

# Perth Diet Clinic



## COCOA AND HEALTH



### What is cocoa?

Cocoa is processed from the beans of the *Theobroma cacao* plant to produce cacao liquor or simply cocoa. The cocoa can be added to sugar or milk to make dark or milk chocolate or the fat can be removed to make cocoa powder.

Dark chocolate usually has a higher proportion of cocoa while milk chocolate has a smaller portion combined with milk solids. This means if someone doesn't tolerate milk, they can have dark chocolate but not milk chocolate.

White chocolate may not have any cocoa at all and therefore it is debated if it should be



called chocolate.

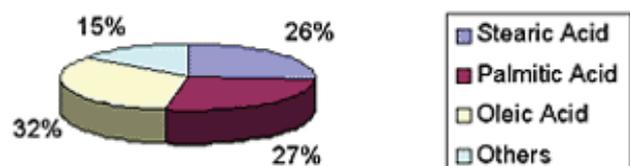
### Is chocolate healthy?

Published studies do show that dark chocolate and cocoa may decrease the risk factors of some life style diseases such as diabetes and cardiovascular disease.

This is said to occur because it contains polyphenolic compounds that can act as antioxidants minimizing the rate of LDL oxidation and therefore helping maintain the integrity of the arterial walls. Further news is that 1/3 of the fat in chocolate is a monosaturated fat called oleic that is believed to lower total cholesterol and LDL cholesterol. Another 1/3 of the fat is stearic acid that appears to have a neutral effect on blood cholesterol. There have been studies that have suggested that dark chocolate will lower blood pressure but the quantity needed to be consumed would inevitably lead to weight gain. The same applies to diabetes where increased body weight makes control of blood sugars more difficult. It is true that high fat foods have a lower GI but that does not mean we should recommend them in any significant quantity.

Balance and moderation are the keys to any healthy diet. It is important not to consume more kilojoules than can be burnt as energy. First all nutrient requirements must be covered. A small quantity of chocolate occasionally can be part of a balanced diet. Dark chocolate will be better than milk chocolate as milk fat is 60% saturated fat. Consuming a family bar of dark or milk chocolate will mean that total intake will far exceed energy requirements or there will be a very imbalanced diet. Yes we do need a little fat but good sources will be nuts plus oils such as olive, canola and grape seed. Include dark chocolate but in small amounts as a treat.

Fatty acid composition of milk chocolate





## STAR RECIPES



### LAMB SHANK CASSEROLE

6 trimmed lamb shanks ((1.5kg)  
6 cloves sliced garlic (18 grams)  
6 anchovy fillets (30 grams)  
1/2 cup stock (250 ml)  
1 cup red wine (250 ml)  
1 cup bottled commercial Bolognese sauce (280mls)  
1 medium Spanish onion (100 grams)  
3 sprigs Rosemary

Have the butcher cut through the bone in the middle but leave the flesh in tacked to allow it to fit inside a pot. He may also remove the knuckle part (like a French lamb cutlet) so when cooked, there will be a meaty ball of meat at one end that is easy to eat and presents well.

Cut about 4 to 5 slits in the meaty part of each shank and insert slivers of garlic and pieces anchovy fillets.

Brown in a non-stick pan and transfer to a Slow cooker or a heavy oven based casserole dish.

Top with stock, wine and commercial bottled sauce. Cut a Spanish onion into 8ths and sprinkle over the top.

Finally place 3 large sprigs of rosemary on top.

Cover with a lid and slow cook for 6 to 8 hours or in a 160°C oven for 2 to 3 hours.

Serve with Sweet potato mash and winter vegetables.

**Serves: 6**

#### **Nutritional Analysis:**

**KJ-1355.0, Calories-321.1, Protein-62 grams, Carbohydrate-5.5 grams, Fat-5.6 grams, Sat Fat-2.42 grams**

### THREE VEGETABLE MASH

2 medium peeled potatoes (200 grams)  
1 small peeled sweet potato (300 grams)  
1 piece peeled pumpkin (200 grams)  
Salt and pepper to taste  
Cook in microwave or steam for 12 to 14 minutes.  
Drain off any liquid and then mash and whip until fluffy.  
Season to taste with salt and pepper.

This is ideal to serve with a chicken or meat casserole in winter. Adding the pumpkin keeps the kilojoules and Carbohydrate under control. A whole head of unpeeled garlic may be cooked with the vegetables and then the flesh squeezed out on to the vegetables before whipping.

**Serve 6**

#### **Nutritional Analysis**

**KJ-293, Calories-71, Protein-2.5 grams, Carbohydrate- 14.5 grams, Fat-0.2 grams**



Visit our web site at

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

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

## SUCCESSFULLY TREATING METABOLIC SYNDROME WITH DIET.

People with metabolic syndrome find it more difficult to lose weight. They need a better understanding of the issues involved in order to succeed.

### The content and the proportions of the diet make a difference for all looking at weight control.

There is a preferential order of use of energy producing nutrients. First the body metabolizes alcohol then carbohydrate then protein and finally fat. Fat and alcohol are more concentrated forms of energy. Fat gives 36 KJ or 9 Calories per gram and alcohol gives 28 KJ or 7 Calories per gram. Carbohydrate and Protein give 16 KJ or 4 calories per gram. Protein and carbohydrate are less energy dense. The body is very efficient in turning the fat in food into stored body fat with a loss of only 3% of energy. On the other hand excess carbohydrate has a loss of 23% energy in converting excess into fat storage. If the alcohol intake is high, there is little or no chance of burning up the fat and very little chance of burning the carbohydrate. There is no capacity to store alcohol so the body oxidizes it and uses it as energy first.

The body can increase the energy expenditure of carbohydrate through oxidation but this does not occur with fat.

Weight control is easier with low fat, moderate carbohydrate intakes for those active people who are moderately overweight and not insulin resistant. Replacing fat, especially saturated fat with carbohydrates can reduce the risk of many diet related diseases while providing appetite satisfaction, fibre and nutrients.

### Weight Control with Insulin Resistance

With insulin resistance, high carbohydrate, especially high GI increases insulin levels in the blood making the person more hungry and preventing fat burning. People with insulin resistance find it very difficult to lose weight even keeping to low fat intake and doing moderate exercise. Low Fat, lower carbohydrate and higher protein works better.

People usually understand where fat is found in food but not carbohydrate.



They may know low GI and think they should eat more of these foods. They usually buy products labeled low fat without checking kilojoules or carbohydrate, for example a large low fat Texas size muffin is equivalent to 5-1/2 slices of bread.

At the Perth Diet Clinic, we teach balanced nutrition including adequate dairy and a range in fruit and vegetables. We emphasize 2 fruit and 5 vegetables (2-1/2 cups).

We watch the extras that are high in fat and carbohydrate such as biscuits, cakes and high fat snacks along with too much bread, potatoes, rice and pasta. When clients are asked to keep the carbohydrate down and taught in terms of equivalent slices of bread and how to read labels, then they are able to lose weight. This is combined with a moderate increase in lean low fat protein that increases satiety and as high exercise as possible.

They are encouraged to have healthy carbohydrate snacks between meals so they don't get hungry and binge.

We find our clients lose weight, increase energy levels, are not hungry and with a new level of understanding of what they are doing, they can maintain the loss over time. We are then successful with clients that have struggled to lose weight in the past. The end result is lower insulin levels, cholesterol and blood pressure.

<b>WEST PERTH</b>  12 -14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775  <i>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.</i>  Email: stacy@perthdietclinic.com.au	DIETITIAN	DAY	TIMES
	Lana Brandli	Monday	7.00am-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
<b>APPLECROSS</b>			
Applecross Medical Group 764 Canning Highway Applecross Phone : 9364 6444	Louise McEvoy	Monday	8.00am - 1.00pm
	Peggy Stacy	Wednesday	1.00pm - 6:30pm
<b>KARDINYA</b>			
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
<b>DUNCRAIG</b>			
Sports Medicine Glengarry Unit 1, 64 Arnisdale Road Glengarry Phone : 9246 4055	Louise McEvoy	Tuesday Wednesday	2.00pm - 6.00pm 8.00am - 12:30pm
<b>NORANDA</b>			
Noranda Medical Centre Unit 1, 46 Benara road Noranda Phone : 9442 5111	Lana Brandli	Friday	10 am to 4:30pm
<b>JOONDALUP</b>			
Move Well Physiotherapy, Kennedy Drive, Joondalup Phone: 9301 1600	Su Chew	Wednesday	1:00pm - 5:30pm
<b>ROCKINGHAM</b>			
Move well Physiotherapy Delta Health Centre 24 Pedlar Circuit Rockingham Phone : 9527 7323	Su Chew	Thursday	12.00noon - 5:30pm

**We're on the Web!**  
[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)