

Perth Diet Clinic



The Changing Face of Allergies in Australian Children.

Severe allergies appear to be increasing in Australian children. The Australasian Society of Clinical Immunology and Allergy estimate that one in 160 children has suffered an anaphylactic reaction and up to 4000 new cases are diagnosed in Australia each year. There is a theory that our very clean home environments and victory over once common parasites have given our immune systems too little to do.

The most severe allergy reaction is Anaphylaxis and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention. It is a generalised reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal, cardiovascular) and will usually occur within 20 minutes of exposure to the trigger and can rapidly become life threatening.

An EpiPen™, containing adrenalin, must always be available nearby. Everyone who may be responsible for the child needs to know how to use the EpiPen™ and to be confident that it cannot hurt the child. If in doubt, the EpiPen™ should be used.

Common food triggers of anaphylaxis include: cow's milk protein, eggs, peanuts, tree nuts, sesame, fish, crustaceans and soy. These will account for 90% of allergic reactions; however, any food can trigger anaphylaxis. It is important to understand that even trace amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to skin contact or even the smell of a food. It could be caused by the residue of peanut butter on a knife or some egg-white that floated into the air when beating up a meringue.

Serious allergies without Anaphylaxis are more common and a child can present with

vomiting, skin rashes (hives) or angioedema, swelling of the hands or face.

Once the diagnosis is confirmed with either skin pricks or RAST tests, the problem food is usually completely removed from the diet for a period of two or more years when the tests can be repeated. It is often recommended that even small exposures to the food allergen be avoided and an experienced dietitian can provide valuable help with label reading and identifying possible hidden sources of the allergen. The diet should also be checked and modified for nutritional adequacy, especially where an important food like milk has been removed from the diet.



With cow's milk, egg and wheat allergies the immune over-response often settles with time and around 80% will have outgrown the allergy by the age of six. Some allergies, though, particularly those to peanut, fish and shellfish, can unfortunately be more persistent and sometimes remain a lifelong danger to the person. We currently recommend delaying the introduction of fish for allergy prone children to 18 months and peanut to 5 years. Research currently underway at Princess Margaret Hospital into the use of *probiotics*, or friendly bugs could give us some valuable new prevention strategies.

In contrast to true allergies, food intolerances are dose related. When a certain level of a food chemical is reached in the body, called the threshold, symptoms occur. Food chemicals can build up in the body over a few days and symptoms can be delayed, making diagnosis difficult. Skin pricks and RAST tests, are not helpful for food intolerances. Instead an *elimination diet* is used. An experienced dietitian will provide a range of invaluable assistance and support with this process.

Information on food allergies and intolerances can be found on the following websites:

- www.allergy.org.au
- www.allergyfacts.org.au
- www.cs.nsw.gov.au/rpa/allergy/



STAR RECIPES



VEGETABLE SLICE

1 large zucchini (350 grams)
1 medium grated carrot (100 grams)
1 medium chopped onion (100 grams)
2 crushed cloves garlic 96 grams)
100 grams finely chopped lean ham
5 eggs (250 grams)
1 cup grated low fat cheese (120 grams)
2 tablespoon of unsaturated oil (40 ml)
1¼ cups of Self Raising flour (190 grams)
Salt and pepper to taste

Finely chop the zucchini.

Sieve and dry with kitchen paper to remove as much moisture as possible.

Mix together zucchini, carrot, onion, garlic and ham.

Beat eggs and add to mixture with grated cheese and oil.

Fold in self raising flour and season with salt and pepper.

Place vegetable mixture in a 30cm x 20cm lamington tin which has been sprayed with a non stick spray.

Bake in 180°C oven for 40 minutes.

Yield 8 Serves

Nutrients per serve

KJ-1022.4, Calories—246.4, Protein-13.7 grams, Carbohydrate-18.9 grams, Fat-12.64 grams

Comments

This is a light vegetable dish with eggs, zucchini and carrot. It is excellent for lunches and freezes well.

Make it vegetarian by omitting the ham and adding sun dried tomatoes or chick peas.

Use any vegetables on hand but keep to a total weight of about 500 grams.



BAKING WITHOUT EGG

Egg substitutes work best in moist baking products such as fruitcake, chocolate cake, muffins or pancakes. Egg replacer does not go well as a substitute for meringue or products where egg colour is significant.

Choose a recipe with one egg e.g. A cake, muffins or biscuits. Keeping qualities aren't as good so making cupcakes and freezing is preferred to a whole cake.

The following substitute for 1 egg

1–2 teaspoons commercial egg replacer (eg Egglike or No Egg)

1 teaspoon baking powder + 1 tablespoon liquid + 1 tablespoon vinegar

1 teaspoon yeast dissolved in ¼ cup warm water

1 tablespoon apricot jam or apple juice

1.5 tablespoons water + 1.5 tablespoons oil + 1 teasp baking powder.

Go to our web site for recipes without egg.

RED MEAT CANCER RISK?

Red meat and cancer has again been in the headlines. Should we be concerned?

It was recently reported in the BBC news that red meat is linked to cancer risk!

Scientists are saying that a major study has found fresh evidence linking eating red and processed meat and bowel cancer.

THE European Prospective Investigation into Cancer and Nutrition (EPIC) looked at the dietary habits of over 500,000 people across Europe over 10 years. They found that bowel cancer risk was a third higher for those who regularly ate over two- 80g portions of red or processed meat a day, compared to less than one a week. The EPIC's study was reported in the Journal of the National Cancer Institute.

Leading researcher, Professor Sheila Bingham, of the MRC Dunn Human Nutrition Unit in Cambridge believes the most likely

Visit our web site at

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

for nutrition information, health and cooking tips and an abundance of recipes.

RED MEAT CANCER RISK – CONTINUED

explanation is that compounds called haemoglobin and myoglobin, which are found in red meat, trigger a process called nitrosation in the gut, which leads to the formation of carcinogenic compounds.

Professor Tim Key, of the charity Cancer Research UK, said: "This study strengthens evidence that bowel cancer risk can be cut by increasing fibre in the diet and reducing consumption of red and processed meat."

The researchers defined red meat as beef, lamb, pork and veal.

Processed meat was mostly pork and beef that were preserved by methods other than freezing. They include ham, bacon, sausages, liver pate, salami, tinned meat, luncheon meat and corned beef.

The study was funded by the Medical Research Council, Cancer Research UK and the International Agency for Research on Cancer.

We say:

It should be noted that a well balanced diet promotes the use of red meat in combination with chicken, fish, beans and lentils. Having 2 moderate serves of red meat a week is not excessive. The preceding studies were done with red and processed meat and we have advocated for years in our Prudent diet for Cancer Prevention to reduce salt, cured, smoke and nitrite cured foods as well as total fat. It is recommended to avoid char grilling and use more marinades while increasing fibre and fruit and vegetables.

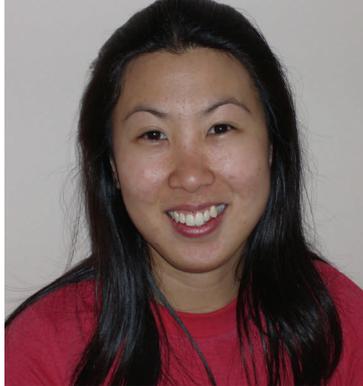
We must always keep everything in perspective. The greater the variety of foods we eat emphasising more fruit and vegetables, whole grains and cereals, the more we will protect the body. We live in a country where regular colonoscopies for individuals at higher risk are readily available.

So maintain an ideal weight, exercising wisely and follow a well balanced diet to reduce the risk of bowel and other cancers.

See : Prudent diet for Cancer on our home page at www.perthdietclinic.com.au for further information.

NEW STAFF

Su Chew



Su joins us from the South West where she was the community dietitian for two years in Collie and a year in Manjimup. Su is experienced in personal consultation with clients of diverse backgrounds. She is also experienced in nutrition advocacy through community education. She loves food and cooking, learning about the stock market and investing and travelling.

She is married and now living in Perth. Su is available at West Perth on Fridays, at Kardinya on Tuesday afternoons, Joondalup on Wednesday afternoons and Rockingham on Thursday afternoons. Su is an enthusiastic and competent dietitian who is bound to meet your needs.

Lana Brandli



Lana joins us from Burbury where she runs her own private practice. She now lives in Perth and commutes to Bunbury for 1 day a week. She has worked as a clinical dietitian at St John of God Bunbury, and as a practice based dietitian in Albany. She is specialising in gastrointestinal problems and allergies. Lana is keen athlete and has excelled in net ball. Horse riding and rowing.

Lana will be working Monday in West Perth and Friday from 10 am at Noranda. You will love her enthusiasm.



Kathryn Di Candilo

Kathryn Di Candilo is an accredited practicing dietitian. Since graduating, Kathryn has been involved in developing a healthy eating and physical activity manual for use in schools. In addition, Kathryn is currently employed in various nutrition related research positions.

In her spare time, Kathryn is busily preparing for her March wedding and also enjoys tap dancing, gardening, playing squash and golf. Kathryn is one of two dietitians filling in for Amy whilst on maternity leave. She will be available at West Perth on Wednesday morning and on Saturdays fortnightly at West Perth.

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:
stacy@perthdietclinic.com.au

DIETITIAN	DAY	TIMES
Lana Brandli Niki Campbell	Monday	7.00am-12:30pm 10:00am-5:30pm
Louise McEvoy Peggy Stacy	Tuesday	7.00am - 12.00 noon 10.00am - 5.30pm
Kathryn Di Candilo Louise McEvoy	Wednesday	7.00am - 1.00 pm 2.00pm—5:30 pm
LouiseMcEvoy	Thursday	7.00am - 5:30pm
Su Chew	Friday	7.00am - 5:30 pm
Louise McEvoy / Kathryn Di Candilo	Saturday	8.00am - 12:00pm

APPLECROSS

Applecross Medical Group
764 Canning Highway
Applecross
Phone : 9364 6444

Louise McEvoy	Monday	8.00am - 1.00pm
Peggy Stacy	Wednesday	1.00pm - 6:30pm

KARDINYA

Kelso Medical Group
Suite 8, South Street
Kardinya
Phone : 9331 3366

Su Chew	Tuesday	1.00pm - 6.00pm
Peggy Stacy	Thursday	1.30pm - 6.00pm

DUNCRAIG

Sports Medicine Glengarry
Unit 1, 64 Arnisdale Road
Glengarry
Phone : 9246 4055

Louise McEvoy	Tuesday	2.00pm - 6.00pm
	Wednesday	8.00am - 12:30pm

NORANDA

Noranda Medical Centre
Unit 1, 46 Benara road
Noranda
Phone : 9442 5111

Lana Brandli	Friday	10 am to 4:30pm
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JOONDALUP

Move Well Physiotherapy,
Kennedy Drive, Joondalup
Phone: 9301 1600

Su Chew	Wednesday	1:00pm - 5:30pm
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ROCKINGHAM

Move well Physiotherapy
Delta Health Centre
24 Pedlar Circuit
Rockingham
Phone : 9527 7323

Su Chew	Thursday	12.00noon - 5:30pm
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We're on the Web!
www.perthdietclinic.com.au