

Perth Diet Clinic



METABOLISM

Metabolism is your body's idle energy use. That is, the energy that is used just to stay alive. It is the constant and continual energy consumption that maintains every living cell in our body. Our cells are using oxygen to aid in the energy producing process with one of the by-products being carbon dioxide. By analysing the ratio of oxygen use to carbon dioxide produced, we can determine what fuel the cells use to generate the energy, whether it is carbohydrate or fat.

Order of Energy Usage

First we burn the kilojoules in alcohol. Then we burn the carbohydrate and if there is a high intake of alcohol or carbohydrate, excess energy will be stored. Next we burn protein and finally we burn fat. It is very easy to store fat if the intake of alcohol and or carbohydrate has been high. As well there is the added problem that alcohol and fat are more concentrated sources of energy. Limiting total kilojoules and looking for a balance will ensure that with a reasonable level of physical activity weight loss can be achieved.

Low Kilojoule Diets

One must remember that over thousands of years of evolution, we have become excellent at storing fat. If we cut intake too much the body will feel a need to conserve energy from fat for future needs and will burn protein. Protein will be obtained from muscle. Less muscle will mean a slower metabolism. Crash dieting is not a good solution.

Fat Versus Carbohydrate in Weight Control

Fat was the bad word in the 80's and recently carbohydrate has been given bad press. It is true that carbohydrates are readily stored as fat if they are not used by the body. The problem is as food products have decreased in fat, they have increased in carbohydrate (sugar and starch). In fact, many low fat meals and drinks are carbohydrate saturated to compensate for the loss in taste that is associated with removing fat. In many cases, the total kilojoules can be similar to the full fat version. This means we should always look at the total kilojoule content and compare it to a like product when trying to lose weight. Eating more kilojoules than you are burning, regardless of source, will cause weight gain not loss.

Measuring Metabolism

A metabolism test is performed on a metabolic cart. This resting metabolism accounts for 60-65% of your total energy requirement for the day. Digestion and movement and exercise make up the rest. You can then determine how much you need to burn in additional activity and exercise in order to see a fat loss without a muscle loss. The assumption being that with increased exercise

comes muscle growth. Losing muscle is very detrimental, as it will lower the resting metabolic rate. You should not lose more than .5 to .9 kg per week.

Can We Increase The Resting Metabolic Rate?

The best way to increase metabolism is by increasing the number of cells that use higher energy. Heart and brain cells use the most energy but we can't change these. We can increase the muscle cells though and thereby increase the overall energy quota. By increasing their mass, the total energy used increases and an increase in metabolism will follow. The percent muscle to fat can be measured using a DEXA machine or Dual energy X-ray absorptiometry. Knowing where you are starting with %muscle and fat can then assist with being able to measure an improvement at a later stage. It can also guard against loss of muscle through inappropriate low kilojoule dieting that will lower metabolism.

Increasing Muscle Mass Through Resistance Or Weight Training.

Resistance training or 'lifting weights' has been shown to improve muscle growth and increase the muscle cells energy requirement at rest, however it has been shown that undertaking this regime may not show measurable changes in metabolism until approximately 10 weeks of participation. This mode of exercise combined with regular aerobic training (which maintains cardiovascular fitness) has been shown to generate the best weight loss scenario. BUT it must be coupled with balanced eating.

Optimal Exercising rate 'Exercise test'

The optimal exercise intensity for weight loss can be measured using a Medgraphics metabolic cart. A graded exercise test allows you to obtain measurements of the best exercising heart rate to get the maximum fat to carbohydrate burning. By using this fat burning zone and incorporating 'intervals' of more intense exercise, the muscles should adapt and fitness improves. This will empower you to understand your body more and encourage you into good exercise routines. Such a test is sub maximal and approximately 15 minutes of walking. Jogging is only undertaken if the client is capable and willing.

Where Can Tests Be Performed?

Anish Singh is now running a clinic in West Perth on Metabolic Medicine. He is a consultant Physician in internal medicine and obesity. David Reed is the clinic's exercise Physiologist. For some people who cannot lose weight, however, much they diet, metabolic and exercise testing can be very informative and helpful. It is important that good eating habits be in place first so it is best to see a Dietitian and then go further if necessary.



STAR RECIPES



Corned Silverside with Pumpkin Mustard Sauce

This a delicious recipe for winter. Good accompaniments are cabbage or broccoli.

Corned Silverside

Ingredients

1.2 kilograms of lean corned Silverside (or lean corned beef) (900 grams cooked)
1 teaspoons turmeric
½ teaspoon ground chilli

Stock

¼ cup malt or cider vinegar (65 ml)
2 tablespoons brown sugar (26 grams)
2 bay leaves
6 peppercorns
6 cloves
3 litres of water to cover
1-½ cups Pumpkin Sauce

Method

Wash the corned Silverside well.
Pat dry with kitchen paper.
Mix turmeric and ground chilli together and rub into corned Silverside.
Place in large pot with mixture of vinegar, sugar, bay leaves, peppercorns, and cloves.
Add sufficient water to just about cover.
Bring to the boil, lower heat to simmer and cook for 2 hours, turning at half time.
Leave to sit in stock for 15 minutes, then remove and slice.
Served sliced corned Silverside with Pumpkin Sauce poured over.
Sprinkle with parsley if desired.

Serves: 6 with 150 grams cooked Silverside and ¼ cup of sauce per person.

Nutritional Analysis:

Nutrients per Serve
KJ-1585, Calories-379, Protein-44.0 grams,
Carbohydrate-14.0 grams, Fat 15.6 grams, Sat Fat 6.2 grams.

Note: Analysis includes sauce but not the stock for cooking silverside. It may be discarded or used as a base for a soup.



Pumpkin Mustard Sauce

Ingredients

1 teaspoon unsaturated oil (5 grams)
1 tablespoon water (20 ml)
½ medium finely chopped onion (50 grams)
1 cup cubed raw pumpkin (150 grams)
½ cup low sodium chicken stock (125 ml)
¼ cup low fat evaporated milk (65 ml)
1 teaspoon dry mustard
1 tablespoon lemon juice (20 ml)

Method

Stir-fry onion in oil and water until golden.
Add pumpkin and stir-fry for 5 minutes more.
Add stock and simmer until pumpkin is soft.
Add milk, mustard and lemon juice.
Reheat gently, puree and serve poured over corned silverside.

Serves: 6 - ¼ cup serves.

Nutritional Analysis:

Nutrients per Serve
KJ-145.0, Calories-34.7, Protein-1.7 grams,
Carbohydrate-4.8 grams, Fat-1.2 grams, Sat Fat 0.22 grams.

Today's Fussy Eater—Tomorrow's Overweight Teen?

It seems that everyone is talking about Australia's overweight children. Where did this epidemic come from and what can parents do about it? Some experts think that a lack of physical activity is to blame, while others blame the food environment. The energy dense treat foods of the last generation – potato chips, chocolate bars and soft drinks – are an everyday snack these days. But many children are also very much less active than they used to be – why is this?

Research links hours of TV watching with overweight in children, and also shows that watching TV slows the metabolic rate to a level very close to sleep. Even playing with LEGO or doing a puzzle burns up more calories – and with TV free activities you can also avoid those snack food adds!

Today families are smaller, many parents are at work and kids are in after-school care. There is a heightened awareness of dangers to unsupervised children. Many parents prefer to keep their kids safely at home – perhaps in front of TV or a computer game. Councils are removing the most exciting play equipment from parks fearing litigation. Children may be avoiding physical injuries, but sadly they are more and more at risk of obesity, heart disease and diabetes.

Make exercise in your family a priority – plan it into the day, and especially the weekend. Walk, ride, skip, jump and play. It's good for everyone. Set reasonable limits on TV watching and stick to them. Help your children grow up into good eaters – a wonderful health gift for life.

Children need to be taught what is safe and healthy to eat. Take the lead, set the menu, and keep treat foods in their place. Your child doesn't know best when it comes to food choices, you do. Serve a variety of healthy foods, some favourites, some not yet liked. Provide support, but not pressure. Never try to make your child eat – it doesn't work and the food in question only becomes more strongly disliked.

The most supportive thing you can do is eat with your child – and if you are not a good vege eater – pretend. Don't underrate your importance as a role model. It seems that for fruits and veges, Dads are even more important than Mums.

Hungry children will eat and most are born knowing how much they need. Just remember that they don't eat the same amount every day. Their appetite reflects the growth spurts which come and go. Resist the urge to tell them they need to eat more or less. Encourage them to tune in to their bodily signals of hunger and fullness instead. If they don't fill up on sweet drinks and snack foods between meals, they will be at their best at meal times.

A good golden rule for parenting around food is American Dietitian Ellyn Satter's "Division of Responsibility". In essence this means the parent taking responsibility for the what, when and where of meals and snacks. The child has responsibility for how much, if any, and what they eat out of what is offered. Try it, it works!

Further reading by Ellyn Satter –
 "How to get your kid to eat, but not too much."
 "Feeding with love and good sense."

New Dietitian Joins Our Team

Teresa is the newest member of our team. She joins us from a year on maternity leave. Teresa previously worked in mental health (at Graylands Hospital), clinical nutrition (at Joondalup Health Campus and Sir Charles Gairdner Hospital) and private practice. Her interests include diabetes, weight loss, giving presentations and quality improvement. She has a one year old little boy and speaks a limited amount of Italian. Her hobbies include yoga, badminton, cooking and web page design. Teresa is available at Mt Lawley on Thursday mornings and at various other times in other locations.



Medicare Information

Perth Diet Clinic Dietitians are all registered under Medicare.

Medicare Plus is an initiative to assist people with chronic health conditions and complex care needs. The Perth Diet Clinic strongly supports this initiative and all our dietitians are APD (Accredited Practising Dietitians).

Cost of visits will be in line with Health Care Card Holders:

\$72 – 45 minute initial consultation- rebate of \$44

\$50- 30 minute second consultation- rebate of \$44

Patient will pay \$122 upfront and claim back a total of \$88 costing them a gap of \$34.

Subsequent visits of 20 minutes will be charged at \$44 and will be bulk billed.

In order to qualify for Medicare Plus, you must be part of **Care Plan** and then the doctor must fill in the **Enhanced Primary Care Program** form. The gap in fees goes toward your **Medicare Safety Net**.

Visit our web site at
<http://www.perthdietclinic.com.au>

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

Consulting Venues and Times

WEST PERTH

12 -14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775	N. Campbell	Monday	10.00am - 5.30pm
	P. Stacy L. McEvoy	Tuesday	7.00am - 5.30pm 7.00am - 11.00am
Email: stacy@perthdietclinic.com.au	A. Williams	Wednesday	7.00am - 5.30pm
	L. McEvoy	Thursday	7.00am - 5.30pm
Web: http://www.perthdietclinic.com.au/	T. Herrmann A. Williams	Friday	7.00am - 2.00pm 1.00pm - 5.30pm
	L. McEvoy / A. Williams	Saturday	8.30am - 12.30pm

APPLECROSS

Applecross Medical Group 764 Canning Highway Applecross Phone : 9364 6444	L. McEvoy	Monday	8.00am - 12.00noon
	P. Stacy	Wednesday	1.00pm - 6.30pm

KARDINYA

Kelso Medical Group Suite 8, South Street Kardinya Phone : 9331 3366	A. Williams	Tuesday	1.00pm - 6.00pm
	P. Stacy	Thursday	1.30pm - 6.30pm

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

MT LAWLEY

Dr James Chong 386 Walcott Street Mt Lawley Phone : 9444 1610	T. Herrmann	Thursday	9.00am - 12.30pm
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OCEAN REEF

Ocean Reef Family Medical Practice 81 Marina Boulevard Ocean Reef Phone : 9307 5344	N. Campbell	Tuesday	9.30am - 12.30pm
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ROCKINGHAM

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