

Perth Diet Clinic



FAT KIDS SURGERY' WAKE-UP CALL'

An article in the West Australian in early January talked about an medical trial for obese children in Victoria.

Bariatric surgery or lap-banding is done now on obese adults. Is this a good idea for children or should parents and the health system be looking at other alternatives?

As a dietitian, I have not found lap-banding successful in many long term cases.

Lap-banding restricts the amount and type of food that can be consumed at anyone time.

It does not prevent over consumption if one does not mind vomiting.

It can encourage easy to digest food such as coke, chocolate, ice cream and rich desserts that slip down easy with little chewing.



It is more difficult to eat large quantities of salads and vegetables and often chicken and meat are difficult to digest with lap-banding.

There are individuals who do change their eating habits and keep a reasonable amount of weight off for an extended period of time. This is particularly true if they eat healthy and do regular-exercise. I find they are the exception.

Some obese people don't over eat but rather under exercise. Lap-banding may not do much for them if they are not eating too many kilojoules. These people need ways of becoming more active while considering their bad knees hips and backs. Do we need more support programmes?

People may eat poorly because they are bored,

distressed, depressed, disorganized or lack fundamental knowledge about nutrition and preparing food.



A dietitian can help with menu and shopping lists, advice on suitable exercise, impart knowledge about food, nutrition and cooking and most of all be supportive.

If someone, teenager or adult does embark on Bariatric surgery then at least let us make sure that they have long term follow-up. It will never be a cure in itself.

Children and teenagers should be encouraged to look at every other avenue first.

Healthy eating and exercise with psychological support and behaviour modification should be able to achieve much. If the problem is approached before children finish growing, then growth can assist as well. Lets make our next generation more healthy by counselling the whole family with a team approach from doctors, dietitians and exercise physiologists.

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STAR RECIPES



LOWFAT LEMON PANNA COTTA WITH FRESH FRUIT SAUCE



°Panna Cotta

1 tin low fat (1.6%) evaporated milk (375ml)
 1 tabsp grated lemon rind
 1 teaspoon pure vanilla essence (5ml)
 ½ cup sugar (110grams)
 1 cup Natural Greek yoghurt (250ml)
 2 tabsp lemon juice (40ml)
 1 tabsp water (20ml)
 2 ½ teaspoon gelatin (7.5grams)
 Simmer but do not boil milk with lemon rind for 5 minutes.
 Remove from heat and sieve and discard lemon rind.
 Stir in vanilla essence, sugar and yoghurt.
 Mix lemon juice, water and gelatin together in a glass-measuring cup.
 Let stand for 5 minute and then heat gently in microwave to melt.
 Add to milk mixture.
 Spray 6- ½ cup ramekins or small teacups with oil.
 Divide Panna Cotta between them. This may be made in bowl instead.
 Cover with plastic wrap and refrigerate for at least 12 hours or overnight.
 If time is short, freeze for 1 hour first.
 Ease Panna cotta around the top of mould and then dip ramekin in hot water for 30 seconds.
 Unmould on to plate.
 Pour 2 tablespoons of chilled fruit sauce over each Panna Cotta and serve.

Fruit Sauce

1 cup washed, and chopped strawberries, raspberries, blueberries, mango or peach flesh (100grams)
 2 tablespoons caster sugar (36grams)
 ¼ cup water (65ml)
 Mix fruit, sugar and water together.
 Microwave for 2 minutes.
 Chill. and serve with Panna Cotta

Panna Cotta Continued

Serves 6

Nutritional Analysis: KJ-835, Calories-199.5, Protein-7.5grams, Carbohydrate-31.9grams, Fat 5.1 grams, Saturated Fat-3.3grams, 151grams.

This is a relatively low fat version of Panna Cotta that is an ideal finish to a meal. The regular version with cream and crème fraiche would be **2003 KJ (479Calories) and 38 grams of fat per serve.** Even this one is a substantial dessert and would be best served after a relatively low carbohydrate meal such as a grill with vegetables or salads. It is a rich source of calcium.

THAI FISH CAKES (Tod Man Pla)

400 grams raw white fleshed fish eg Nile Perch or Hake

1 egg (59 grams)

2 finely chopped coriander roots

1 tablespoon finely chopped fresh coriander

¼ cup finely chopped spring onion (25 grams)

2 teaspoons lime or lemon rind

1 teaspoon lime or lemon juice (5 ml)

1 tablespoon red curry paste (25 grams)

1 tablespoon fish sauce (20 ml)

1 tablespoon rice flour (12 grams)

2 teaspoon unsaturated oil (10 ml)

Cut raw fish into bite size cubes.

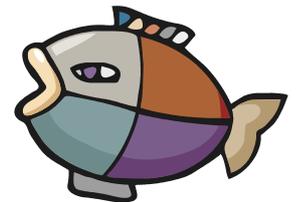
Process fish, egg, coriander roots and leaves, spring onion, lime rind and juice, red curry paste, fish sauce, and rice flour until a smooth paste is achieved.

Make into 12 small patties (about 5 cm by 2.5 cm) using your hands that have been moistened with cold water.

Refrigerate for 30 minutes or more.

Shallow fry in oil in a non-stick fry pan.

Serve with **Sweet Chilli Cucumber Dipping Sauce.**



Yield: 12 patties

Allow 3 patties per person when combined with salad and noodles as a main course or use as a savoury when entertaining.

Sweet Chilli Cucumber Dipping Sauce

1/2 small Lebanese cucumber

3tablespoon sweet chilli sauce

1 tablespoon finely chopped coriander

Yield ½ cup

Finely slice cucumber with skin on and then cut each slice into strips.

Combine with chilli sauce and chopped coriander.

If chilli sauce is too hot, add part tomato sauce.

Serve with Thai fish cakes.

Analysis per Patty including sauce

-2.KJ-257, Calories-61, Protein-7.9 grams, Carbohydrate0 grams, Fat- 2.4 grams, Sodium- 216 mg

Visit our web site at

<http://www.perthdietclinic.com.au>

for nutrition information, health and cooking tips and an abundance of recipe

SHOULD WE BE TAKING SUPPLEMENTS?



Many people take a number of supplements on a daily basis. Often they are in doses that are not needed or recommended. Read on, to learn a little more about some of the most common vitamins. If we have a balanced diet, we will get the required amount of vitamins and minerals without costly supplements.

Vitamin A

Vitamin A is fat soluble strong antioxidant that is stored in the liver. Good sources are liver, cheese, full cream milk, butter and fortified margarine. Vitamin A is also obtained from carotene that is found in green leafy vegetables, carrots and pumpkin. Vitamin A is necessary in maintaining eye, skin, bone health and the immune system.

Vitamin B3

Vitamin B3 is Niacin or nicotinic acid. It is water soluble and is not stored in the body. It is needed to convert carbohydrates into energy, while maintaining nerves, digestion, skin, hair and eyes health. It can help raise the good cholesterol-HDL. We need more B vitamins when we are stressed. Protein rich foods give us tryptophane, a precursor to niacin. Corn is the only cereal that is low in niacin.

Vitamin E

Vitamin E is also fat soluble so it is found in oils, wheat germ, leafy green vegetables, sardines, egg yolks, nuts and seeds. Vitamin E is a strong antioxidant that can help to boost the immune system and protect the heart.

Vitamin C

Vitamin C is known as ascorbic acid. It is important in maintaining collagen and in assisting in healing. A lack of Vitamin C can lead to bleeding gums and greater susceptibility to infection. Good sources are broccoli, citrus, capsicum, tomatoes, kiwi fruit, and strawberries.

Vitamin B5

Vitamin B5 is Pantothenic acid and is water soluble. It is necessary to sustain life. It is part of the basic cycles in the body that are critical in the metabolism and synthesis of carbohydrate, proteins, and fats. Small quantities of pantothenic acid are found in nearly every food, with high amounts in wholegrain cereals, legumes, eggs and meat.

In general- If we eat a well balanced diet with the largest range of foods possible, emphasizing whole grains, fruit, vegetables and nuts we will have all the vitamins we need. Because vitamins are so important in the over all maintenance and running of our bodies, we can't afford to be lacking in any one of them. Eat a diet that is particularly rich in colour, as these will be the highest in vitamins and antioxidants. Antioxidants help prevent the formation of free radicals that lead to cancer, aging and illness. We are what we eat.

FOODS OF ANIMAL VERSUS VEGETABLE ORIGIN

In a recent study it has been found that foods of vegetable origin although they can be adequate in protein will still be low in B-12, long chain n-3 polyunsaturated fatty acids, zinc for men and pregnant women and iron for women and pregnant women.

Legumes, nuts and seeds although they are very healthy are best consumed in combination with some protein from animal sources. Lacto-vegetarians and vegans need extra help and nutrition education in order to balance their diet.

The RDI's –the recommended Dietary Intakes for Australians a– the average daily dietary intake level that is sufficient to meet the nutrient requirements of nearly all (97to 98%) healthy individuals in a particular life stage and gender group.

EAR– Estimated average Requirement-A daily nutrient level estimated to meet the requirements of half the healthy individuals in a particular life stage and gender group.

CONSULTING VENUES AND TIMES

<p>WEST PERTH-</p> <p>12-14 Thelma St Metered Parking in Thelma St (cul-de-sac) Approach Thelma via Murray Street heading into the City).</p>	<p>9322-4680</p> <p>Peggy Stacy Louise McEvoy Lindsay Peacock Fiona Salter Lynda McMullin Monica Devine Su Chew</p>	<p>Mon to Fri</p> <p>Sat</p>	<p>7:00am- 5:00pm</p> <p>8:00am- 12:00pm</p>
<p>APPLECROSS-</p> <p>Apple Cross Medical Group 764 Canning Highway</p>	<p>9322-4680</p>	<p>Mon</p> <p>Wed</p>	<p>8:00am- 12:30pm</p> <p>1:00pm- 5:00pm</p>
<p>KARDINYA</p> <p>Kelso Medical Group Suite 8 Commercial Centre South St (by SUPA IGA)</p>	<p>9331-3366</p>	<p>Tues</p> <p>Fri</p>	<p>1:00pm- 5:30pm</p> <p>9:30pm- 2:30pm</p>
<p>ROCKINGHAM-</p> <p>Move Well Physiotherapy 24 Pedlar Circuit</p>	<p>9322-4680</p>	<p>Thurs.</p>	<p>10:00am-5:00pm</p>
<p>DUNCRAIG-</p> <p>Sports Medicine Glengarry Unit 1/64 Arnisdale Road Glengarry</p>	<p>9246-4055</p>	<p>Tues</p> <p>Wed</p>	<p>2:00pm-6:00pm</p> <p>8:00am- 12:30pm</p>

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www.perthdietclinic.com.au