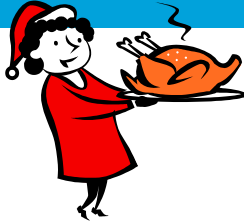


# Perth Diet Clinic



## HEALTHY CHRISTMAS EATING

*The festive season can be a time of over indulgence.  
This can be detrimental to weight watching, cholesterol and balanced eating.*

### FESTIVE FARE WITHOUT THE FAT IS POSSIBLE

The traditional Christmas food is often not high fat. The nibbles and extras such as chocolate, nuts, mincemeat pies, Christmas cake and crisps are the real culprits.

**This year do it differently.**

### IDEAS FOR NIBBLES BEFORE THE MAIN MEAL

- A low fat dip with vegetables (check your supermarket or [recipes](#) on our website).
- Rolled smoked salmon horns filled with ricotta and capers.
- Celery sticks with ricotta and chopped dates.

### HOW MANY COURSES?

Enjoy 2 to 3 courses spread over 2 to 3 hours.

- Entrée - a light cold soup or a small seafood salad.
- Main - hot or cold - a buffet or a sit down meal, a formal or an informal barbecue.
- Dessert - keep it light with a fruit platter, fruit salad, pavlova with fruit and light ice cream or a light Christmas pudding (see [recipe](#) on our website)

### MENUS

#### Entrée:

- **Cold soup** - Avocado, Gazpacho or Chilled Cream of Tomato Soup (see recipe page).
- **Seafood Entrée** - arrange fresh seafood on a bed of fresh mixed lettuce and serve with Low Fat Seafood Sauce (see recipe page).

#### Main course - Hot

- **Roast turkey or chicken** - avoid the skin and watch the seasoning and gravy. Combine with roast vegetables - partially cook in the microwave and then spray with oil and brown in the oven or on the barbecue.
- **Barbecue** - lean steak, skin-less marinated chicken breasts. Serve with salads.

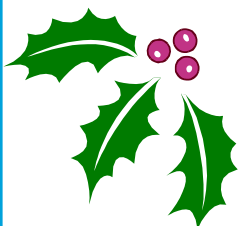
#### Main Course - Cold

- **Cold meats or poultry** - lean ham, roast pork, turkey or chicken with out skin plus salads.
- **Seafood** - fresh seafood- prawns, crabs or crayfish with a Low Fat Seafood Sauce (see recipe page) plus salads.

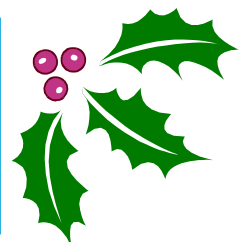
#### Salads

Have a combination of about 4 to 5 salads and use a light dressing or offer dressing separate so guests can choose their own.

- **Coleslaw** with low fat mayonnaise, a little sugar and thinned with a little low fat milk or low fat yoghurt.
- **Potato, rice or pasta salad** with a yoghurt based dressing - add bright vegetables such as capsicum, carrot and snow peas for colour and herbs for flavour.
- **Mixed lettuce** combine with chopped mango or pineapple and garnish with chopped nuts.
- **Bean salad** as a combination of canned and fresh beans mixed with a oil free Italian dressing.
- **Greek salad** as a combination of cucumber, tomato, low fat fetta and Kalamata olives. Control fat by using low fat fetta, a few olives and 2 or 3 small unpeeled Lebanese cucumbers cut into strips. Add a little Balsamic vinegar.



**Perth Diet Clinic will be closed  
from Wednesday 22 December 2004  
and will reopen on Tuesday 4 January 2005.  
We would like to wish everyone a very  
MERRY CHRISTMAS and a HAPPY NEW YEAR.**





## CHRISTMAS RECIPES



### Seafood Sauce

Many Australians traditionally now have seafood on Christmas Day. This is a simple sauce that will delight all.

#### Ingredients

1/4 cup light (97% fat free) mayonnaise (65ml)  
2 tbsp tomato sauce (40ml)  
1/2 tsp Worcestershire sauce  
1 tsp lemon juice (5ml)  
1/2 tsp chilli sauce or to taste

#### Method

- Combine mayonnaise, tomato sauce, Worcestershire sauce, lemon juice and chilli sauce.
- Serve with seafood such as prawns.

This is quick and easy with better flavour than commercial sauces.

**Serves: 6 (1 tbsp per serve)**

#### Nutritional Analysis:

Nutrients per Serve

**KJ - 87, Calories - 21, Fat - 6.2 grams.**

### Chilled Cream of Tomato Soup

*A light refreshing Christmas entrée.*

#### Ingredients

1 can condensed tomato soup (440grams)  
1 small carton low fat yoghurt (200grams)  
1 cup water (250ml)  
1 tsp horseradish relish  
1 finely chopped spring onion  
1/4 cup medium dry sherry (65ml)  
Finely chopped parsley

#### Method

- Place tomato soup, yoghurt, water, horseradish relish, spring onion and sherry in blender and blend until smooth.
- Chill well.
- Serve in small dishes garnished with finely chopped parsley.

**Serves: 8**

#### Nutritional Analysis:

Nutrients per Serve

**KJ - 211, Calories - 51, Carbohydrate - 8.0 grams, Fat - 0.3 grams.**



### Strawberry Pompoms

#### Ingredients

1 strawberry flavoured sugar free Jelly  
1 cup boiling water (250 ml)  
1 cup cold water (250 ml)  
6 large sliced strawberries  
3 teaspoon gelatine (9 grams)  
2 tbsp water (40 ml)  
1 carton Labneh yoghurt cheese (250 grams)  
1 carton light 17% fat sour cream (200 grams)  
1 tbsp lemon rind  
1 tbsp lemon juice (20 ml)  
5 tbsp castor sugar (80 grams) or equivalent substitute  
12 shredded wholemeal, Granita biscuit, (96 grams)

#### Method

Add the jelly to 1 cup of boiling water and stir until dissolved.  
Add 1 cup of cold water and refrigerate until beginning to set.  
Take a large muffin tin and line each cup with plastic wrap.  
Arrange the strawberries attractively in the twelve cups making sure to place the outside of the strawberry to the bottom of the cup.  
Cover with about a tablespoon of jelly. There may be some jelly left over.  
Place in refrigerator to firm a little.  
Mix gelatine into 2 tbsp of water and then heat in microwave for 30 seconds or until dissolved.  
Mix yoghurt cheese, sour cream, gelatine mixture, lemon rind and sugar together until smooth.  
Divide mixture between muffin cups with half-set jelly in the bottom, smoothing top and edges.  
Place one Granita biscuit on top of each cup.  
Cover with foil and refrigerate for about 4 or more hours.  
Remove from mould and turn over to allow the biscuit to become the base.  
Garnish with cream or ricotta cream if desired.

**Serves: 12**

#### Nutritional Analysis:

Nutrients per Serve

**KJ - 550, Calories - 131, Fat - 5.71 grams, Protein 5.4 grams, Calcium 73 milligrams.**

## Diet and Acute Macular Degeneration

There has recently been a lot of interest in the possible dietary causes of AMD, particularly in the media. AMD refers to degenerative changes in the macular region (the centre of the retina) of the eye, leading to a loss of detailed, fine central vision. It is the leading cause of loss of vision in Australia and other developed nations.

The intake of dietary fats (particularly vegetable oils) has been implicated as a cause of AMD, a suggestion which caused a flurry of attention through the media a few months ago.

The reality is that there is not enough evidence to support the recommendation to avoid any particular fat, including vegetable fats, as the cause of AMD. The cause of AMD is unknown, although there are a few risk factors that have been identified, including age, being overweight, having a high blood pressure and physical inactivity.

The Dietitian's Association of Australia supports this, adding that Australians should continue to follow the Australian Dietary Guideline of: **limiting saturated fat and moderating total fat intake** for general good health.

This can be achieved by the following these general recommendations:

- Consuming low fat dairy and meat products.
- Cooking meats with a low fat cooking method.
- Limiting intake of commercially available high fat products (eg cakes, biscuits, take-away and convenience items).

Please speak to your Dietitian about detailed advice regarding these areas.

## PRODUCT REVIEW Low Carb Options

There has been an influx of new "low carb options". We are reviewing these as they come on the market. Keep watching our web site for new products as they are reviewed. In general we find them too expensive and not a significant saving in kilojoules. It is more important to always watch size serves. Visit our web site at <http://www.perthdietclinic.com.au> for further information.

### What is happening at the Perth Diet Clinic?

#### NEW CLINIC

We are opening a clinic in Noranda starting the beginning of December on a Thursday afternoon. Teresa Herrmann will be the Dietitian. This will be very convenient for people living in Malaga, Morley, Beechboro, Dianella, Bedford, Inglewood, Mt Lawley and surrounding areas.

The address is Noranda Medical Centre, Unit 1, 46 Benara Road, Noranda.

#### STAFF CHANGES

Sonia White (ne Hribar) is joining the clinic in the new year. We feel she will be a valuable addition as she works part-time for the Heart Foundation and comes with a wide range of experience. She will be taking over at the Ocean Reef clinic for Niki Campbell and also conducting sessions in West Perth. Lindsay Peacock is on leave for 2 years as she is going to England with her husband and daughter.

### Be Part of a Study on Weight Management and Diet

Researchers from The University of Western Australia and Johannes-Gutenberg University of Mainz in Germany are working on a study investigating weight management, nutrition and dieting.

Participation in the study involves completing a 15-20 minute questionnaire. Everyone who completes and returns a questionnaire by 1 December 2004 will be entered into a draw for cash prizes of \$100 and \$50.

Further information is available via the internet at <http://www.path2health.org/pdc.htm>.

If you are interested in participating, you can view and print the questionnaire by following the "research materials" link located at that web address.

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 Street West Perth Phone : 9322 4680 Fax : 9321 4775	N. Campbell	Monday	10.00am - 5.30pm
	P. Stacy L. McEvoy	Tuesday	10.00am - 5.30pm 7.00am—11.00pm
<b>Metered parking available in Thelma and Murray Streets. Thelma Street is a cul-de-sac (between Colin and Havelock Streets) and must be approached via Murray Street heading into the city.</b>	A. Williams	Wednesday	7.00am - 5.30pm
	L. McEvoy	Thursday	7.00am - 5.30pm
	T. Herrmann A. Williams	Friday	7.30am - 12.00noon 12.00noon - 5.30pm
	L. McEvoy / A. Williams	Saturday	8.30am - 12.30pm
Email: stacy@perthdietclinic.com.au			

### APPLECROSS

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

### KARDINYA

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

### DUNCRAIG

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

### NORANDA

Noranda Medical Centre Unit 1, 46 Benara road Noranda Phone : 9442 5111	T. Herrmann	Thursday	1.00pm - 5.00pm
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### OCEAN REEF

Ocean Reef Family Medical Practice Unit 5, 81 Marina 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 : 9527 3844	A. Williams	Thursday	12.00noon - 5.30pm
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