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good food news

Helping you to maximise your wellbeing

Inside

Why a healthy weight matters, family mealtimes & tips for supporting the weight loss journey...
You only have to open a magazine, or switch on a TV, to see that weight loss is a big issue in Australia and New Zealand.

Unfortunately much of the media attention is on “quick-fix” solutions or unreasonably thin stars and their weekly diet regimes. When many of us think about weight loss, we focus on looking good and living healthy.

In the spring edition of Good Food News, we’re examining the importance of a healthy weight and the real reasons why maintaining a healthy weight matters.

This issue includes practical information for supporting a weight loss journey (page 12) and from Sanctuary Health and Wellbeing Village Exercise Physiologist, Michael Marthick, top tips for physical activity to promote weight loss (page 10).

As always, we’ve also got some healthy and delicious recipes to help celebrate the return of warmer weather and scrumptious spring produce. We hope you enjoy our latest issue of Good Food News!

Happy Reading!

The Good Food News team
What is a healthy weight?
If you regularly exercise, around 30 minutes a day, and eat a healthy diet rich in plant based foods such as vegetables, legumes, fruit and wholegrains, the chances are you will be a healthy weight.

But not all of us can put our hand on our heart and honestly admit that we get it right all of the time. So how do you know when a few extra, or a few less, kilos have tipped the scales too far?

If you have any concerns at all about your weight speaking to your doctor or a dietitian is important.

As a rough gauge on whether you are a healthy weight, you can also calculate your body mass index (or BMI). This is a measure of a person’s weight (in kilograms) divided by the square of his or her height (in metres). While values can differ for certain ethnic groups, generally a BMI of:

- **Over 30** classifies someone as obese,
- **25 and over** as overweight,
- **25 - 18.5** as a healthy weight, and
- **Less than 18.5** as underweight.

Your BMI should only be used as a guide, as it is not always an accurate measure. BMI does not take into account how much weight is muscle, and as such, an elite athlete may be wrongly classed as overweight due to a heavier weight from muscle.

BMI also fails to measure the impact of where fat is distributed, which is particularly dangerous when it is around your middle. Research has shown people with significant visceral fat, or belly fat, are at a greater risk of suffering from heart disease, diabetes and hypertension.

We live in a world of conflicting messages. On one hand, we are being told there is no longer the social pressure to be skinny and that curves are to be celebrated, while on the other hand, we are being warned of the risks of being too big.

Against the many contradictions surrounding the perfect body shape, the diet market continues to grow with more and more “lite” and “low fat” products on supermarket shelves and an ever-increasing number of weight loss programs for both women and men.

The reality is while looking good may be big business, maintaining a good weight range should be about your health and wellbeing.

A healthy weight can decrease your risk of diabetes, heart disease and certain types of cancer. A healthy weight is a sign that your body is getting the nutrition it needs, not too much and not too little, helping you live life to the fullest.

Unfortunately for many Australians weight is a problem. The ‘Australia’s Health 2010’ Report states that rates of overweight and obesity continue to rise.

In 2007-08, 3 in 5 adults (61%) and 1 in 4 children (25%) were either overweight or obese.

Overweight and obesity are defined as “abnormal or excessive fat accumulation that presents a risk to health”, and are “major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer.”

So, what is a healthy weight? How do you know if you are a healthy weight? And how does weight impact your health?
How does my weight impact my health?
Maintaining a healthy weight is a key factor to your overall wellbeing.

Being overweight or underweight places you at a higher risk of “lifestyle” diseases such as diabetes and heart disease.

There’s such a significant correlation between good weight and good health that the World Health Association ranks overweight and obesity as the fifth leading risk for global deaths. WHO attributes overweight and obesity to increasing the incidence of diabetes, ischaemic heart disease (reduced blood supply to the heart) and certain cancers.

In line with this, the rise in the number of Australians that are overweight or obese has also resulted in a rapid increase in “lifestyle” diseases in Australia. The incidence of diabetes has trebled in the past two decades, with more than 800,000 Australians now diabetic.

While there’s significant community and media attention on the issue of obesity, being underweight can also place your health in jeopardy. Not getting enough food, and therefore nutrients for health and wellbeing, can lead to osteoporosis, anaemia, as well as general lack of energy and vitality. While rapid weight loss can lead to acute nutritional deficiencies, as well as muscle wasting. Being severely underweight can sometimes be linked to eating disorders, which are life threatening and generally require psychological treatment. It's just as important to speak to the doctor if you are underweight and especially if you are struggling with eating.

While changing our perceptions is easier said than done, there are a number of ways to help cultivate a healthy body image. The first step is to talk with your doctor or dietitian about what a healthy weight is for you. We all have a unique set of genetic factors which influence our healthy weight range and learning what a realistic and healthy weight is the first step in building a healthy body image.

For more information on a healthy weight visit www.healthyactive.gov.au

The right Image

We’ve all been shopping, seen a piece of clothing and thought “who on earth would wear that?!” And while that particularly hideous hat may not be your cup of tea, the person who would proudly don this headwear probably looks at your clothes and thinks exactly the same thing. The items themselves don’t change, but we all see them in different ways and these differences in perception can extend beyond our clothes to everything around us, including what’s holding our clothes in place.

Body image is how we perceive, think and feel about our bodies.

It’s influenced by a number of factors and can have no bearing what-so-ever on our actual appearance.

Often we are our own harshest critic. So it’s not surprising to learn that nearly half of all normal-weight women overestimate their size and shape, and about a quarter of normal-weight men believe themselves to be fat. This kind of unrealistic body image drives poor self esteem and can become a serious problem if it leads to harmful behaviours such as crash dieting or overexercise.
Sweet Corn and Potato Soup

**Sweet Corn and Potato Soup**

**Preparation time:** 10 minutes  
**Cooking time:** 30 minutes  
**Serves:** 6  
**Level:** ☄️

1. Heat the oil in a large heavy-based saucepan over a moderate heat. Sauté the leek for 3 minutes or until just beginning to soften. Add the potato, corn kernels, water and stock cubes, bring to the boil.

2. Simmer the soup covered for 20 minutes or until the potato is just beginning to break down. Add the soy milk and warm through, don’t allow to boil.

3. Using a food processor or hand blender, blend half the soup mixture. Return blended mixture to saucepan and stir. Serve the soup warm with a sprinkle of the parsley.

**Per Serve:** 770 kilojoules (180 calories); Protein 6g; Fat 4g; Saturated Fat 1g; Carbohydrate 27g; Total Sugars 9g; Potassium 625mg; Calcium 13mg; Iron 2.5mg; Fibre 6g.

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Leek, Pea and Lime Linguine

**Leek, Pea and Lime Linguine**

**Preparation time:** 8 minutes  
**Cooking time:** 10 minutes  
**Serves:** 4  
**Level:** ☄️

1. Cook the linguine in plenty of salted boiling water according to packet directions.

2. Cook peas according to packet instructions. Puree 1 cup of peas with ½ cup vegetable stock in a blender or food processor.

3. Heat oil in a frypan, sauté the garlic and leeks for 2-3 minutes, stirring occasionally, until they are tender. Add remaining vegetable stock, cook for a further 3 minutes, then add pea puree and remaining whole peas. Stir to combine. Remove from heat. Add lemon juice and mint. Drain pasta and toss through mix. Serve with extra mint for garnish.

**Per Serve:** 860 kilojoules (205 calories). Protein 3g. Total Fat 7g. Saturated Fat 2g. Carbohydrate 30g. Total Sugars 22g. Sodium 60mg. Potassium 300mg. Calcium 20mg. Iron 1mg. Fibre 5g.

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Raspberry and Banana Crumble

**Raspberry and Banana Crumble**

**Preparation time:** 15 minutes  
**Cooking time:** 30 minutes  
**Serves:** 6  
**Level:** ☄️

1. Put banana and raspberries in ½ cup ramekins. Drizzle with honey.

2. In a separate bowl, rub margarine into flour. Mix in coconut, oats, sugar and cinnamon. Scatter crumble over fruit.

3. Bake in a moderate oven, 180°C, for 25-30 minutes or until golden. Serve with So Good Vanilla Bliss frozen dessert.

**Per Serve:** 880 kilojoules (205 calories). Protein 3g; Total Fat 7g; Saturated Fat 2g; Carbohydrate 38g; Total Sugars 28g; Sodium 60mg; Potassium 300mg; Calcium 20mg; Iron 1mg; Fibre 5g.

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Tempeh and Vegetable Stir Fry

**Tempeh and Vegetable Stir Fry**

**Preparation time:** 5 minutes  
**Cooking time:** 5 minutes  
**Serves:** 4  
**Level:** ☄️

1. Heat the oil in a wok over a high heat. Add the tempeh, onion, ginger and garlic and stir fry for 3 minutes or until the tempeh begins to colour.

2. Add the mushroom sauce, carrots and broccolini. Stir fry for 2 minutes or until the vegetables are tender crisp.

3. Serve immediately with steamed brown rice and sprinkle with chopped, toasted cashews.

**Per Serve:** 770 kilojoules (180 calories); Protein 6g; Fat 4g; Saturated Fat 1g; Carbohydrate 27g; Total Sugars 2g; Sodium 255mg; Potassium 925mg; Calcium 31mg; Iron 2.6mg; Fibre 6g.

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Banana Crumble

**Banana Crumble**

**Preparation time:** 8 minutes  
**Cooking time:** 10 minutes  
**Serves:** 6  
**Level:** ☄️

1. Heat the oil in a frypan over a high heat. Add the onion, potato, corn kernels, water and stock cubes, bring to the boil.

2. Add the mushroom sauce, carrots and broccolini. Stir fry for 2 minutes or until the vegetables are tender crisp.

3. Serve immediately with steamed brown rice and sprinkle with chopped, toasted cashews.

**Per Serve:** 830kJ (200cal); Protein 14g; Total Fat 10g; Saturated Fat 1g; Carbohydrate 10g; Total Sugars 7g; Sodium 690mg; Potassium 590mg; Calcium 75mg; Iron 7.5mg; Fibre 6g.

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Lime Linguine

**Lime Linguine**

**Preparation time:** 10 minutes  
**Cooking time:** 10 minutes  
**Serves:** 4  
**Level:** ☄️

1. Put banana and raspberries in ½ cup ramekins. Drizzle with honey.

2. In a separate bowl, rub margarine into flour. Mix in coconut, oats, sugar and cinnamon. Scatter crumble over fruit.

3. Bake in a moderate oven, 180°C, for 25-30 minutes or until golden. Serve with So Good Vanilla Bliss frozen dessert.

**Per Serve:** 860 kilojoules (205 calories). Protein 3g. Total Fat 7g. Saturated Fat 2g. Carbohydrate 30g. Total Sugars 22g. Sodium 60mg. Potassium 300mg. Calcium 20mg. Iron 1mg. Fibre 5g.

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**TRY THIS**

**TRY THIS**
Move More, Weigh Less

Most people know by now that there is no magic pill to losing the five, 10 or 20 kilograms of weight they need to. To allow you to lose weight and keep it off changes need to be focused around 'lifestyle' factors - behaviours, motivations and environment.

Let’s look at some simple steps to get you started:

- Do some homework! Are you ready to make a lifestyle change? Write down your motivations, goals and rewards, barriers and solutions. Revisit them regularly.
- Track your progress. Studies show that people who do this have more success.
- Have a checkup with your GP, especially if you haven’t exercised in a while, or are over 40 years of age.
- Choose an activity/exercise you enjoy, and keep trying new things.

- Aim for 0.5–1kg loss per week, people who lose weight faster are more likely to put weight back on.
- High intensity training (e.g. interval training) is more effective at fat loss than continuous training, but may not be suitable for everybody.
- A mixture of aerobic (e.g. walking, cycling) and resistance (weight training) will usually be the most effective method.
- Start slow but build up to 3.5 hours of activity a week. This might sound like a lot, but we all should be able to manage 30 minutes of exercise a day.

For a great website to get started visit swapit.gov.au (funded by the Australian Government) or consult with your local exercise physiologist.

Don’t swallow your emotions

I drive quite a distance to work and because of this I have to fill up my car’s small petrol tank a couple of times a week. I try to plan my days so that I’m filling up when petrol’s cheapest, but my reason for filling up is always the same: if I don’t my car will stop working. I don’t go get petrol when I’m bored or feeling a bit down and having friends and family in my car doesn’t make me more likely to want to fill up.

But when it comes to eating, fuelling our bodies, this isn’t the case. We eat when we are hungry, but food also serves many other functions in our lives. It’s used for celebrations, it’s a focal point for socialising and it also holds a key place in many religious faiths. We all know how certain tastes and smells can take us instantly back to childhood, so it shouldn’t be a big surprise to learn that our emotions and eating can be linked.

Eating can be associated with both positive and negative emotions. Sometimes we eat when we’re sad, angry or stressed. Sometimes we eat when we’re just plain bored. While links between our mood and eating are something we all experience, emotional eating can become a problem if it is excessive and begins to affect our health.

If you feel emotional eating may be having a negative effect on your health, the first step is to identify when it is happening. Then have a chat with your doctor or dietitian, who can help you with strategies and resources for helping to identify emotional eating and proactive ways of managing the problem.
We are all unique individuals and the weight loss journey will be different for each of us. Here are some suggestions that we hope will give you support and encouragement in your journey.

Learn about your health:
- Identify why you want to lose weight and the risks of not losing weight
- Learning about health will help give you motivation to make changes to your lifestyle such as increasing activity or changing dietary choices.

Learn about your food:
- Read ingredient lists on food labels
- Identify foods that are high in fat, sugar and salt but low in essential nutrients. For example, high fat takeaway, soft drinks, biscuits, cakes, confectionary.

Choose mostly whole foods, including lots of plant foods:
- Such as freshly prepared vegetables, legumes, fruit, nuts, seeds and wholegrains. These foods are packed full of vitamins, minerals, phytonutrients and fibre that are essential for vitality and wellbeing.

Limit processed foods:
- Many processed foods have excess salt, fat and sugar and not enough of the essential nutrients and fibre that our bodies need.

Be active:
- 10,000 steps a day is a good start and can help with weight loss and lowering blood pressure.
- Talk with your doctor about an exercise level appropriate for you.

Be adaptable:
- We all face unexpected challenges. It’s ok to change course occasionally, but if you miss an exercise session or over indulge, make sure you get back on track and don’t give up.

Give tastebuds time to adapt:
- At first you may find foods that are lower in sugar, fat or salt to be a little bland. Give it a few weeks and you will find your tastes will change. Also look for alternate ways to add flavour such as using herbs or adding sweetness with fruit.

Write some goals:
- Choose goals around aspects of your lifestyle that you can change. See below for some suggestions of goals you could make.

Finally, keep the big picture in mind:
- Set some long-term goals. For example, make it a habit to have at least one check up with your doctor each year. Keep your own records of blood pressure, cholesterol, etc… in a notebook so you can track your progress. Achieving a healthy weight will also improve other aspects of your health, such as cholesterol and blood sugar levels. So there are a multitude of additional reasons to choose a healthy lifestyle.

Here are some suggestions of goals you could make.
- Identify why weight loss is important to you.
- Read all the food labels in your fridge and pantry – start with one or two per day or make a day of it and use the opportunity to clean out the pantry.
- Identify foods that have lots of added sugar or fat – consider what you could use instead. For example: swap high fat crackers for a wholegrain cracker, which is lower in fat.
- Try different fruits, vegetables and legumes that you may not be familiar with.
- Swap one processed food each day for an unprocessed alternative. For example, apple instead of muesli bar.
- Swap coffee and cake for a 30-40min walk with a friend.
- Try wholegrain bread for a week.
- Swap your thoughts – from this is inconvenient, to this is an opportunity.
- Aim to try salt reduced products for at least 14 days.
- Try reducing the sugar in hot drinks or leaving it out for at least 14 days.
As we get lost in the hustle bustle of life it can be difficult to get together as a family to eat meals, especially as children get older and have activities that keep them busy. However, the importance of family meal time should not be underestimated with studies showing that regularly eating meals together has many health benefits.

**Improved nutrition**
When families eat together there tends to be a higher intake of nutritious foods such as fruit, vegetables, grains and a lower intake of soft drinks.

Our kids learn by example and constant exposure to healthy eating by parents is a great start to developing lifelong habits. This is particularly relevant in children who often refuse to try new foods. Repeated exposure and seeing others eating those foods can help overcome any reluctance.

**Lower rates of overweight and obesity**
Approximately 1 in 5 children and 1 in 3 adults are overweight or obese, which can have detrimental long-term health effects such as Type 2 diabetes. Children that eat meals as part of a family unit have a reduced likelihood of becoming overweight, which is likely to be a result of improved nutrition.

**Reduced disordered eating**
Eating disorders may first become evident in teenage years and if not addressed can continue into adulthood. Lower levels of purging, binge eating and frequent dieting were seen in those that regularly eat meals with family. This has been associated with improved parent-child relationships and open lines of communication, which help foster healthy attitudes towards food and boost self-esteem.

So make sure you set the time aside. If family meal times are not already a regular event in your household why not start with one or two a week. Before long progressing to regular family meals will feel like an easy and enjoyable change to make.

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

**Simple, Tasty, Good**

**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 Adventist Book Centres or order online at [www.simpletastygood.com](http://www.simpletastygood.com)
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.