

# Perth Diet Clinic



## ADD A LITTLE SPICE (& HERBS) TO YOUR LIFE

A spice is "any dried plant product used primarily for seasoning purposes". Included are tropical aromatics (pepper, cinnamon, cloves, etc.), leafy herbs (basil, oregano, marjoram, etc.), spice seeds (sesame, poppy, mustard, etc.) and dehydrated vegetables (onion, garlic, etc.). Blends such as curry, chilli powders, poultry seasoning, etc. are part of the spice shelf, too."

### This Goes With That - Food & Spice Combinations

For meat, poultry and fish, try one or more of these combinations:

**Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

**Lamb:** Curry powder, garlic, rosemary, mint

**Pork:** Garlic, onion, sage, pepper, oregano

**Veal:** Bay leaf, curry powder, ginger, marjoram, oregano

**Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme

**Fish:** Cumin, curry powder, dill, dry mustard, marjoram, paprika, pepper

### For Vegetables, Experiment with One or More of these Combinations:

**Carrots:** Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

**Corn:** Cumin, curry powder, onion, paprika, parsley

**Green Beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme

**Greens:** Onion, pepper

**Potatoes:** Dill, garlic, dry mustard, onion, paprika, parsley, sage

**Pumpkin:** Cinnamon, ginger, nutmeg, onion

**Tomatoes:** Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

**Zucchini:** Cloves, curry powder, marjoram, nutmeg, rosemary, sage

### How Much Spice is Too Much?

The amount to add varies with the type of spice or herb, type of recipe and personal preference. If possible, start with a tested recipe from a reliable source. If you're creating your own recipe, begin with trying one or two spices or herbs.

### Substituting Equivalent Amounts of Different Forms.

- 1 tablespoon finely cut fresh herbs
- 1 teaspoon dried leafy herbs
- 1/4 to 1/2 teaspoon ground dried herbs

Begin with 1/4 teaspoon of most ground spices or ground-dried herbs for the average main meal recipe. Start with 1/8 teaspoon for cayenne or red pepper and garlic powder; adjust as needed.

### Fat, Sugar & Salt Reduction Tips

Use herbs and spices to help lower your amount of dietary fat, sugar and sodium.

### Reducing Fat

Removing a tablespoon of fat a day, removes about 19 grams of fat and 710 kilojoules (170 calories) a day. This could amount to losing 9 kg a year. The kilojoules in herbs and spices are far less than in crumbed, battered or fried foods. Experiment with the suggested combinations in your cooking and baking.

### Reducing Sugar

Reduce or eliminate sugar by using sweet-tasting spices

- Allspice · Anise · Cardamom
- Cinnamon · Cloves · Ginger
- Mace · Nutmeg

### Reducing Salt

Try some of the flavour combinations using spices and herbs to help reduce the salt in foods:

Savoury flavours, and flavours with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion, are the most effective in replacing the taste of salt.

Use minced or powdered garlic and onion rather than their salt form.

Omit the salt when cooking pasta and flavour with basil, oregano, parsley or pepper.

Check labels to see if "salt" or "sodium" is listed among the ingredients.

This has been adapted from "FOOD REFLECTIONS" Newsletter, University of Nebraska Cooperative Extension in Lancaster County.



## Star Recipe - Chef in a Basket

### Ingredients

4 tortillas (200 grams)  
 2 cups shredded lettuce (200 grams)  
 2 medium tomatoes or 16 cherry tomatoes (200 grams)  
 120 grams cooked ham cut into strips  
 120 grams cooked chopped chicken  
 1/2 cup low fat grated cheese (60 grams)  
 2 hard cooked eggs (100 grams)  
 sprouts  
 200 grams canned asparagus spears  
 2 tbsp low fat mayonnaise (40 grams)  
 2 tbsp low fat yoghurt (40 grams)  
 2 tsp grained mustard (10 grams)

### Method

Turn a 2 cup pyrex measuring cup upside down and spray the base with oil.

- Place 1 tortilla over the bottom of it and microwave on high for 1 minute, remove and shape into a bowl with an oven mitt.
- Return to the microwave and cook for 1 to 1 1/2 minutes more or until brown spots appear and it is crisp.
- Repeat with the other 3 tortillas.
- Fill each tortilla with shredded lettuce, wedges of tomato, match stick strips of ham and chicken and 1/2 hard boiled egg.
- Top with grated cheese, sprouts and asparagus spears.
- Serve on a plate with mayonnaise and yoghurt mixed with mustard.

**Serves : 4**

**Nutrients per Serve :** KJ 1605, Calories 383, Carbohydrates(grams) 34, Fat(grams) 15.4

### Note:

Use the above combination but substitute low fat sausages, lean roast beef, pork or cubed cooked pumpkin.

### Variations

Other similar ideas to adapt

*Mexican Basket -*

with chilli beans, lettuce, chopped tomato, and grated cheese with yoghurt on the top.

*Chicken with Sweet chilli sauce -*

use cold or warm chicken fillets sliced on top of a salad combination such as mixed lettuce, grated carrot, avocado, cherry tomatoes, snow pea sprouts and topped with sweet chilli sauce.

*Spicy Asian Basket -*

Pound chicken breast between kitchen paper to make thin, Marinade chicken in mixture used for cocktail crepes (recipe below). Dry pan fry and then cut into strips. Serve with lettuce, cheese, capsicum, grated carrot, and mustard and orange dressing.

*Fish in a Basket -*

Use fish fingers or sword fish steaks, cut into wedges. Fill with coleslaw and garnish with olives and tartar sauce.

### Marinade

#### Ingredients

1/2 tsp ground coriander  
 1/2 tsp ground cumin  
 1/2 tsp ground cardamom  
 1/4 tsp paprika  
 salt & pepper  
 2 tbsp pickled (preserved ) lemon or 2 tbsp fresh lemon juice and 1 tsp lemon zest  
 1 tbsp olive oil (20ml)

#### Method

Place coriander, cumin and cardamom in an oven proof dish and roast in hot oven for 3 minutes.

Remove and add paprika, salt, pepper, pickled lemon and oil.

Mix to form a paste.



### Privacy Policy

As from 21 December 2001, new regulations apply to the way that organisations collect, use, hold and disclose personal information on their customers and clients. This is as a result of the new Privacy Amendment (Private Sector) Act 2000. The Perth Diet Clinic's Privacy Policy provides details of the information we collect and how it is used. If you would like to read our privacy policy you can visit our website at [www.perthdietclinic.com.au](http://www.perthdietclinic.com.au) or contact us and we can mail or fax you a copy.

## How Much Fat is Too Much?

The Australian Dietary guidelines say we should reduce our fat to no more than 30% of the total kilojoules.

### We should aim for

**Less than 50 grams of fat for average women**

**Less than 65 grams of fat for an average man**

We do need some fat in our diet to supply essential fatty acids and fat-soluble vitamins.

### WHERE DO WE FIND FAT?

Many foods have little or no fat and they are the healthiest.

Fruit and vegetables except for avocado and olives have no significant fat.

They are important for fibre, bulk and vitamins. You really can't eat too many low Joule vegetables. Watch the quantities of potatoes, sweet potatoes, corn and parsnips that are starchier, unless you are super active.

Fruit is excellent and a much better snack than a Muesli bar or sausage roll.

Bread and bread products are low. The exceptions are the croissants, sticky buns etc.

Rice and pasta are low but often fat is added as a sauce or in preparation of a dish. Steamed rice is low, but fried rice is high. Pasta is low but Pasta Carbonara is high. Watch out for the additions to the basic meal.

Protein rich foods are important to include for bodybuilding.

Lean meat and chicken are relatively low but there may be skin, a rim of fat or marbling. A moderate serve is 100 to 150 grams cooked. Many people consume very large serves. Go for quality not quantity.

Dining out, selecting pre-prepared food and take-away food will greatly increase the daily fat intake. Watch added fat on bread and in cooking. Spray oil rather than pour. Scrape butter or margarine; use Labneh cheese, low fat mayonnaise or a mustard or chutney instead.

This following scale adapted from a booklet by Meat and Live-stock Corporation will give you an idea of the fat content of some common foods.

### Fat Scale

<b>0g</b>	1 cup cooked pasta
<b>0g</b>	1 medium jacket potato
<b>0g</b>	1 banana
<b>.5g</b>	1 small carton low fat or skim milk yoghurt
<b>1g</b>	1-slice bread
<b>1g</b>	1 cup baked beans
<b>2g</b>	½ cup tuna in brine
<b>2g</b>	2 plain biscuits e.g. Milk Coffee
<b>3g</b>	4-cracker biscuits
<b>4g</b>	120 grams grilled fish fillet
<b>5g</b>	1/2 cup lean beef stir-fry strips
<b>5g</b>	1medium hard-boiled egg
<b>6g</b>	½-cup lean lamb or beef mince
<b>7g</b>	100 grams lean grilled rump steak
<b>7g</b>	3 slices of lean roast beef
<b>7g</b>	1 tub full cream yoghurt
<b>10g</b>	1/8- 30cm commercial thin pizza
<b>9g</b>	2 lean lamb cutlets
<b>10g</b>	3 slices of lean roast lamb or 100 grams lamb steak
<b>18g</b>	1 large store bought blueberry muffin
<b>10g</b>	2- 2.5 cm cubes cheese
<b>10g</b>	1glass full cream milk
<b>13g</b>	1-50 grams packet natural corn chips
<b>13g</b>	1 tbsp peanut butter
<b>14g</b>	½ cup tuna in oil
<b>15g</b>	1thin sausage
<b>15g</b>	1croissant
<b>16g</b>	1/2 large avocado
<b>17g</b>	1 plain hamburger
<b>17g</b>	1 spring roll
<b>18g</b>	6 chicken nuggets
<b>19g</b>	1 tbsp olive oil
<b>21g</b>	1cup fried rice
<b>23g</b>	2 slices salami
<b>23g</b>	1 sausage roll
<b>25g</b>	1 serve commercial quiche
<b>35g</b>	1 average large commercial fries
<b>36g</b>	1 large serve BBQ chicken quarter with skin



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 St  
West Perth  
Phone : 9322 4680  
Fax : 9321 4775

Email:  
stacy@perthdietclinic.com.au

Web:  
Http://www.perthdietclinic.com.au/

E. Spickett/L. McEvoy	Monday	7.00am - 5.30pm
P. Stacy	Tuesday	7.00am - 5.00pm
D. Osler/A. Wilson	Wednesday	7.00am - 5.30pm
L. McEvoy/L.Peacock	Thursday	9.30am - 5.30pm
P. Stacy/A. Wilson	Friday	7.00am - 5.30pm
L. McEvoy/A. Wilson	Saturday	8.30am - 12.30pm

### APPLECROSS

Applecross Medical Group  
764 Canning Highway  
Applecross  
Phone : 9364 6444

P. Stacy	Wednesday	1.00pm - 6.30pm
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### KARDINYA

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

A. Wilson	Tuesday	1.00pm - 6.00pm
P. Stacy	Thursday	8.30am - 12.30pm

### DUNCRAIG

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

L. Peacock/L. McEvoy	Tuesday	2.00pm - 6.00pm
	Wednesday	9.00am - 12.00noon*
	Friday	3.00pm - 6.00pm* (*fortnightly)

### WARNBRO

Palm Springs Medical Centre  
3 Halliburton Rd  
Warnbro  
Phone : 9593 2033

A. Wilson	Thursday	12.00noon - 5.00pm
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## New Staff Member



Louise McEvoy

Louise joins us from a strong background in Diabetes. She is a diabetes educator as well a qualified dietitian. She has spent time in a country practice in the Eastern Wheat belt so understands the problems associated with living in remote areas. She will be replacing Lindsay Peacock while she is on maternity leave.

Louise is experienced in running small groups, assessing catering and menus as well as all aspects of one to one consulting. In more recent times, Louise spent time with the Derbarl Yerrigan Health Service looking at diabetes and heart disease prevention.

Louise is full of energy and enthusiasm. I am sure she will make a valuable contribution to our team.

Louise will be relieving Lindsay Peacock who is taking maternity leave. She will also be doing additional sessions at a number of our clinics.