (200 grams)
- 8 cherry tomatoes (120 grams)
- 3 cups Mesculin lettuce (150 grams)

Stir-fry prawns in pesto sauce until just pink.

Let rest for 5 minutes.

Steam asparagus for 5 minutes, blanch in cold water and chop into bite size pieces.

Cut tomatoes in halves.

Place half of lettuce in a bowl.

Top with tomatoes, and asparagus and finally, cooked warmed prawns.

Serve immediately.

This is refreshing, easy and a nice change for a warm weekend lunch.

Could use chicken tenderloins instead of prawns.

Serves: 2

Nutrients per Serve

KJ- 1244.1, Calories- 296.8, Protein- 32.75 grams, Carbohydrate- 3.9 grams. Fat- 16.7 grams

ASPARAGUS AND RICOTTA SLICE

- 1 large, peeled and sliced sweet potato (300 grams)
- 12 asparagus spears (300 grams)
- 500 grams fresh low fat ricotta
- 3 eggs (150 grams)
- ½ cup thawed, frozen, drained spinach (300 grams)
- 2 tablespoons finely chopped fresh basil
- Freshly ground black pepper
- ¼ teaspoon ground nutmeg
- Salt to taste
- 6 sheets fillo pastry
- Unsaturated oil spray

Microwave prepared sweet potato for 4 to 5 minutes or until just soft.

Remove 1/3 of woody stalks of asparagus and thinly slice and microwave for 3 minutes; reserve.

Steam or microwave asparagus tips for 2 minutes and then blanch in cold water.

Beat together ricotta, eggs, spinach, asparagus ends and basil.

Season with pepper, nutmeg and salt.

Line an oblong 20 by 27 cm dish with fillo paper and trim edges even with the top with scissors.

Spray with oil.

Make a layer of cooked sweet potato on the bottom and spread ricotta mixture on top.

Arrange cooked asparagus spears on top of ricotta.

Bake in 180°C oven for 30 minutes. And serve immediately.

Serves 6

Nutrients per Serve:

KJ- 855.58, Calories- 205.2, Protein- 17.1- g, Carbohydrate-17.3 g, Fat-7.3 g,

Visit our web site at

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

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

Doses of Vitamin C Do Not Protect Against Common Cold



A review of 30 studies suggests that 200 mg per day of vitamin C does not offer protection against the common cold in the general population but can reduce the duration of illness. In a separate set of trials with athletes exposed to

periods of extreme physical cold or stress, vitamin C in this dose reduced the common cold risk by half. Note that the level of 200 mg is higher than the recommended intake of 45 mg a day for adults. The bottom line- there is no need or documented evidence to support the high doses of 500 mg or more a day of Vitamin C. Again, remember that good sources of vitamin C come from a healthy diet, rich in broccoli, capsicum, citrus, strawberries, and kiwi fruit.

HOW TO ENSURE A HEALTHY PREGNANCY

Parents who are fit and healthy at the start of pregnancy generally have healthier babies. Being underweight can affect fertility, making it more difficult to conceive. It can also increase the chance of the baby having a low birth weight, which can increase the risk of ill health in early and later life. Too low a body mass index before pregnancy has also been associated with increased risk of miscarriage in the first trimester. A high BMI can affect fertility too, and also increases the risk of complications such as high blood pressure, infections and diabetes during pregnancy.



STAFF AT THE PERTH DIET CLINIC

Amy Williams

Amy Williams has been Working for us this year but will be taking maternity leave from the beginning of March. At present she does a clinic at Rockingham, one in Kardinya and West Perth.



Lindsay Peacock

Lindsay is now doing Monday and Wednesday again in West Perth and will take over from Amy at Kardinya when she goes on maternity leave.

Fiona Slater

Fiona is studying to become a diabetes educator as well as a dietitian. To give her a little more time, she is not working Fridays. She continues at Apple Cross on a Wednesday and West Perth on a Tuesday.

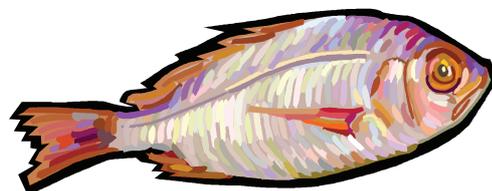
Lynda McMullin

Lynda has joined us this year. She is very consciousness and full of enthusiasm. Lynda does a Monday and Friday clinic in West Perth and goes to Kardinya on a Thursday.

Check our web site for up todate details of our clinics.

FISH OIL

Fish oil reduces joint pain and inflammation after three month of regular intake. The benefits appear to be more related to rheumatoid arthritis than osteo-arthritis. There has been some studies, that olive oil is of more benefit with osteo-arthritis but this needs to be confirmed with further studies.



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| WEST PERTH 12 -14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775 Metered parking available in Thelma and Murray Streets. Thelma Street is a cul-de-sac (between Colin and Havelock Streets) and must be approached via Murray Street heading into the city. Email:clinic@perthdietclinic.com.au | Lynda McMullin | Monday | 7:00am - 3:00pm |
| | Lindsay Peacock | | 10.00am - 5.30pm |
| | Louise McEvoy | Tuesday | 7.00am - 12.00 noon |
| | Peggy Stacy/Fiona Slater | | 10 :00 am -5:30 pm |
| | Lindsay Peacock | Wednesday | 9:30- 2:30 pm |
| | Louise McEvoy/ | | 2:pm-5:30 pm |
| | Louise McEvoy | Thursday | 7.00am - 5:30pm |
| | Lynda McMullin | Friday | 7.00am - 5:30 pm |
| | Louise McEvoy / Amy Williams/Lynda McMullin | Saturday | 8.00am - 12:00pm |
| APPLECROSS | | | |
| Applecross Medical Group 764 Canning Highway Applecross Phone : 9322-4680 | Louise McEvoy | Monday | 8.00am - 1.00pm |
| | Fiona Slater | Wednesday | 1.00pm - 6:30pm |
| KARDINYA | | | |
| Kelso Medical Group Suite 8, South Street Kardinya Phone : 9331 3366 | Lynda McMullin | Tuesday | 1.00pm - 6.00pm |
| | Amy Williams | Thursday | 8:30 am-12:.30noon |
| DUNCRAIG | | | |
| Sports Medicine Glengarry Unit 1, 64 Arisdale Road Glengarry Phone : 9246 4055 | Louise McEvoy | Tuesday | 2.00pm - 6.00pm |
| | | Wednesday | 8.00am - 12:30pm |
| MINDARIE | | | |
| Mindarie Keys Medical Centre Unit 2- 6 Rothesay Heights, Mindarie Phone: 9322 4680 | Angela D'Amore | Saturday | 9am - 12:30pm |
| JOONDALUP | | | |
| Move Well Arena Physiotherapy, Kennedy Drive, Joondalup Phone: 9301 1600 | Angela D'Amore | Saturday | 8:00am - 12.00noon |
| ROCKINGHAM | | | |
| Move Well Physiotherapy Delta Health Centre 24 Pedlar Circuit Rockingham Phone : 9527 7323 | Amy Williams | Thursday | 10.00am - 5:30pm |

We're on the Web!
www.perthdietclinic.com.au