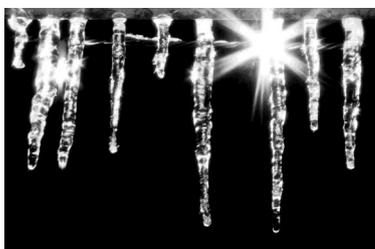


Perth Diet Clinic



It's coming, it's coming,

Winter will be upon us quickly so we thought it the right time to give some hot tips on how to maintain your healthy lifestyle over this chilly period



1. EXERCISE

Just because its getting cooler, it doesn't mean we have to stop exercising.

How about looking into exercise you can do indoors:

Gym membership

Exercise equipment set up in a spare room, you can even hire it instead of buying

Local aerobics classes even water aerobics if there's a heated pool nearby

If all else fails, rug up and take an umbrella for a good stroll

San is Back!!!!

San Tran, one of our most popular, experienced dietitians is back from maternity leave.

After giving birth to the beautiful Sophia, San has returned on Wednesdays with the possibility of more hours to come!



A NOTE ABOUT THE PALEO DIET

Winter is coming, continued

2. Food

As it starts to cool down you may find that a salad or sandwich may not be filling you up anymore.

For lunches try;

- Toasted sandwiches
- Soup
- Leftovers from the previous night
- Stir-fry with lots of vegies
- Avoid the call of a hot pie or sausage roll from the local shop,

Evening meals;

- Savoury mince or Sheppard's pie
- Slow cooked meals, that you can put on in the morning and is ready when you get home
- Curry, stir-fry, roasts can all be made with little fat and time to prepare



A lot has been seen in the media about the “Paleo diet”.

Especially as a well known restaurateur and author has supported it even claiming it cures a wide variety of issues.

So what is the “Paleo Diet”

It is a diet based on foods that we assume early man consumed.

This includes meat, fish, vegetables, and fruit

But excludes dairy, cereal products and all processed foods,

So is it healthy?

According to the Chief executive of the Dietitians Association of Australia, there have been no more than 10 studies into its benefits, all with a small sample group. The biggest concern is removing certain food groups. Surely this can't lead to a well rounded diet, as we know diets with high proportions of meat can be quite dangerous.

Plus our ancestors may not have suffered from heart disease or diabetes but then they usually didn't live far past the ripe old age of 20

Any good points?

Absolutely, taking ownership over reducing processed foods thus eliminating a lot of fat, sugar and salt is a great start.

Remember, these fads come and go. There is no substitute for reducing calories, and regular exercise.



Fish Meals

Thai Fish Cakes



Ingredients

400 grams raw white fleshed fish eg Nile Perch or Hake
1 egg (59 grams)
2 finely chopped coriander roots
1 tbsp finely chopped fresh coriander
¼ cup finely chopped spring onion (25 g)
2 teaspoons lime or lemon rind
1 teaspoon lime or lemon juice (5 ml)
1 tbsp red curry paste (25 g)
1 tbsp fish sauce (20 ml)
1 tbsp rice flour (12 g)
2 tsp unsaturated oil (10 ml)

Method

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.
Refrigerate for 30 minutes or more.
Shallow fry in oil in a non-stick fry pan.

BBQ Salmon with Chunky Corn Salad



Ingredients

4 medium corn cobs (400g)
Olive oil cooking spray
Quality salt
Cracked black pepper
1 punnet cherry tomatoes, halved (250grams)
1 tablespoon olive oil
3 tablespoon balsamic vinegar
3 tbsp chopped fresh basil
4 x 125g skinless salmon fillets

Method

Heat a BBQ grill plate (or pan).
Spray corn with cooking spray.
Season with salt and pepper.
Grill about 15 minutes
Remove cobs and cool
Slice off kernels into a bowl.
Add tomatoes, olive oil, balsamic vinegar & chopped basil.
Meanwhile, season salmon with salt and pepper.
Grill salmon 3–4 minutes or until golden brown.
Turn salmon and grill for 3 more minutes or until cooked to liking.

CONSULTING VENUES AND TIMES

MAIN OFFICE Unit 8/24 McCourt St, West Leederville (Free parking on site) Across from St John of God Hospital, Subiaco.	9381 2211	Mon - Fri	7:00am- 5:00pm
	Lindsay Peacock San Tran Louise McEvoy Jasvir Singh	Sat	8:00am-12:00pm
ATTADALE Health at 520 Physio 520 Canning Highway	9381 2211	Wed	1:00pm– 6:00pm
LEEMING South St Physio Suite 12 /73 Calley Drive	9381 2211	Mon	1:00pm– 6:00pm
		Wed	10:00am 2:00pm
ROCKINGHAM Insight Physiotherapy 24 Pedlar Circuit (near Bunnings)	9381 2211	Thurs.	11:00am-5:00pm
PADBURY Padbury Physio 2/73 Gibson Avenue	9381 2211	Mon	1:00pm—5:00pm

Check us out on the web!
www.perthdietclinic.com.au