

# Perth Diet Clinic



## 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 to be physically active for 40 minutes or more at least 4 times a week in summer and winter. I say physically active. 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. I am then visiting and getting fit and enjoying the company.

### WINTER WEIGHT GAIN

Be careful of loose fitting tracksuits and similar gear. It hides weight gain until spring peaks around the corner and you discover that you don't fit into your clothes. Its good to have some fitted clothes for every season that keep up your awareness. 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, and a warming bowl of soup will take the edge off your appetite. This will 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 everyday. 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 as soup, casseroles, steamed or microwave vegetables or as salads.

**Use more:** Asparagus, bean sprouts, beetroot, broccoli, brussel sprouts, capsicum, carrot, cauliflower, cabbage, celery, Chinese vegetables, chokos, cucumber, eggplant, Italian greens, French beans, lettuce, marrows, mushrooms, onion, parsley, pumpkin, radish, sauerkraut, silver beet, spinach, zucchini, swedes, tomato, turnip.

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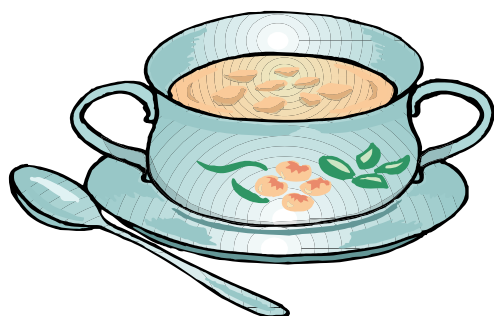
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## STAR RECIPES



### RED LENTIL SOUP



A high carbohydrate, low fat, low glycaemic index

#### Ingredients

1 cup red lentils (220g)  
 2 cups water (500ml)  
 1 tsp mono/polyunsaturated oil (5ml)  
 2 tbsp water (40ml)  
 1 large finely chopped onion (150g)  
 2 crushed cloves garlic (6g)  
 2 finely chopped carrots (200g)  
 2 medium finely sliced stalks of celery (150g)  
 3 cups water (750 ml)  
 3 tsp low sodium stock powder (24g)  
 Freshly ground black pepper  
 Salt to taste  
 2 tbsp finely chopped fresh coriander or parsley

#### Method

Bring lentils to the boil with 2 cups of water in a large saucepan.  
 Simmer for 2 minutes, cover and leave for 1 hour and drain.  
 Place oil, 2 tbsp of water, onion and garlic in a non-stick or heavy based frying pan.  
 Stir-fry onion until soft and beginning to yellow.  
 Add lentils with carrot, celery, 3 cups of water, stock powder and black pepper  
 Simmer for 1 hour.  
 Puree in a blender or mash in saucepan.  
 Just before serving check seasoning and add coriander or parsley.

**Serves : 6**

**Nutrients per Serve :** KJ 559, Calories 134, Carbohydrates-17grams, Fat- 2grams, Fibre-7 grams

### SPINACH SOUP

1 medium finely chopped onion (100grams)  
 3 crushed cloves garlic  
 1 large peeled finely chopped potato (200grams)  
 ½ cup finely chopped spring onions (50grams)  
 4 cups chicken stock (1000ml)  
 1-250 package frozen spinach (drained-165grams)  
 1 1/2 cup low fat evaporated milk (375ml)  
 Salt and pepper to taste  
 Freshly grated nutmeg

Stir-fry onion, garlic, potato and spring onion in a little of the chicken stock until soft but not brown.

Add remaining stock and simmer for 15 minutes or until potato is soft.

Add well-drained spinach and simmer for 3 minutes.

Puree in a blender.

Return to the stove and adjust seasoning with salt and pepper.

Add milk and reheat gently.

Serve hot in bowls with freshly grated nutmeg on top.

This soup is high in iron, Folate and beta-carotene.

**Serves: 8**

KJ-275.1, Calories-66.3, Protein-5.6grams, Carbohydrate-9.8grams, Fat-0.5grams



Visit our web site at

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

for nutrition information, health and cooking

## COMFORT EATING

**Reasons why people eat when they're not really hungry?**

Bored, Upset, Stressed,  
Food available,  
Socializing  
Tired

**People can identify when they're comfort eating?**

Ask yourself if you are hungry.

Did you first think of food when you saw it? (this is called, "The see food diet"!

Try and eat at mealtimes and a set morning and afternoon tea, rather than grazing without thinking. If you eat appropriately, you should not be hungry at other times.

If you often eat more when you are stressed or upset, then ask yourself what is occurring at this time.

**Some foods tend to be more 'comfort foods' than others? Why?**

People associate some foods with comfort as they are foods they love and may have been given as a reward in childhood. Comfort foods are special foods for special occasions with nice associations. Often this is ice cream, chocolate, lollies, cake or sweet biscuits. For some if you are stressed, carbohydrate in the form of sweets seems to do the trick. Sometimes it is just the need to eat, crunch or put food in the mouth. Often it is consumed without conscious thought.

**Can you learn to stop eating when your not really hungry?**

Listen to your body and understand what it is saying.

For example, if you are upset, bored or stressed, analyse what your position is. If you weren't upset, bored or stressed would you still be thinking about food at this point? If not, don't eat but instead think of something else that you can do such as have a bubble bath, go for a walk, ring a friend, have a nice cup of tea and put on some good music or get involved in a hobby.

Confine eating to meal times and set snacks and eat from a plate, at the table. Regular routines do help. Most comfort eating, is on the run, straight from the carton, box or whatever with no thought of what you are doing and no awareness. You may look down and realize that you have just eaten 2 litres of ice cream or a whole packet of Tim Tams!

We can help with these problems at the Perth Diet Clinic!

## CHANGES PERTH DIET CLINIC

### LOUISE MC EVOY

LOUISE is back after an extended maternity leave. Annika is just about a year old and beautiful. Louise is enjoying being back in the swing of work and of course now she is very experienced in child care and what to feed toddlers and when to introduce solids and more textured food.

Louise has always specialized in diabetes, weight control and IBS. She is very good on motivation and has always helped clients to achieve amazing results



### AMY HATTON

Amy has recently joined the clinic and brings some interesting strong points.

Having worked with living longer and living stronger in her previous job and then as a personal trainer for exercise with a stroller and baby.

Amy has an interest in exercise, autism, diabetes (family member with type 1) and Coeliac as she has it herself.

Amy is full of life with lots of ideas and an ability to motivate and encourage life style changes.

She has a sound knowledge of weight reduction and weight control and of course she will help to make clients more active in a realistic way. We are delighted to welcome her on board.



## CONSULTING VENUES AND TIMES

<p><b>WEST PERTH-</b></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><b>9322-4680</b> <b>Peggy Stacy</b> <b>Louise McEvoy</b> <b>Lindsay Peacock</b> <b>Cathie Frost</b> <b>Amy Hatton</b></p>	<p>Mon to Fri  Sat</p>	<p>7:00am- 5:00pm  8:00am- 12:00pm</p>
<p><b>ATTADALE</b></p> <p>Attadale Physiotherapy Health at 520 520 Canning Highway</p>	<p><b>9322-4680</b></p>	<p>Mon  Wed</p>	<p>8:00am- 12:30pm  2 to- 6pm</p>
<p><b>LEEMING</b></p> <p>South St Physiotherapy Suite 12 73 Calley Drive</p>	<p><b>9322 4680</b></p>	<p>Mon  Fri</p>	<p>2pm to 6pm  9:30pm- 2:00pm</p>
<p><b>ROCKINGHAM-</b></p> <p>Move Well Physiotherapy 24 Pedlar Circuit</p>	<p><b>9322-4680</b></p>	<p>Thurs.</p>	<p>10:00am-5:00pm</p>
<p><b>PADBURY</b></p> <p>Forrest Rd Medical Centre 65 Forrest road</p>	<p><b>9322 4680</b></p>	<p>Wed  Thurs</p>	<p>8:30 to 2pm  2pm to 6pm</p>

**We're on the Web!**  
[www.perthdietclinic.com.au](http://www.perthdietclinic.com.au)