

Perth Diet Clinic



ANOREXIA NERVOSA

Symptoms

Anorexia Nervosa is a condition of excessive deliberately induced weight loss. Individuals become completely absorbed in their dieting and exercising so their ability to relate to their family and friends is disturbed.

It is usually of psychological rather than of physical origin. There is usually an intense fear of being obese with a disturbance of body image and weight loss greater than 15% of the normal expected weight.

Once a person desires to get better, there is a good chance of improvement.

Some of the symptoms of anorexia are strict dieting, never satisfied with weight or shape, poor body image, see self as fat, constant excessive fear of being fat (sin to gain, a plus to lose). The distortion of body image leads to poor judgement of true size. Weight loss is achieved through excessive dieting and exercise, laxative and perhaps being bulimic. Often excessive food restricts, measurement of foods and counting kilojoules are seen. Faddish food beliefs, practices and extreme fussiness about foods with excessive use of diet products are often present. Anxiety is related to food and meal times and individuals often choose to eat on their own. There is an preoccupation with thoughts of food, exercise and any means to assist with maintaining a low weight; be it laxatives, diet pills or diuretics.

Sufferers invariably have a low self esteem, feel inadequate and ineffectual. They are perfectionists. They have rigid self control of eating habits as often they don't have control in other areas of life.

Treatment And Recovery

A detailed dietary history is usually taken and then individual needs are addressed ensuring the care and health of the individual is maintained.

Research has shown understanding eating

disorders and establishing a good relationship with an individual is perhaps more important than the method used. It must be emphasised that the sufferer will not give up her or his disorder until there is something full filling and of their own choice to take its place. If not symptoms will not go or they will be replaced by alcohol or drug abuse. Each sufferer is affected by a complex interaction of social, cultural, political and familiar factors which contribute to the development of the eating disorder. The weave is different in each case.. They need to be reassure that they do not have to be perfect, neither to do their bodies have to be perfect for them to value themselves and to be loved unconditionally in their very human unique shape and form.

Patience and understanding over time can do much to help the person with an eating disorder.

It is preferable for them to be referred by a member of the medical profession so that a multidisciplinary team can address all areas.

The Perth Diet Clinic Dietitians work with counsellors or psychologists, psychiatrists, GPs, social workers and family to enable the best all over care for the individual.

If treated early, seeing a Dietitian could be enough. Social workers, such as Julie Dickinson, (phone-9380-4665) are excellent in helping families understand and come to terms with the problems as well as relating well to the Anorexic. Seek help early!

Further information: Go to our webpage at www.perthdietclinic.com.au, under eating disorders.

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FRESH TOMATO SAVOURY SAUCE

- 6 - 8 pear shaped tomatoes peeled and seeded (500g)
- 2 tablespoons finely chopped basil
- ½ small finely chopped Spanish onion (30g)
- 1 teaspoon unsaturated oil (20ml)
- 1 tablespoon water (20ml)
- 2 crushed cloves garlic (6g)
- 1 teaspoons sugar (5g)



Blanch pear shaped tomatoes in boiling water for 30 seconds, place in cold water, peel, cut in half and squeeze out the seeds.

Finely chop basil and Spanish onion.

Stir fry onion and basil with garlic in oil and water until onion is soft.

Add prepared tomatoes and sugar and stir-fry for 2 - 3 minutes more.

Serve as a fresh tomato sauce with pasta, grilled fish or with Polenta.

Makes: 4 x ½ cup Serves

Nutrients per Serve:

**KJ - 133, Calories - 32, Protein - 1 g,
Carbohydrate - 4 g, Fat - 1.4 g**

VARIATION: COOKED TOMATO SAVOURY

Thicken sauce with 1 tbsp of cornflour and 2 tsp of water. Cook for a further 2 to 3 minutes.

EASY TOMATO SOUP

- 1 small finely chopped onion (75g)
- 2 crushed garlic cloves (6g)
- 1 teaspoon unsaturated oil (5g)
- 1 tablespoon water (20ml)
- 2 cups fresh tomato sauce
or tinned tomato puree (500 ml)
- 1 tablespoon cornflour (10g)
- 2 cups chicken or vegetable stock (500 ml)
- 2 tablespoons chopped basil
- Salt, pepper and sugar to taste
- 2 cups non-fat milk (500 ml)
- 2 tablespoons finely chopped basil

Stir-fry onion and garlic in oil and water for 5 minutes.

Add chopped tomato and cook for 15 minutes.

Puree with kitchen whiz until smooth.

Mix cornflour with a little cold stock and add to soup.

Add remaining stock and stir and cook until thick and smooth.

Add milk , reheat with care and season to taste.

Do not boil or the milk will curdle.

Just before serving add finely chopped basil.

Serves :6

Nutrients per Serve

**KJ - 304.9, Calories - 73.1, Protein - 4.6 g,
Carbohydrate - 10.9 g, Fat - 1.1g**

Visit our web site at

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

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

WHAT'S IN A TOMATO?

The Mediterranean diet is rightly famous for its many health benefits – particularly for protection against heart disease and some cancers. Key ingredients in this deliciously healthy way of eating are olive oil, red wine and tomatoes. Each of these is rich in natural antioxidants, and tomatoes contain one of the most powerful antioxidants known – lycopene.

We live in an oxygen-rich environment and oxidative damage at a cellular level is thought to be responsible for a multitude of age-related diseases. A plentiful supply of antioxidants in the diet helps to protect body cells against this damage.

More than fifty antioxidants can be found in our food supply, ranging from vitamins C and E to the mineral selenium. Many, such as flavonoids and carotenoids are found in colourful fruits and vegetables. The colour groups to include are red, orange, green, yellow and blue-purple (as found in berries, beetroot and eggplant).

Antioxidants in foods seem to work much better than those in tablets and, ideally, with a variety of colours in your diet you will be getting powerful combinations which work even better. Try to get three of the five colour groups in every day and don't forget the humble tomato – delicious in so many forms – fresh or dried, raw, cooked or made into delicious soups, sauces or pastes.



Preventing Depression

A diet and skills based program that will teach you how to prevent and alleviate unnecessary depression and anxiety

- Where:** Unit 8, 12-14 Thelma St, West Perth
- When:** 4 sessions on Sat-10am – 12pm
August 6th to 27th
- Cost:** \$80
- Presenters:** Amy Williams (Dietitian) and
Dr Andrew Joyce (Psychologist).
- Workshops:** Learn about new research on how dietary changes can significantly reduce depression and practice skills that have been demonstrated to alleviate depression and help people better manage their lives.
- Session 1:** Causes of depression / Depression and Key Nutrients
- Session 2:** How to change / Metabolism and Mood
- Session 3:** Challenging Negative Thoughts / Weight Control Strategies
- Session 4:** Effective Communication / Triggers for Non-hungry Eating

For more information or to register call

Perth Diet Clinic on 9322 4680.

WEST PERTH

12 -14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775 Email: staff@perthdietclinic.com.au 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.	N. Campbell	Monday	10.00am - 5.30pm
	P. Stacy/ K. Manners	Tuesday	10.00am - 5.30pm
	L. McEvoy		7.00am - 11.00am
	A. Williams	Wednesday	7.00am - 5.30pm
	L. McEvoy	Thursday	7.00am - 5.30pm
	T. Herrmann/ K. Manners	Friday	7.30am - 12.00noon
A. Williams		12.00noon - 5.30pm	
L. McEvoy / A. Williams	Saturday	8.30am - 12.30pm	

APPLECROSS

Applecross Medical Group 764 Canning Highway Phone : 9364 6444	L. McEvoy	Monday	8.00am - 1.00pm
	P. Stacy	Wednesday	1.00pm - 6.30pm

KARDINYA

Kelso Medical Group Suite 8, South Street Phone : 9331 3366	A. Williams	Tuesday	1.00pm - 6.00pm
	P. Stacy	Thursday	1.30pm - 6.00pm

DUNCRAIG

Sports Medicine Glengarry Unit 1, 64 Arnisdale Road Glengarry Phone : 9246 4055	L. McEvoy	Tuesday	2.00pm - 6.00pm
		Wednesday	8.00am - 12.30pm

NORANDA

Noranda Medical Centre Unit 1, 46 Benara road Phone : 9442 5111	T. Herrmann	Friday	10.00am - 2.00pm
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OCEAN REEF

Ocean Reef Family Medical Practice Unit 5, 81 Marina Boulevard Phone : 9307 5344	S. McGough	Saturday	9.00am - 12.00 noon
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ROCKINGHAM

Movewell Physiotherapy Delta Health Centre, 24 Pedlar Circuit Phone : 9527 3844	A. Williams	Thursday	12.00noon - 5.30pm
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JOONDALUP

Movewell Arena , Kennedy Drive, Joondalup Phone: 9301 2600	C Manners	Wednesdays	1 pm - 6 pm
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We're on the Web!
www.perthdietclinic.com.au