

# Perth Diet Clinic



## TINY TASTES GO TO AN EXPANDING WAIST

4200KJ (1000 calories) a day can result in 5 kg in a year. If you don't think you eat too much then check the little tastes that you may consume through out the day. Aim to eat a moderate breakfast, lunch and evening meal and get regular exercise. If you need to have snacks between meals, choose fruit, yoghurt or cereal products rather than "Tiny Tastes".

TINY TASTES	KJ	Cal	TINY TASTES	KJ	Cal
Your child leaves ½ a sandwich. You decide to finish it so as not to waste it.	628	150	There are a few broken biscuits in the tin - You won't have a whole one but how many whole biscuits do the broken ones add up to? Lets say 2 Jatz.	160	40
You have a 30 grams of muesli, there is a little left in the package (10 grams) so you think you might as well finish it as its not enough to keep. The addition is:	168	40	You are making a casserole and topping it with grated cheese. You might as well have a handful of grated cheese (30grams) while you are at it.	505	120
You use 20 ml of full cream milk in your coffee or tea instead of nonfat milk. You say that it tastes better than nonfat. You have 4 cups of coffee or tea, the difference is:	120	28	You served dessert for guests last night. There is one piece of apple pie left in the refrigerator. You decide to eat it so you can put the plate in the dishwasher.	1170	280
You forgot your sweetener at home so you have 2 teaspoons of sugar instead.	152	36	You will only have a couple of drinks of Bacardi and coke on a Friday night.	1000	240
You must just try a small piece of everything on offer at morning tea. After all each piece is only small. You have a little bit of 4 things.	2000	480	You need something to mop up the alcohol so you will have some potato chips, but only a handful.	525	125
You will only have a 1 sliver of cake because you're not really hungry.	578	138	Grapes are in season. You have a beautiful bowl of grapes sitting on the counter. You only have 2 small bunches as you go by.	630	150
You buy your lunch and didn't say no spread on the sandwich. This will be 2 teaspoons of butter or margarine extra.	300	72	You go out for a cappuccino and forget to ask for skim milk, the increase is-	167	40
Mints are offered as you leave the restaurant. They are very small so you think you will have a couple and they are so refreshing.	140	34	The muffins look good and they are low fat even if they are extra large! You decide to share one.	900	215
You missed lunch, you're tired and need instant energy. You normally would have a chicken and salad sandwich with no spread. You have a King size Mars Bar instead. There is an additional -	252	60	You are making lunches and there is a slice of ham left so you eat it.	251	60
You are having a low joule Coke after work and think you need a little pick-up from a handful of almonds (25 to 30 nuts). They are so much more economical when you buy them by the kilo and after all they are high in Calcium.	710	170	You usually have a small banana on your cereal but there were only big ones in the shop so you eat a whole one with the addition of-	293	70
You go shopping and a demonstrator is handing out samples of sausage with a new sauce. You try one.	357	85	You are having rice for dinner. You serve it all up and there is a ½ cup left and you are hungry. The extra adds....	377	90
You are making a batch of biscuits for a school fete. They won't miss one or two and you need to make sure that they are all right.	840	200	You are serving out ice cream for the family, and you decide not to have a dish but have a scoop while you are serving it. After all it is low fat.	293	70
			<b>TOTAL</b>	<b>12311</b>	<b>2993</b>

**STAR RECIPE****Chicken Kebabs with Mango Salsa**

*The tasty mango salsa in this recipe is low fat and kilojoules while being light and pleasing in the summer months. Also great to dress up a simple grill or hamburger.*

**Chicken Kebabs****Ingredients**

600 grams raw skinless chicken breast  
 1 medium Spanish onion (100grams)  
 4 large mushrooms cut into quarters (100grams)  
 1 medium red capsicum (150 grams)  
 2 tbsp low sodium soy sauce (40ml)  
 1 tbsp unsaturated oil (20 ml)  
 1-1/3 cup **Mango Salsa**  
 2 cups cooked rice (380grams)

**Method**

Cut the chicken and vegetables into cubes.  
 Soak 12 wooden skewers in boiling water for 10 minutes.  
 Alternating, thread chicken, onion, mushroom and capsicum on skewers.  
 Place in tray and pour over soy sauce and oil mixture.  
 Marinate for 30 minutes.  
 Cook on a hot grill or barbecue.

For each serving, place 3 kebabs on a bed of 1/2 cup rice with 1/3 cup of Salsa on the side.

**Serves 4****Nutritional Analysis (salsa, kebabs and rice):**

KJ-1262.1, Calories-301.3, Protein-37.8grams,  
 Carbohydrate-17.1grams, Fat- 8.8grams.

**Mango Salsa****Ingredients**

1 ½ cups finely chopped mango (1-med-250grams prepared)  
 1 large finely chopped Roma tomato (100grams)  
 1 finely chopped Lebanese cucumber with skin (100 grams)  
 2 tbsp finely chopped Spanish onion (30 grams)  
 1 tbsp finely chopped fresh coriander (5 grams)  
 1 tbsp natural low fat yoghurt (20 grams)

**Method**

Finely chop mango, tomato, cucumber, onion and coriander.  
 Toss with yoghurt and then refrigerate for 30 minutes to allow flavours to blend.  
 Serve with chicken, fish or mixed grills.

**Yield: 8 – 1/3 cup serves.**

**Nutritional Analysis—Mango Salsa:**

KJ-142.0, Calories-34.1, Protein-0.9grams,  
 Carbohydrate-7.2 grams, Fat-0.2grams

**FOOD ALLERGY WEBSITE**

The Royal Prince Alfred Hospital Allergy Unit has a fantastic website which contains loads of information regarding food allergies.

**Visit [www.cs.nsw.gov.au/rpa/allergy/](http://www.cs.nsw.gov.au/rpa/allergy/)**

for allergy information sheets, food elimination diets, an allergy alert poster, videos, anaphylaxis information, food intolerance information and friendly food.

## THE CSIRO DIET

The CSIRO diet has been in the news lately. Is this better than the Dr Atkins diet that advocates strict low carbohydrate and higher fat? The following is an extract from the media release from Meat & Livestock Australia who funded the development of the CSIRO diet.

### The High Protein Advantage Over Metabolic Syndrome

Over half of Australians are at risk of developing Metabolic Syndrome. Those predisposed to metabolic syndrome can prevent its development by managing their risk profile with weight loss, healthy eating and exercise.

The results show that overweight women with high triglycerides – one of the key markers of metabolic syndrome – lost 25% more weight on a high protein, low fat diet than a high carbohydrate, low fat diet. Moreover, much of this extra weight loss was in the abdominal area, which is crucial to improving their metabolic syndrome risk profile.

Importantly the actual body fat loss over the 12-week period significantly differed when comparing the two diets – a loss of 6kg in the high protein group as opposed to 3kg in the high carbohydrate group.

The overall weight loss in the high protein group was 8kg compared to only a 6kg loss in the high carbohydrate group, with the amount of weight lost specifically from the midriff area twice as high on the high protein diet (1kg vs. 500g).

The study also indicated that, as well as helping weight loss in the long run, the high protein, low fat diet helps to stabilise glucose and insulin production that may help to control hunger. Protein-rich foods like lean red meat also have a high satiety value.

## Study Diets

The following diet plans shows how the daily content of the two diets differed.

HIGH PROTEIN, LOW FAT MEAL PLAN	HIGH CARBOHYDRATE, LOW FAT MEAL PLAN
<ul style="list-style-type: none"> <li>• Cereal</li> <li>• Low fat milk (250ml)</li> <li>• Wholemeal bread (2 slices)</li> <li>• Fruit (2)</li> <li>• Beef / lamb 200g - dinner</li> <li>• Chicken / fish / meat 100g (lunch)</li> <li>• Vegetables (2.5 cups)</li> <li>• Diet Yoghurt (200g)</li> <li>• Canola oil (3 tsp)</li> <li>• Wine 2 glasses / week (optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Cereal</li> <li>• SKIM milk (250ml)</li> <li>• Wholemeal bread (3 slices)</li> <li>• Fruit (3)</li> <li>• Chicken / pork / fish 80g</li> <li>• Vegetables (2.5 cups)</li> <li>• Canola oil (3 tsp)</li> <li>• Pasta / rice 120g cooked</li> <li>• Low fat biscuits (3)</li> <li>• Wine 2 glasses / week (optional)</li> </ul>
<p style="text-align: center;"><b>34% protein</b></p> <p style="text-align: center;"><b>20% fat</b></p> <p style="text-align: center;"><b>46% carbohydrate</b></p>	<p style="text-align: center;"><b>17% protein</b></p> <p style="text-align: center;"><b>20% fat</b></p> <p style="text-align: center;"><b>63% carbohydrate</b></p>

### Our viewpoint.

As diets go, the high protein, low fat diet is safer and better than most. We would definitely recommend it over Dr Atkins' diet. If low fat sources of protein are chosen then it is a safe option.

Individuals at high risk of impaired glucose tolerance, diabetes or metabolic syndrome (syndrome X) can reduce their risk factors with weight loss through this or similar plans as long as permanent life style changes are made and physical activity is increased. (For more information, refer to our website <http://www.perthdietclinic.com.au/article.asp?ArticleID=251>.)

There will always be reservations for anything labeled a diet rather than permanent life style changes. The approach chosen to lose weight and keep it off will depend on individual food and exercise preferences. Not everyone of the same age, sex and activity will require the same level of kilojoules per day.

Any dietary regime must restrict saturated fat to reduce the risk of heart disease. Choosing low GI foods will help satiety but quantities are still very important.

Long-term support is necessary to achieve permanent weight loss. The real solution is to tackle the problems that have led to weight gain. This is often most successful when a dietitian is involved with restructuring and changing of lifestyles.

Most people are impatient to lose weight and forget that their weight gain probably occurred slowly over many years. A slow weight loss, life style changes and a higher level of exercise has the best chance of long-term success.

## Consulting Venues and Times

### WEST PERTH

12 -14 Thelma Street West Perth Phone : 9322 4680 Fax : 9321 4775 <b>Email:</b> stacy@perthdietclinic.com.au <b>Web:</b> http://www.perthdietclinic.com.au/	N. Campbell P. Stacy / L. McEvoy A. Williams L. McEvoy L. Peacock A. Williams L. McEvoy / A. Williams	Monday Tuesday Wednesday Thursday Friday Friday Saturday	10.00am - 5.30pm 7.00am - 5.30pm 7.00am - 5.30pm 7.00am - 5.30pm 7.30am - 2.00pm 1.00pm - 5.00pm 8.30am - 12.30pm
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### APPLECROSS

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

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

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

Ocean Reef Family Medical Practice Unit 5, 81 Marine 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 : 9592 4211	A. Williams	Thursday	12.00noon - 5.30pm
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#### Special Diabetes Cookbook Promotion

**"Living Into The 21st Century With Diabetes"**

Normally sells for \$19.80 -

**with this special coupon, available for \$15.00 including GST**  
(extra for postage, or come in and purchase at the Perth Diet Clinic)