good food news
Helping you to maximise your wellbeing

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Have Brekkie, Love food hate waste, Exercise for Osteoarthritis and more...

Sanitarium nutrition
healthy for life service™
It improves mood, increases attention span, increases our ability to learn and keeps us alert. Sound like a wonder drug? Actually, it’s the humble breakfast. We know it’s the most important meal of the day, but so many of us continue to skip it. Our feature article (page 3) hopes to inspire you to regularly eat a nutritious breakfast and inherit the health benefits that come with it.

As we become more aware of the environment we realise that even small changes can make a big difference. Waste is one area we can make a significant contribution, especially when it comes to food waste – find out more in our story on page 6.

One of the best things a parent can do is be a good role model. The same holds true when it comes to food. Leading by example can establish positive eating patterns for children that will hold them in good stead for the rest of their lives. We look at some new research in this area on page 10.

We also take a look at new research on the health benefits of garlic, activity for preventing and living with osteoarthritis and we sift through the facts about honey as a source of sweetness versus sugar.

Happy reading!

The Good Food News team
By Anja Sussmann

There are numerous studies linking a healthy breakfast with a long list of positive outcomes. The science shows that breakfast can help to improve learning ability, increase attention span and memory; improve mood and general well-being, boost energy, and help to avoid midmorning tiredness and irritability.

Breaking the night-time fast with a delicious and healthy morning meal is also important for weight management and an ideal opportunity to refuel your body with important nutrients, including dietary fibre, minerals and vitamins.

Skipping breakfast has been linked to potential risk factors for heart disease and diabetes such as larger waist-lines, higher fasting insulin levels, and higher cholesterol.

Who are the skippers?
There are a substantial number of people - both in Australia and in other countries - that miss out on breakfast.

Quick brekkie tips
While we’d all love to enjoy a leisurely breakfast, sometimes it’s just not possible no matter how early you get up. So, here are a few tips to make sure that you don’t miss out on brekkie:

- Preparing food the evening before saves valuable time in the morning and just may mean that you can have breakfast at home.
- Bircher musli is a great breakfast that can easily be made the night before and store well for several days. In the morning, just add a dash of juice, soy or dairy milk to your serve. Topping with yoghurt and fruit is also a delicious option (see recipe on page 9 for more inspiration).
- Set the table the night before with bowls and healthy wholegrain cereals. It makes it easy for the kids to help themselves in the morning and get breakfast started.
- Keep cut fruit in the fridge. It’s great for adding to cereals or for eating as snack. And if you are in a rush it’s easy to grab with a tub of yoghurt for breakfast on the way to work or school.
- In winter, porridge can easily be made in seconds by placing oats and some water in the microwave. You can also microwave the oats with frozen berries for a tasty topping.
- Smoothies are quick and easy to make. Just blend low fat soy or dairy milk, fresh fruit, yoghurt and honey and pour into a bottle for breakfast on the go. For convenience, you can cut up the fruit in advance and have it ready to go in the fridge.
- Wholegrain toast with peanut butter is quick, easy and not messy – so it’s another one that’s a great traveller. If you have a little more time try topping with sliced banana!

If mornings are hectic and the before-school rush means breakfasts are frequently missed, it is worth finding out whether your children’s school offers a breakfast program – like the Red Cross Good Start Breakfast Club where a nutritious breakfast is provided. The school may also have a program that allows children to eat the breakfast they have brought to school with appropriate facilities, in a supportive environment.

Make eating brekkie a habit!
Exercise for Osteoarthritis

In the past, exercise and osteoarthritis have been considered unlikely partners. Health professionals thought that in the case of osteoarthritis activity may cause more damage to joints and should be avoided. However, new research suggests that a tailored exercise plan may have many benefits for people with osteoarthritis.

There are five basic recommendations:

1. Maintain your ideal body weight – people who are overweight are 35 per cent more likely to have osteoarthritis than people with a healthy body weight.
2. Exercise regularly – 30 mins three to four times a week.
3. Avoid repetitive stress on the joints – avoid heavy lifting and long periods of standing.
4. Listen to your body – limit activities that aggravate pain.
5. Avoid injury to joints – prior injuries are an indicator of early osteoarthritis.

If you have osteoarthritis, it’s important to consult your doctor or physiotherapist before exercising, as the type of beneficial exercise will depend on your symptoms. It may be that you will need to start with a water exercise program. In the water your body’s buoyancy reduces stress on your hips, knees, and spine while still building strength. You may even be able to join an aqua aerobic class and add a social element to your activity.

Michael Marthick is a qualified Exercise Physiologist at Sanitarium’s Health and Wellbeing Village – Sanctuary. If you’d like to find out more visit www.sanctuary.sanitarium.com.au

Friendly Eating

The food choices we make actually have a significant impact on our environment. According to the Australian Conservation Foundation, the typical Australian diet is particularly environmentally unfriendly due to the amount of processed food we consume.

Generally, the more processed the food is, the more energy needed to produce it. And the further it has travelled, the greater the amount of greenhouse gases likely to have been produced in transportation. Food that is organically produced is better for the environment because production doesn’t involve the use of herbicides or pesticides and farming methods are designed to reduce soil erosion.

Green meals
Include more plant-based food such as fruits, vegetables and wholegrains, legumes, nuts and seeds instead of meat. Vegetarian options such as tofu stir-fry, lentil bolognese, vegetable lasagne, kidney-bean burgers or chickpea curry can make mealtimes more environmentally friendly.

Purchase minimally processed food
Choose foods that are minimally processed and packaged to help reduce energy consumption. Try using fresh produce as the base of most of your meals.

Buy local
Make a point of finding where the food you buy is produced, support local farmers markets, try to buy foods that are made or produced in Australia and when you can, buy organic.

Reduce waste
Try using what you already have before going shopping for more food. And when you do go shopping, make a list so you don’t buy unnecessary items. Choosing foods that has minimal packaging can also help to reduce waste.

FASCINATING HEALTH FACT

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Autumn Recipes

Butter Bean, Prune and Tomato Tagine

3 vegetables per serve
Preparation time: 15 minutes
Cooking time: 35 minutes
Serves: 6
Level: Easy

2 tbsp olive oil
1 red onion, halved & thinly sliced
2 garlic cloves, finely chopped
1 tsp ground cumin
1 tsp ground cinnamon
1 red or yellow capsicum, halved, seeded & roughly chopped
400g can butter beans, drained & rinsed
300g can chickpeas, drained & rinsed
400g can diced Italian tomatoes
low salt
1 cup vegetable stock
½ cup chopped prunes
1 ½ cups boiling water
50g baby spinach leaves
lemon wedges, to serve

1. Heat oil in a large saucepan over medium heat. Add onion and garlic. Cook, stirring often, for 3 minutes until tender. Stir in cumin and cinnamon. Cook for 1 minute until fragrant. Add capsicum. Cook for 2 minutes.

2. Add butter beans, chickpeas, tomatoes, stock and prunes. Stir to combine. Cover and bring to the boil. Reduce heat and simmer, stirring occasionally, for 20 minutes until prunes are tender.

3. Meanwhile, place cuscous in a heatproof bowl. Pour over boiling water. Cover and stand for 3-5 minutes until water is absorbed. Flake with a fork. Gently toss spinach through tagine.


Per Serve: 1,300kJ (305Cal); Protein 11g; Total Fat 12g; Saturated Fat 2g; Carbohydrate 53g; Total Sugars 17g; Calcium 110mg; Iron 2.2mg; Fibre 4g

Roast Pumpkin, Walnut and Snow Pea Salad with Balsamic Dressing

3 vegetables per serve
Preparation time: 10 minutes
Cooking time: 45 minutes
Serves 4
Level: Easy

Olive oil cooking spray
800g baby Kent pumpkin, peeled, seeded and sliced into wedges
150g snow peas, trimmed and halved lengthways
½ cup walnuts
75g baby spinach leaves
1 tbsp olive oil
2 tbsp balsamic vinegar
1 tsp honey

1. Preheat oven to 180°C. Line a roasting tray with a sheet of baking paper. Place the pumpkin on the tray and spray with oil, bake for 40 minutes or until golden brown and cooked. Set aside to cool.

2. Place the snow peas in a heatproof bowl and cover with boiling water. Set aside for 30 seconds, drain immediately and refresh under cold running water. Heat a non-stick frying pan over a moderate heat and toast the walnuts for 3 minutes. Set aside to cool.

3. Arrange the baby spinach, roast pumpkin, snow peas and walnuts on serving plates. Whisk together the olive oil, balsamic vinegar and honey. Season and drizzle over the salad. Serve immediately.

Per Serve: 880kJ (210Cal); Protein 7g; Total Fat 11g; Saturated Fat 2g; Carbohydrate 80g; Total Sugars 13g; Calcium 85mg; Iron 2.1mg; Fibre 4g

Gluten Free Sticky Date Pudding

½ serve of fruit per serve
Preparation time: 20 minutes
Cooking time: 30-40 minutes
Serves: 6
Level: Easy

1 ½ cups rolled oats
1 ¼ cups boiling water
1 tsp bicarbonate soda
50g margarine
½ cup brown sugar
2 eggs, lightly beaten
1 tsp vanilla extract
1 cup gluten free self-raising flour
1 ½ cups apple juice
½ cup flaked almonds, toasted
1 tbsp brown sugar
1 tsp cinnamon
1 tbsp honey
1 cup low fat Greek yoghurt
2 passion fruit, pulp removed

1. Pre-heat oven to 180oC. Spray a 12-hole muffin tin with cooking oil spray.

2. Place dates and water in a food processor; process until smooth. Place mixture in a bowl, stir in bicarbonate soda and let stand or 5 minutes.

3. Using electric beaters, beat margarine and brown sugar together until smooth, then add eggs, date mix and flour and mix well until combined.

4. Spoon into muffin tins, bake for 35-40 minutes, or until pudding springs back when touched. (Cover muffin pan with foil if puddings start to brown). Let stand for 10 minutes.

5. Combine ½ cup evaporated milk, brown sugar and cornflour in a saucepan over medium heat, stirring constantly until sauce thickens and is smooth. Add remaining evaporated milk, stirring constantly. Remove from heat and add vanilla extract.


Per Serve: 1360kJ (320Cal); Protein 9g; Total Fat 9g; Saturated Fat 2g; Carbohydrate 52g; Total Sugars 37g; Sodium 470mg; Potassium 180mg; Calcium 110mg; Iron 0.7mg; Fibre 3g

Wholesome Bircher Muesli

1-2 serve of fruit per serve
Preparation time: 15 - 20 minutes
Cooking time: nil
Serves 4-6
Level: Easy

1 ½ cups rolled oats
1 ¼ cups apple juice
½ cup flaked almonds, toasted
1/3 cup hazelnuts, toasted, skinned and chopped
1/4 cup raw pepita seeds
1 tsp cinnamon
1 tbsp honey
1 cup low fat Greek yoghurt
10 lychees, peeled, deseeded and halved (or mixed berries)
2 passion fruit, pulp removed

To Serve: extra seasonal fruit & low fat Greek yoghurt (optional)

1. Place the oats into a bowl and pour the apple juice over.

2. Cover with cling film and refrigerate overnight.

3. When ready remove from fridge and add the rest of the ingredients, mix until all ingredients are combined.

4. Spoon muesli into your serving bowl and dress with seasonal fruit and extra Greek yoghurt if desired.

Tip: Canned lychee can be used if fresh are out of season.

Per Serve: 1300kJ (300Cal); Protein 9g; Total Fat 15g; Saturated Fat 2g; Carbohydrate 33g; Total Sugars 17g; Sodium 40mg; Potassium 410mg; Calcium 115mg; Iron 2.2mg; Fibre 4g

Serving suggestions and garnishes are not included in recipe analysis. Energy values rounded to the nearest 10 Kilojoules and to the nearest 5 Calories. Note: Not all Sanitarium products are available in all regions. Please ring us if you would like suggestions on alternative ingredients.
So what can we do to set a positive example for our children?

**Have a healthy attitude to food.**
It’s fine to reach for chocolate from time to time (remember, dark is best) – but just keep it to small amounts and try not to emphasise consumption either.

**Have meals together as often as possible.**
Research suggests that family meals play an important role in promoting healthy dietary intake in children, especially as they get older. Research has shown teenagers who eat meals with their family consume more fruit and vegetables, are less inclined to have extreme weight control behaviours, have better psychological health and family meals may even protect against obesity.

**Limit junk food.**
Children need to know that foods with a low nutritional content are not “every day” foods. So items like soft drink, chips, pastries, lollies, cakes and biscuits are “sometimes” foods and should only be consumed on special occasions. It’s all about balance. However be careful, sometimes being too restrictive can make a “sometimes” food even more desirable.

**Lead by example.**
By enjoying lots of healthy foods – fruit, vegetables, wholegrains, low fat dairy, soy, nuts, seeds and legumes - ourselves, we can teach our children how to put good food into their growing bodies, and that they’ll feel all the better for it!

It’s often said that children follow the example set by their parents and a UK study has found this may even be the case when it comes to emotional eating.

Emotional eating is defined as “eating in response to a range of negative emotions, or to cope with a negative effect”, and occurs even if we aren’t hungry. In adults, emotional eating is associated with a higher body mass index (BMI).

UK researchers recently explored emotional eating among a group of children and their parents. To monitor emotional responses, they induced a negative emotion among the children by asking them to complete a puzzle with a missing piece. They concluded that children of parents, who rated themselves as emotional eaters, ate more calories from chocolate when exposed to a negative emotion.

These findings suggest that if parents use foods for emotional regulation, their children are more likely to do the same and as a result have a higher consumption of sweet or fatty foods.
The latest on garlic

Garlic is a member of the Allium family, which includes onions, leeks, shallots and chives. It was originally cultivated in Egypt, India and China and is now found all over the world.

Nutritional powerhouse

Garlic is a source of manganese, vitamin B6, vitamin C and selenium. It is also rich in a variety of powerful antioxidants. A recent study suggested that women who consume a diet high in vegetables from the Allium family may have lower levels of hip osteoarthritis and can lower cholesterol and decrease risk of colon and stomach cancer.

If you’re considering taking garlic supplements, discuss it with a doctor or qualified health professional first. High doses of garlic supplements may interfere with some medications.

Storage and Use

If buying garlic choose bulbs that are plump and feel firm. Store in a container with good airflow, in a cool, dry place. Alternatively the cloves can be peeled and stored in the freezer or with oil in the refrigerator.

Garlic has a multitude of uses in the kitchen. Its sweet flavour means you can roast it, sauté it or simply crush it. Roasted garlic is especially delicious spread over bread or used in dips.

I’ve heard that using honey instead of refined sugar in recipes makes them healthier, is this true?

Both honey and sugar (including white, raw and brown sugars) are forms of carbohydrate and provide us with energy.

Our brain requires energy in the form of carbohydrate each day. While honey and sugar are great sources of carbohydrate, they are both lacking in other essential nutrients. A better source of carbohydrates for your brain and body are foods such as fruit, vegetables and wholegrains, which also provide vitamins, minerals and fibre.

You may have heard that honey has a lower glycemic index (GI)* than sugar and this is true for some varieties of honey. Pure floral Australian honeys have been found to have a low GI (below 55). The reason for the lower GI is not yet clear and additional testing is required. Early explanations suggest that pure floral honey may contain active components that slow down the absorption of carbohydrate. These active components also give honey like red gum, iron bark or yellow box varieties their characteristic flavours and aromas.

Due to honey being less processed than sugar it is considered more natural, which may result in honey being more desirable to some people. Honey also has a sweeter taste than sugar so less is required for an equally sweetening effect compared to sugar in recipes. However, limiting intake of both honey and sugar is sensible.

*Glycemic index (GI) is a measure of how quickly a food containing carbohydrate affects our blood glucose levels.
Delightful Food!

Enjoy the goodness of meat-free dining with the Vegie Delights range of protein delivering meals.

Most of them also contain added iron, zinc and vitamin B12! The tasty and versatile range of chilled, frozen or canned Sanitarium Vegie Delights allow you to be creative when planning and cooking meat-free meals and inspire you to add something new and different to the menu every day. Good for you and the environment, try our delicious recipe ideas!

Go to www.vegiedelights.com.au for more information.

Simple, Tasty, Good

Planted-based recipes your family will love and that can turn your health around.

Apricot & Passionfruit Custard Tartlets

Filo cups:
3 sheets filo pastry
1 tbsp oil or oil spray

Filling:
1 cup custard (1 cup nondairy milk, 1/2 tbsp custard powder, 2 tsp sugar)
grated rind of one orange
425g can apricots in juice
passionfruit pulp

1. Preheat oven to 200°C.
2. Brush half of one sheet of filo with oil and fold sheet in half. Repeat with other sheets. Cut each sheet into four squares. Line greased jumbo muffin tins using two squares of pastry for each tartlet.
3. Bake for 5 minutes until lightly golden. Allow to cool. These will keep in an airtight container for several days.
4. Combine custard and orange rind. Fill filo cups with custard. Arrange apricot halves on top and drizzle with passionfruit pulp. Serves 6

Per Serve:
Energy 402 kJ (96 Cal); Protein 3g (11%); Carbohydrates 13g (58%); Sugars 9g; Fat 3g (31%); Fibre 2g; Sodium 86mg; Calcium 22mg.

Available from ABC’s bookshops or order online at www.simpletastygood.com

ONLY $29.95 AUS ($29.99NZ)
The Sanitarium Nutrition Service is a free community initiative that has been offered by the Sanitarium Health Food Company for the past 23 years. We are a team of qualified nutritionists and dietitians who work together to help people enjoy the benefits of healthy food and a healthy lifestyle. We would like to help answer any questions you may have on health and nutrition. Whether it’s nutrition advice for you or your family or for delicious healthy recipes, just give us a call or contact us via our website:
www.sanitarium.com.au
freecall 1800 673 392.
We look forward to hearing from you.

If you would like a copy of any of the references for the articles featured in this newsletter, please feel free to contact the Sanitarium Nutrition Service.

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The information contained in this leaflet is correct at the time of publication with every effort made to ensure that it follows the latest nutrition guidelines. It should not be taken in substitution for medical advice or professional diagnosis. Please consult your dietitian or doctor for advice on your personal dietary requirements or in relation to any individual health circumstances.