

# Perth Diet Clinic



## CHILDREN AT RISK OF DEVELOPING DIABETES

The link between obesity and type II diabetes in adults is well recognised. But there are now indicators that this link may also extend to children, and this, coupled with an overall increase in type II diabetes is cause for serious concern. The latest statistics reveal that 25% of children newly diagnosed with diabetes are now type II.

In Western Australia, statistics released recently showed that in twenty two reported cases of type II diabetes in children and adolescents, the mean age at diagnosis was 13 ( $\pm$  2.8) years, and obesity was present in 86% of cases diagnosed.

A new overseas study of children shows that the risks of developing type II diabetes are almost as great in children as they are in adults, with close to one quarter of obese children well on the way to developing diabetes.

In the March edition of the New England Journal of Medicine, researchers from Yale

University tested for the development of higher than normal blood sugar levels in obese children aged between four and 10 and adolescents between 11 and 18. The researchers identified elevated blood sugars in 25% of the children and 21% of the adolescents, suggesting that almost one-quarter of all those tested were on the way to full-blown diabetes. Type II diabetes was found in 4% of the adolescents and prior to testing none of them knew that they had a problem.

Achieving sustainable weight loss is difficult and requires the co-operation of the child and a supportive family. The challenge will be to develop effective strategies to prevent the excessive weight gain seen in many of today's children.

Help should be sought from doctors and dietitians but weight loss must be achieved through changes in family eating habits.

For further information see "Warning: overweight children are at high risk of developing diabetes" from Choice Health Reader, June 2002.

## TOP TEN FOODS

There is no such thing as a miracle food but definitely some foods are more important in our diet and do serve multiple functions. If you had to choose 10 foods that you thought was most important, what would they be? I have asked family and friends this question and I have got a variety of responses. Some foods such as tea, chocolate or red wine may be promoted as being strong anti oxidants but are they really in the list of the healthiest foods? List yours and then read mine and do a comparison. Remember to eat healthy but enjoy!

### PEGGY STACY'S TOP TEN FOODS

- **Almonds** - High energy, low GI, high fibre, protein, calcium, iron, zinc, thiamine, riboflavin, niacin
- **Beef (lean)** - High energy, low fat, high protein, iron, zinc, folate, B12, thiamine, riboflavin, niacin
- **Broccoli** - Low energy, high fibre, vitamin C, folate, beta carotene, thiamine, riboflavin
- **Capsicum (red)** - Low energy, high fibre, vitamin C, beta carotene, riboflavin, thiamine

- **Salmon** - High protein, omega 3 fatty acids, calcium, iron, zinc, Vitamin A, riboflavin
- **Spinach** - Low energy, high fibre, iron, folate, vitamin C and beta carotene, thiamine, riboflavin
- **Soybeans** - Low saturated fat, low GI, high fibre, protein, calcium, iron, zinc, thiamine, riboflavin, niacin
- **Tomatoes (raw)** - Low energy, low GI, high fibre, Vitamin C, Beta Carotene, thiamine, lycopene (strong antioxidant)
- **Wholegrain bread** - High energy, low fat, low GI, high fibre, iron, zinc, thiamine, riboflavin
- **Yoghurt (low fat)** - High protein, calcium, B12, zinc, thiamine, riboflavin, enriched with good bacteria.

### Three Additional Important Ones

- **Carrots** - Beta carotene, Fibre, low kilojoule
- **Lentils** - High fibre, energy, protein, iron, vitamin C, zinc, thiamine, riboflavin
- **Oranges (raw)** - Fibre, energy, Vitamin C, folate, beta carotene, thiamine, riboflavin

## STAR RECIPES

### Moroccan Lamb and Chick Pea Soup

#### Ingredients

2 lean trimmed lamb shanks (270 grams)  
 8 cups of water (2 litres)  
 1 cup dried chickpeas (220 grams)  
 ½ cup soup mix (110 grams)  
 4 cups of water (1 litre)  
 2 medium finely chopped carrots (200 grams)  
 1 large finely chopped onion (150 grams)  
 ½ teaspoon cinnamon  
 ½ teaspoon dry ginger  
 ½ teaspoon turmeric  
 1 teaspoon cumin  
 1 large diced zucchini (300 grams)  
 2 tablespoons finely chopped fresh coriander leaves  
 Salt and pepper to taste

#### Method

- Brown lamb shanks in a non-stick frypan and then transfer them to a large saucepan or pressure cooker.
- Simmer lamb shanks in a saucepan for 2 hours or in pressure-cooker for 45 minutes.
- Place chickpeas and soup mix in a large saucepan and bring to the boil, cover and cook for 10 minutes.
- Let stand for 2 hours and then drain.
- Remove shanks from stock and refrigerate stock to set any fat.
- Remove fat from chilled stock and return to the boil.
- Remove all meat from shanks and chop finely.
- Add drained chickpeas, soup mix, carrot, onion, cinnamon, ginger, turmeric, and cumin to fat free stock.
- Return to the boil and cook for 45 minutes in large saucepan or for 15 minutes in pressure-cooker.
- Add zucchini and chopped meat, return to the boil and simmer for 5 minutes.
- Check seasoning for salt and pepper.
- Stir in coriander leaves and serve.

#### Yield : 10 - 1 Cup Serves

#### Nutrients per Serve :

843.7 Kilojoules  
 201.6 Calories  
 14.4 grams Protein  
 5.3 grams Fat  
 1.6 grams Saturated Fat



**Note:** Canned chickpeas may be used or another combination of pulses or lentils. 1 cup dried is equal to 2 cups cooked. If substituting canned for fresh then add them at the same time as the carrot, onion and spices.

### Spicy African Chicken

#### Ingredients

1 large onion finely chopped (150 grams)  
 6 cloves finely chopped garlic (18 grams)  
 2 large chopped and seeded hot red peppers  
 2 cm finely chopped green ginger  
 2 teaspoons unsaturated oil (10 grams)  
 ¼ cup water (65 ml)  
 ¼ cup tomato paste (75 grams)  
 1 tablespoon paprika  
 400 ml light coconut milk (5% fat)  
 ¼ cup smooth peanut paste (75 grams)  
 ¼ cup chopped parsley and other garden herbs  
 Salt and pepper to taste  
 1 Kg skinless, low fat chicken breasts

#### Method

- Process onion, garlic, red peppers, and ginger in a food processor until finely chopped.
- Stir-fry onion mixture with oil and water in a non-stick frypan until onion is golden.
- Add tomato paste, paprika, coconut milk and peanut butter.
- Cook and stir for 5 minutes over low heat until smooth. Blend mixture until smooth.
- Remove any fat from chicken and cut into 50 gram pieces.
- Spray a non-stick frypan with oil. Brown chicken pieces and then place in a large flat casserole dish.
- Pour over about 1 cup of sauce.
- Bake in a 220°C oven for 20 minutes, turning after 10 minutes.
- Add chopped herbs to remaining sauce and pour it over chicken and bake at 160°C for another 10 to 15 minutes.
- Don't over-cook as chicken will become dry.
- Serve with cous cous that has been made with commercial chicken stock.

#### Serves 8

#### Nutrients per Serve :

1344 Kilojoules  
 248.45 Calories  
 31.0 grams Protein  
 11.4 grams Fat  
 3.6 grams Saturated fat



**Note :** This presents well for entertaining. Everyone will be asking for the recipe. It can be made with low fat evaporated milk and coconut essence. Be careful not to boil the sauce then but just simmer or it may separate.

## FATTY LIVER

### WHAT IS FATTY LIVER?

Fatty liver is a condition where the liver cells build up more fat than usual.

### CAUSES OF FATTY LIVER

The liver is an important organ that, among other rolls, manages the use of fats by the body. When normal activity of liver cells becomes impaired, fat accumulates. Damage may be caused from alcohol, some drugs, chemical compounds, or infectious agents, obesity, excessive dieting, insulin resistance and diabetes, to name a few.

If fatty liver with inflammation is not caused by alcohol then it is referred to as non-alcoholic steatohepatitis (NASH). In most cases NASH is found in obese people.

### TREATMENT AND DIET OF FATTY LIVER

Treatment aims to reduce the amount of fat in the liver cells to prevent further liver damage. As the liver is compromised, high fat foods, alcohol and sugar are difficult to metabolise. The type of treatment depends on the cause.

- Reducing kilojoules for weight loss and

reducing insulin resistance

- Reducing total fat, especially saturated fat, to help with reducing weight, cholesterol and insulin resistance.
- Limiting high GI foods and sugars to assist in controlling blood glucose and triglycerides
- Controlling low GI foods to assist in weight loss and in reducing insulin resistance.
- Evenly spreading intake of carbohydrates to assist in controlling of blood glucose
- Increasing fibre to improve blood lipids
- Increasing foods high in antioxidants to aid in liver regeneration.
- Limiting alcohol to help prevent further damage to liver cells and assist with weight control, diabetes and high blood triglycerides. Some people may need to avoid alcohol entirely.
- Incorporating more fish and fish oil in the diet to increase the omega 3's that may help in boosting the body's immune response and lowering the triglycerides.
- Increasing exercise to assist with losing weight and contributing to improving blood glucose and blood fat levels.

## MAINTAINING WEIGHT THROUGH WINTER

The winter months are difficult to maintain weight when there seems to be a multitude of excuses as to why one won't exercise and why we need heavier comfort type food. **Lets get rid of excuses and get on with healthy active living!**

### PHYSICAL ACTIVITY

Don't say it is too cold. Find a warmer time of day to exercise or go to a gym. The same form of activity may not work summer and winter. The idea of getting into a cold pool in winter is not as appealing as swimming in the summer when we are hot.

Sometimes it seems equally undesirable to do aerobics without air conditioning when it is 40°C as it does to go for a swim. It can be a good idea to decide to do aerobics in winter and swimming in summer. Exercise bicycles and treadmills work well in front of the TV in winter.

Try and be physically active for 40 minutes or more at least 4 times a week in summer and winter. This could be tennis, golf, walking, cycling etc. Some exercise is more aerobic than others but all movement is worthwhile. I like to combine walking and socializing.

### WINTER WEIGHT GAIN

Be careful of loose fitting tracksuits and similar gear. They hides weight gain well until spring arrives and you discover that you don't fit into your clothes. Elastic waist and no belts are comfortable but it's good to have some well fitting clothes for every season. It is always easier to maintain weight than to lose it.

### WINTER STODGY FOODS

It's raining and we are wet and cold. A warm casserole and steamed pudding seem much more desirable. Try and make sure that you are warm inside the house. Put on the heating, or an extra jumper or go for a brisk walk to get warm. After I have been walking in the morning, I need to strip off clothes until I cool down. If you keep warm, you will not need that extra food for warmth.

### WARM BUT LOW JOULE FOODS

Soups that are based on low joule vegetables are one of the best snacks and additions to meals in winter. They can be taken to work, added to lunch or used as an afternoon snack. Sometimes when you come home after dark from work, you are cold and hungry. A warming bowl of soup will take the edge off your appetite and allow you to eat the main course slowly and to be satisfied with less.

It is important to try and have 5 serves of vegetables and 2 of fruits every day. Controlling weight through the winter months means putting more emphasis on the low joule vegetables than potato, sweet potato, rice and pasta.

Incorporate more of the following vegetables daily : Asparagus, bean sprouts, beetroot, broccoli, Brussels sprouts, capsicum, carrot, Chinese vegetables, cauliflower, cabbage, celery, chokos, cucumber, eggplant, Italian greens, French beans, lettuce, marrows, mushrooms, onion, parsley, pumpkin, radish, silver beet, spinach, zucchini, swedes, tomato, turnip.

## 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*                |
|           | Friday    | 3.00pm - 6.00pm*<br>(*fortnightly) |

### WARNBRO

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

|           |          |                    |
|-----------|----------|--------------------|
| A. Wilson | Thursday | 12.00noon - 5.00pm |
|-----------|----------|--------------------|

Visit our web site at <http://www.perthdietclinic.com.au>  
for nutrition information, health and cooking tips and an  
abundance of recipes

#### 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 <http://www.perthdietclinic.com.au/> or contact us and we can mail or fax you a copy.