

Perth Diet Clinic



Why look for the Heart Foundation Tick?

What does the Tick mean?

To be labelled with the Heart Foundation Tick, a food must meet a number of nutritional standards. The Tick representing this particular food is higher in some nutrients, such as fibre, and lower in others, such as saturated fat.

The Tick aims to highlight foods within food groups that can meet any the following criteria:

- 1) Less total fat, saturated fat, trans fatty acids, sodium (salt)
- 2) Has a lower energy density and represents appropriate serving sizes on the nutrition panel
- 3) More fibre, vegetables, whole-grains, protein and calcium

Look for the Tick in the Supermarket!

Shopping for the tick can be easy, as most of the food groups we eat from every day will have a Tick approved option.

There are approximately 1100 Tick approved foods which can be found in 50 food group categories. Overall, Tick approved foods can be categorised into three main groups:

- 1) Fresh foods - eggs, lean red meat, chicken, vegetables, fruits, nuts and seeds
- 2) Staple foods - bread, margarine, cereals, yoghurt
- 3) Occasional foods - pies, oven chips, ice cream

Look for the Tick when you Eat Out!

Eating healthy when eating out can be difficult, as there is usually very little nutrition information available. Many restaurants and fast food chains are now offering Tick approved meal options on the menu. Choosing the Tick approved option guarantees you are making a healthier choice. To earn the tick, a prepared meal must meet regular audits, and a set of nutritional, promotional and production standards.

Nutritionally, Tick approved meals must:

- 1) Contain at least one serve of vegetables or an equivalent portion of fibre
- 2) Meet a requirement for salt content
- 3) Be low in saturated fat
- 4) Meet a requirement for accepted serving size
- 5) Contain no (or very little) trans fats

All restaurants or food outlets selling Tick approved meals must be able to provide a Nutrition Information Panel (NIP). They must also provide a statement showing consumers what nutrients the meal has been tested for. Staff must also be trained in the preparation, cooking and serving of Tick approved meals.

Who should look for the tick?

The Heart Foundation Tick has no boundaries! Everyone looking to eat healthier and make better nutritional choices will benefit from shopping for the Tick. The Tick does not mean a food or meal is particularly suitable or beneficial for someone with heart disease or diabetes. It is simply a food or meal that will be a healthier choice for anyone. However, Tick approved foods are often better choices for those with particular diseases or ailments. Your Dietitian will be able to help you work out which Tick approved foods are most suitable for you.

Tick Recipe Grilled Fish with Caponata and Butter Bean Mash

Ingredients

- 1 tablespoon canola oil
- 1 finely sliced onion (100 grams)
- 1 finely sliced red capsicum (100 grams)
- 1 yellow finely sliced capsicum (100 grams)
- 2x 400 grams cans butter beans, drained & rinsed
- 165ml salt reduced vegetable stock
- 2 large crushed garlic cloves (6 grams)
- 2 tbsp low fat ricotta (50 grams)
- 2 tbsp chopped oregano
- 4 fish fillets - eg Dory, Salmon- (400 grams)



Method

- 1) To make caponata, heat oil in a frying pan on medium high. Cook onion and capsicum for 5mins, stirring until soft. Reduce heat and cook covered for 10mins.
- 2) Meanwhile, place beans, stock and garlic in a saucepan. Bring to boil, reduce heat and simmer, covered for 5mins. Remove 1/2 cup beans, coarsely mash with a fork and set aside. Add ricotta to saucepan with remaining beans and season with pepper. Using a stick blender, blend the mixture until smooth. Stir through coarsely mashed beans and oregano.
- 3) Season fish with pepper. Lightly spray a non stick frying pan with cooking oil and heat on medium high. Cook fish fillets for a few minutes on each side, until browned and just cooked through.
- 4) To serve, spoon butter bean mash onto four plates. Top with fish and caponata. Garnish with oregano.

Nutrition Information Per Serve (using Dory fillets)

KJ -1400, Calories-330, Protein-36grams, Carbohydrate-23.7grams, Fat-7.5grams, Fibre-3grams, Sodium-491mg.



Star Food Review



Why Eat Eggs?

Protein

Eggs are high in protein, which is needed for the building and repair of all the muscles and cells in the body. In fact, the type of protein found in an egg has the highest biological factor of all foods. This means that a higher percentage of the ingested egg protein is used in growth and repair of the muscles and cells. A large egg contains approximately 6g of protein.



Low in Fat and Kilojoules

Eggs are not only low in total fat, they are low in saturated (bad) fat. A large egg contains approximately 6g of fat or less, with only 2g of this being saturated. The fat is found in the egg yolk. A large egg contains approximately 600kj.

Vitamin packed

Eggs contain all the vitamins except vitamin C. They are an especially good source of B12, which is a vitamin vegetarians may lack. The B vitamins are found in the egg white and yolk, whilst vitamin A, D, E are only found in the yolk.

High in Iron

Iron is an eggs most valuable mineral. It is found in the egg yolk. Remember, iron is best absorbed with vitamin C, so have your egg with fruit, vegetables or a small amount of juice.

But what about Cholesterol?

Cholesterol is found in the egg yolks. CSIRO* research has shown that dietary cholesterol itself is not significant for most people. It showed adding two eggs per day to the diet of those with normal cholesterol levels caused no change in the LDL (bad) cholesterol levels.

Cholesterol is important for many essential bodily functions. It plays a role in the cell membrane, in hormone production, digestive juices and the protection of nerve fibres. Our liver actually produces cholesterol, to ensure it is available for all of these functions. The body's production of cholesterol increases if the diet is high in saturated fat. Following a low saturated fat diet will help to keep total cholesterol levels down.

* Clifton P.M, Nestle P.J. Influence of Gender, Body Mass Index and Age in response of Plasma Lipids to Dietary Fat plus Cholesterol. Arteriosclerosis & Thrombosis: 12: 955-962.

Staying Full with Eggs

Recent research into the energy density of foods (the amount of energy per gram) shows that lower energy density foods promote greater satiety. Eggs are classified as a low energy density food, therefore may aid in weight loss by promoting greater satiety.



Egg Recipe Chicken and Egg Fried Rice

Ingredients

- 1 tablespoon olive oil (20grams)
- 1 chopped garlic clove (3grams)
- 250g cooked diced chicken
- 1 cup diced capsicums (various colours) (120 grams)
- 1/2 cup diced 90 grams)
- 1/2 cup diced spring onion (50 grams)
- 350grams cooked rice
- 4 large eggs, beaten (200 grams)
- 4 tablespoons dark soy sauce (65grams)

Preparation time: 5 mins.
Cooking time: 5 mins.
Serves: 4.

Method

- 1) Heat half the oil in a large frying pan or wok
- 2) Cook garlic and chicken for 2mins
- 3) Add vegetables and stir fry 2mins
- 4) Add rice and stir fry for 2mins then transfer to a warm bowl
- 5) Add remaining oil to the wok, add the beaten egg and cook for 1min stirring until the eggs have scrambled
- 6) Return the rice and vegetables to the wok, add soy sauce and mix well
- 7) Serve immediately in bowls

Nutrition Information Per Serve

KJ- 1440, Calories- 345-, Protein- 32 grams, Carbohydrate- 26 grams, Fat- 10 grams, Saturated fat-2.5 grams, Fibre- 3.2 grams,

★ Star Product Review ★

Flora Pro Activ

What is it?

Flora Pro Activ was the first product on the Australian Market to be enriched with plant sterols. The addition of plant sterols aimed to help those concerned with high cholesterol levels. Plant sterols are an active ingredient that have been clinically shown to reduce the absorption of ingested cholesterol.

What is in it?

Flora Pro Activ spreads not only contain plant sterols to help lower cholesterol, they are also low in saturated (bad) fats, high in poly-unsaturated (good) fats, and contain virtually no trans fats.

How much do I need?

Flora recommends 25g of Flora Pro Activ each day to help lower cholesterol levels. They claim this amount of plant sterols can lower bad cholesterol (LDL) by 10-15% in three weeks, when changing to a healthy diet and lifestyle.



How Do Plant Sterols Work?

Plant sterols work help to lower cholesterol by decreasing the cholesterol we absorb from food. They also prevent the re-absorption of cholesterol in the body. Any cholesterol that is not absorbed will be removed from the body, leaving less cholesterol circulating in our system.

Where are plant sterols naturally found?

Cereals, such as breads, rice, pasta and breakfast cereals provide approximately 20% of our plant sterol intake. Nuts and seeds are also good sources. Other major sources are vegetable oils and foods made from vegetable oils, such as margarines.

Why enrich foods with plant sterols?

Many studies have shown that increased intake of plant sterols reduces blood cholesterol levels. For this to be achieved, plant sterols must be consumed in moderate amounts daily. By enriching staple foods, such as margarines, the entire population has access to the cholesterol lowering potential of plant sterols.

Is there evidence that plant sterol enriched margarines can lower cholesterol?

Many studies have been conducted on plant sterol-enriched spreads. Consistent reductions in LDL cholesterol was found, decreasing in the range of 8-14%. A study conducted in Australia at CSIRO compared Flora Pro Activ with a standard polyunsaturated margarine and found LDL decreased by 9.6%.

Do I still need to decrease my saturated fat intake?

Yes! Plant sterols and dietary fats work differently and complementary. Studies have shown that replacing a saturated fat source with a polyunsaturated fat source, such as exchanging butter for polyunsaturated margarine, helps to lower cholesterol levels by approximately 5.5%. This effect entirely due to a change in dietary fatty acid intake. Studies further show that when the plant sterol enriched spreads replace a polyunsaturated margarine, LDL cholesterol can further decrease by approximately 6.8%.

Should I use plant sterol enriched margarines if I am on a Statin?

Yes! Plant sterols have been shown to further reduce the cholesterol levels in those already taking a Statin medication. Studies have shown that the additional cholesterol lowering provided by plant sterol spreads can be equivalent to doubling the dose of a Statin.

Is it safe to consume plant sterol enriched spreads?

The safety of these foods have been extensively reviewed Food Standards Australia New Zealand. In addition, all humans are exposed to plant sterols in the everyday diet. No adverse side effects have been seen in regular population groups, or those with higher intakes of plant sterols, such as vegetarians.

What is the verdict from the National Heart Foundation?

The National Heart Foundation's position statement on plant sterols states "For people with an increased risk of coronary heart disease, plant sterols provide an additional option for risk reduction through lowering the level of plasma cholesterol".

Overall, health authorities advocate a multi pronged approach to lowering cholesterol. By reducing intakes of saturated fats and cholesterol, increasing plant sterols (2g/day) and increasing fibre (30g/day), you will be doing the best you can to help reduce your cholesterol levels.

Consulting Venues and Times

WEST PERTH 12-14 Thelma Street Metered Parking in Thelma St (cul-de-sac) (Approach Thelma via Murray Street heading into the City)	9322-4680	Mon to Fri	7:00am- 5:00pm
	Peggy Stacy Cathie Frost Lindsay Peacock Louise McEvoy Christine Jones	Sat	8:00am-12:00pm
ATTADALE Health at 520 520 Canning Highway	9322 4680	Mon	8:00am-12:30pm
		Wed	2:00pm– 6:00pm
LEEMING South St t Physiotherapy Suite 12 /73 Calley Drive	9322 4680	Mon	2:00pm– 6:00pm
		Fri	10:00am 2:00pm
WILLETTON AM & PM Medical Centre U2/40-46 Rostrata Avenue	9322 4680	Thurs	2:00pm—6:00pm
ROCKINGHAM Move Well Physiotherapy 24 Pedlar Circuit (near Bunnings)	9322 4680	Thurs.	9:30am-5:00pm
PADBURY Forrest Rd Medical Centre 65 Forrest Road	9322 4680	Wed	Louise McEvoy 8:30am-2:30pm
PADBURY Padbury Physiotherapy 2/73 Gibson Avenue	9322 4680	Mon	Cathie Frost 11:00am—6:00pm
JOONDALUP Western Endoscopy Centre Unit 1/32 Pimlico Place	9322 4680	Tues	Cathie Frost 1:00—5: 00pm

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