

# Perth Diet Clinic



## NEW FOOD LABELLING

A new food standards code came into effect in December 2002. This makes it mandatory for most food labels to carry specific nutrient information. There are some exceptions such as food sold in small packages, food packaged in the presence of the purchaser, coffee and alcoholic beverages.

This improvement in labels should assist you in more fully knowing the nutritional qualities of foods; help with information to make healthy choices and offer protection from foods that you may react to. Nutritional messages, nutritional guidance and nutritional attributes of food will also be more available.

The food labels were developed to try and meet consumer needs, to supply greater information and to decrease inconsistency in nutrient content of packages.

The new food labels must carry a minimum amount of nutrition information. It must include:

- Total kilojoules
- Total fat
- Saturated fat
- Protein
- Total carbohydrate
- Total sugars
- Sodium

It will also be necessary to state the percentage of key ingredients or components that are characteristic of the product. For example this means, the percent of fat if it is stated as low fat or the quantity of calcium, as compared to the Australian Dietary Guidelines, if it is being promoted as a high calcium product.

Prescribed warnings and mandatory declarations will also be required on the labels of food products that have components that can cause allergies or severe reactions to individuals eg gluten, egg, milk etc.

Often, reading labels can help you select between two products. If you are looking at low fat in biscuits then compare similar products to see which is the lowest.

While doing this, don't forget the total kilojoules, as when fat is lowered, sugar and total carbohydrate are often raised. Therefore the lesson here is to compare total fat and total kilojoules per 100 grams. As part of this new development, we are reviewing existing and new products on our website with the view to keeping you better informed and assisting you in interpreting the food label information.

If there are particular products, you would like reviewed, email us and we will comply if possible.

## PRODUCT INFORMATION

### MeadowLea™ - Hi-Omega™

This product is high in Omega 3 fatty acids that have many health benefits. Recent research also shows omega-3 fatty acids are useful in the preventing and treating hypertension and mental illness, such as depression.

The Omega 3 total is made up from the ALA, EPA and DHA fatty acids. Due to the remarkable health benefits of Omega 3 fatty acids, many products are now being fortified.

Hi- Omega Margarine can be used in cooking and has a good flavour. It has the same energy value as all regular margarines and isn't as expensive as the plant sterol ones. You needn't consume as much to be of benefit. We would recommend this product.

1 serve= 10 grams = 2 teaspoons

Nutrient	Qty/Serve	Qty/100 gms
Energy	225 KJ	2250 KJ
Protein	0 grams	0 grams
Fat, Total	6 grams	60 grams
Saturated fat	1.6 grams	16 grams
Trans (Max)	0.05grams	0.05 grams
Polyunsaturated (min)	1.4 grams	14 grams
Short Chain (ALA)	440 mg	4400 mg
Long Chain (EPA, DHA)	60 mg	600 mg
Monounsaturated (min)	2.7 grams	27 grams
Carbohydrate	0 grams	0 grams
Sugar	0 grams	0 grams
Sodium	38 mg	380 mg
Potassium	3 mg	30 mg
Vitamin A	100 ug (13.2%)	1000 ug
Vitamin D	1.0ug (10%)	10 ug



## STAR RECIPES



### Chicken and Grape Salad

This light refreshing salad is perfect for hot humid days. It can be made with a cooked take-away chicken or one you have cooked yourself. Just be sure to remove all skin. Avocado is healthy but high in total fat. This makes the total recipe high in fat. For a lower fat version, increase cucumber and celery, add capsicum and omit avocado. Enjoy!!

#### Ingredients

2 medium size cooked chopped skinless chicken breasts (300 grams)  
 1 medium avocado, without skin or stone (200 grams)  
 2-teaspoons lemon juice (10 grams)  
 3 sticks finely chopped celery (225 grams)  
 2 medium Lebanese cucumbers (200 grams)  
 4 finely chopped spring onions (50 grams)  
 300 grams of seedless grapes, red or green  
 4 lettuce cups (200 grams)  
 Sprouts

#### Dressing

2 tablespoons fruit chutney (50 grams)  
 1/3-cup 97% fat free mayonnaise (85 ml)  
 1/2-cup non fat natural yoghurt (125 ml)  
 1-teaspoon curry powder (1 grams)

#### Method

- Prepare all ingredients but keep 4 slices of avocado and 8 slices of cucumber separate for garnish.
- Toss together chicken, remaining cubed avocado with lemon juice, celery, remaining cucumber, spring onions and grapes.
- Mix together chutney, mayonnaise, yoghurt and curry powder.
- Fold dressing into chicken mixture.
- Fill well- washed lettuce cups with chicken mixture.
- Serve garnished with a little avocado and cucumber with sprouts.

**Serves : 4**

#### Nutritional Analysis

(1 serve)  
 KJ -1548, Calories - 359,  
 Fat 16 grams, Protein 25.8 grams Saturated fat 4.3 grams



### Spinach Salad with Blue Cheese Low Fat Dressing



#### Ingredients

1 bunch spinach (200 grams)  
 1 medium finely sliced red capsicum (150 grams)  
 10 finely sliced medium mushrooms (150 grams)  
 8 medium sliced apricots (25 grams)  
 2 tbsp toasted cashews (30 grams)  
 2 tbsp crumbled blue cheese (optional)  
 1/2 cup Blue Cheese Low Fat Dressing (125 ml)

Wash spinach, spin dry and place in a salad bowl. Top with capsicum, mushrooms, apricots and cashews. Prepare **Blue Cheese Low Fat Dressing** and pour 1/2 cup over salad just before serving.

**Tip:** Substitute other ingredients according to what is on hand such as adding cherry tomatoes or sliced avocado. Avocado would add significant fat.

**Serves: 4**

#### Nutritional Analysis

(Includes dressing but not the 2 tbsp of blue cheese.)  
 KJ-502.6, Calories-120.8, Protein-6.7 grams,  
 Carbohydrate— 9.9 grams, Fat- 5.9 grams

#### Blue Cheese Low Fat Dressing

##### Ingredients

1/3 cup non-fat yoghurt (85 grams)  
 2 tbsp non-fat milk (40 ml)  
 2 tbsp 97% fat free mayonnaise (40 grams)  
 1 tbsp chopped chives (4 grams)  
 2 tsp grained mustard (10 grams)  
 1/4 teaspoon Tabasco or other pepper sauce  
 1 clove crushed garlic (3 grams)  
 1- 1/2 tbsp blue cheese (30 grams)

##### Method

Place yoghurt, milk, mayonnaise, chives, mustard, Tabasco, garlic and blue cheese in a kitchen wizz and blend. Pour over salad and serve.

Yield : 1 cup or 8- 1 1/2 tablespoon serves

#### Nutritional Analysis

(1 1/2 tablespoon)  
 KJ - 125.8, Calories-30.2, Fat- 3.0 grams, Protein - 1.7 grams,  
 Carbohydrate - 2.3 grams

## PRODUCT INFORMATION

### ARNOTT'S VITA-WEAT™

This is a relatively low fat biscuit product with a Niacin content of 20 % of the RDI (recommended dietary intake). One serve of 6 biscuits is equal to about 2 slices of bread. It doesn't state on the package that one serve is equal to 6 biscuits. This is not consumer friendly. Apart from this, it is high in fibre and satisfying for an in-between snack.

Be careful that the topping doesn't contain more kilojoules than the biscuit though. For a meal, a sandwich with plenty of salad may be more satisfying for less kilojoules. If you put cheese on 6 separate biscuits or make 3 small sandwiches of biscuits, this may not be helping you with weight control.

Remember to compare like products when trying to make a decision and to demand clear labelling. We recommend

this product, as it can make a healthy contribution to your diet with the reservation that there is a lack of a clear statement on what constitutes a serve.

One Serve = 6 biscuits = 35 grams

#### Nutritional Analysis

Nutrient	Qty per Serve	Qty per 100 gms
Energy	589 KJ	1680 KJ
	140 Calories	401 Calories
Fat	3 grams	8.5 grams
Saturated fat	0.3	0.9 grams
Cholesterol	Nil	Nil
Carbohydrate	22.4 grams	64.0 grams
Sugars	0.6 grams	1.8 grams
Dietary fibre	3.9 grams	11.1 grams
Niacin	2.0 mg	5.6 mg
Sodium	172 mg	490 mg

## Omega 3 Fatty Acids

Omega-3 fatty acids have many beneficial effects on your health. These effects include:

1. Protection against coronary heart disease by decreasing the risk of cholesterol deposits (atherosclerosis) and blood clots (thrombosis). They also decrease triglyceride blood fats.
2. Reduction of inflammation associated with Rheumatoid Arthritis and Inflammatory Bowel Disease.
3. Reduction of the muscle wasting associated with cancer.

Recent research has also shown omega-3 fatty acids to be useful in the prevention and treatment of hypertension and mental illness, such as depression. Due to these remarkable health benefits, many products are now being fortified with Omega-3 fatty acids. It should be said, however, that fish is the richest source of these fats.

Fish may appear expensive, but eating foods rather than taking supplements is always going to give you more nutrients.



**Remember** the health effects of polyunsaturated fatty acids (including omega 3) will be most beneficial when they are present in the diet in larger quantities than saturated fatty acids.

It is recommended that no more than one-third of your total fat intake be saturated, and at least one third be polyunsaturated. By eating more fish, you will be replacing sources of saturated fat in your diet and, therefore, be closer to achieving this recommendation. The cost of fish is comparable to other meats, so your shopping bill won't be affected. You will also be gaining high quality protein that is lower in energy than other meats, not to mention the delicious flavours!

Product	Omega-3/Serve	Cost
<b>New Products:</b>		
<i>Brownes Heart Plus milk</i>	200mg/250ml	\$0.70
<i>Meadow Lea Hi-Omega Margarine</i>	250mg/tsp (5g)	\$0.05
<i>Seachange margarine</i>	200mg/tsp (5g)	\$0.02
<i>Tip Top Up bread</i>	60.5mg/slice	\$0.15
<b>Supplements:</b>		
<i>Cenovis Omega 3</i>	300mg/capsule	\$0.24
<i>Natures Own MaxEPA</i>	300mg/capsule	\$0.31
<i>Blackmores Fish Oil 1000</i>	300mg/capsule	\$0.27
<i>Bio-organics DHA/EPA</i>	720mg/capsule	\$0.51
<i>Herron Fish Oil Omega 3</i>	150mg/capsule	\$0.15
<b>Fish:</b>		
Fresh snapper	100-300mg/100g	\$1.90
Fresh dory	100-300mg/100g	\$1.50
Fresh salmon	>2000mg/100g	\$3.30
Fresh tuna	>1000mg/100g	\$2.98
Fresh red emperor	100-300mg/100g	\$3.59
Tinned salmon	>1000mg/100g	\$2.10
Tinned tuna	100-200mg/100g	\$1.40
Tinned sardines	>100mg/100g	\$1.10
<b>Other:</b>		
Walnuts	750mg/tbsp (15g)	\$0.22
Linseeds	900mg/tbsp (5g)	\$0.02
Canola oil	2000mg/tbsp (20ml)	\$0.075
Flaxseed oil	11000mg/tbsp (20ml)	\$0.80
Soybeans	500mg/1/4 cup (50g)	\$0.33

## 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	Monday	7.00am - 5.30pm
P. Stacy/L. McEvoy	Tuesday	7.00am - 5.00pm
A. Wilson	Wednesday	7.00am - 5.30pm
L. McEvoy	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
L. McEvoy	Monday	8.00am—12.00noon

### KARDINYA

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

A. Wilson	Tuesday	1.00pm - 6.00pm
P. Stacy	Thursday	1.30pm - 6.30pm

### DUNCRAIG

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

L. McEvoy	Tuesday	2.00pm - 6.00pm
	Wednesday	9.00am - 12.00noon

### WARNBRO

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

A. Wilson	Thursday	12.00noon - 5.00pm
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Visit our web site at <http://www.perthdietclinic.com.au>  
for nutrition information, health and cooking tips and an  
abundance of recipes

#### Our Staff

Lindsay Peacock has recently had a baby girl and will be starting part time consultation at our West Perth Clinic again soon.

