Welcome to Good Food News!

This is our favourite time of year - summer, days on the beach and time to celebrate with family and friends. But the holiday season also has its challenges and this edition of Good Food News is all about avoiding the pitfalls.

It can be easy to overindulge with the abundance of treats and our feature article looks at “mindful eating” as a way to avoid over-eating. We share some great ideas to keep kids entertained over the school holidays and offer some new approaches to stress relief, because let’s face it; the holiday time can be stressful.

We’re also kicking off 2013 with a story dedicated to helping you make those resolutions stick.

I hope you enjoy the read and from all of us at Good Food News, we wish you and your loved ones a happy and healthy start to 2013.

The Good Food News Team
From desk-draw lunches of random canned goods to dinners spent shovelling in food as we watch television – you’d have to question whether we’ve lost touch with the food we eat.

Holiday Boredom Busters
Need some fresh ideas to fill the days and keep the kids entertained during the school holidays? Here are some suggestions to bust the boredom and even create some holiday highlights for your brood.

Just Add Water
Don’t rely on feeling thirsty to remind you to drink, as by this time you are usually already dehydrated. So who are most at risk of dehydration?

Stressed? Breathe and Be Mindful
Here are two techniques to help deal with and control stress

Making Resolutions Stick
Setting goals is a great way to be proactive about your health but it does take time and commitment to truly make a change. So what can we do to help make our goals stick?

Social Butterflies
We humans are very social beings and the importance of spending time socialising should never be underestimated.
Beetroot Hummus
Beetroot Hummus is a vibrant, versatile recipe that simple to prepare and bursting with flavour. Great as a dip when entertaining or as a high fibre spread to bring a burst of flavour to your favourite sandwich or wrap!

10 mins Preparation  20 mins Cooking  easy Difficulty  6 Serves

Tomato, Feta and Basil Salad
A refreshing summer salad packed with the bold, fresh flavours of tomato and basil, perfectly offset with creamy feta and zesty lemon oil.

10 mins Preparation  0 mins Cooking  easy Difficulty  4 Serves

Lemonade
Looking for a refreshing drink to treat yourself with at the end of a long week? Then try this recipe for traditional lemonade. Bursting with the flavour of freshly squeezed lemon juice and with only half the sugar of most commercial lemonades, it’s sure to hit the spot!

5 mins Preparation  5 mins Cooking  easy Difficulty  4 Serves
Berry Coulis

Berries just might be the ultimate dessert fruit. They're high in fibre, full of antioxidants, lower in sugar than many other fruits and full of bold, refreshing flavours. This quick recipe for Berry Coulis is a great way to end your next dinner with family or friends.

10 mins
Preparation

mins
Cooking

easy
Difficulty

6
Serves

Recipe of the Week

The Sanitarium Nutrition Service has a FREE Recipe of the Week email service.

Subscribe and once a week you will receive a scrumptious plant-based recipe that's easy to whip up and is guaranteed to be a winner with family and friends. Our recipes also come with a nutrition profile and useful cooking tips.

The free Recipe of the Week email is great for solving the problem of 'what's for dinner?' and perfect for cooking inspiration. So why not join up now?

Read more...
Mindful Eating

From desk-draw lunches of random canned goods to dinners spent shovelling in food as we watch television – you’d have to question whether we’ve lost touch with the food we eat.

The problem is just as real for avid dieters that literally watch every mouthful, kilojoule counting and obsessing over portion control. It’s all eating to a routine, a plan and by doing so potentially overriding your body’s natural hunger cues.

Then there is “mindful eating”. Mindfulness is about being ‘in the moment’ and 100 per cent focused. Therefore, mindful eating uses all of your senses to consciously pay attention to each bite.

As you grab a mouthful of salad, stop to notice the crunch of an almond, the acidity of lemon juice, the creamy softness of goat cheese, and the velvety red colour of beetroot. Think about the benefits for your body and at the end of each morsel put down fork and tap into your feelings of hunger.

Mindful eating practitioners advocate only eating when you are hungry and not because it’s a traditional mealtime. Once you feel full, stop eating. Even if that means you are leaving four mouthfuls on your plate and going against everything you have been taught.

If you think it’s time to tune back into your hunger cues, here are a few tips on how to eat mindfully:

**Only eat when hungry** - before you open the fridge, or the pantry, ask yourself am I really hungry. You may be bored. Find an activity to distract you from your thoughts of food and see if your need for food is diminished.

**Ensure you are not thirsty** - if you are feeling hungry and you have just eaten, try a glass or two of water, as the feeling of thirst may be mistaken for hunger.

**Eat without distractions** - if you eat while you are watching television or working on the computer, studies have shown you may end up eating more than if you were at the dinner table.

**Chew slowly** - put your fork down in between bites and appreciate each mouthful, try to make the meal last 20 minutes.

**Use your senses** - look at the food’s colour and shape; smell the aroma; take time to savour the texture and taste of each mouthful; listen as you crunch. It’s all about satisfaction. If you eat fast and don’t pay attention, you can be left feeling full but unsatisfied. This means you’re more likely to be quickly on the hunt for another food fix.

**Eat well** - choose foods that you enjoy and are nourishing for your body.

**Keep an open mind** - a key part of being mindful is not passing judgment, so take note of your responses to food, whether you like or dislike something, without criticising yourself.

**Give your brain time to register you have eaten** - if immediately after eating a meal you still feel hungry, wait for 20 minutes before you open the fridge, or the pantry, ask yourself am I really hungry. You may be bored. Find an activity to distract you from your thoughts of food and see if your need for food is diminished.

**Hunger cues** - stop eating when you are full. Sounds simple, but many of us continue to eat to empty the plate, even though we’ve started to feel full. To help tune back in to your hunger cues, stop at several stages during the meal and ask yourself… still hungry?

**Everyone’s unique** - the size of each meal and the number of times you eat each day is very individual and depends on your body size and activity level. The one key point is to listen to your body.

**Avoid excessive hunger** - eat before you are starving, as this will increase your chance of over-eating.

**Beware of mindless eating triggers** - if you are an emotional-eater, acknowledge it and try to identify your feelings and deal with them without resorting to food to give you comfort.

Remember, food is to be enjoyed, learn to eat slowly and enjoy the taste and texture of every mouthful.

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Holiday Boredom Busters

Need some fresh ideas to fill the days and keep the kids entertained during the school holidays? Here are some suggestions to bust the boredom and even create some holiday highlights for your brood.

High-tech scavenger hunts
Geocaching is the latest way for modern pirates or super-sleuths to treasure hunt. It involves using a GPS to locate “treasure hidden by other “geocachers”. To play, you use a geocaching website to select a cache or treasure you’d like to find. The website will list a description, some map coordinates and possibly cryptic clues for locating the virtual loot. If you have a GPS this can be a great way to get out for the day and explore in your very own suburb. If not, the good old-fashioned backyard treasure hunt is a big winner. Get friends and neighbours involved and write clues to treasures hidden in the backyard, the beach or at a park.

Backyard camping trip
Make a school holiday sleepover extra special by turning it into a backyard camping trip. Dust off the tent and set up camp on the lawn. Don’t forget the stargazing and ghost stories.

Fabulous freebies
Jump online and spend five minutes googling activities in your local area and you’ll be amazed at the fantastic free or inexpensive activities available for children during the holidays. From art classes at your city’s art gallery, to dinosaur hunts in the botanic gardens, plays and craft at your local library, and for those budding astronauts soar to the stars at your local observatory. Lots of fun and the kids may learn something too! It’s worth googling soon as these fantastic, cheap activities are popular and sometime require booking.

Bake-off
Baking is a great way to get kids interested in cooking. Finding recipes, checking off ingredients, decorating, washing up and eating the results all adds up to a great way to fill in a day. You could even create your own MasterChef Mystery Box full of goodies to decorate your baking treats.

Star in a movie
Capturing those special holiday moments is now easy with most mobile phones, iPods, tablets, and cameras all taking good quality video footage. Get the kids involved and turn the memories into movies. Even if you only get small amounts of footage, it can be easily edited and added to other footage in programs such as Windows Movie Maker or iMovie. Holiday movie making could become a major project if the kids decide to write a script and star in the movie themselves, or they could even get creative using their favourite toys as actors.

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Just Add Water

Don’t rely on feeling thirsty to remind you to drink, as by this time you are usually already dehydrated.

Every cell in your body requires water to function and maintaining a good level of hydration is essential for your health and wellbeing. Water is required to help regulate basic body functions such as blood pressure, body temperature and digestion. It also boosts mental and physical performance, balances mood, decreases risk of developing kidney stones, prevents constipation and increases milk production in breastfeeding mums.

The easiest test to ensure you are hydrated is to well…check your wee. You’ll know if you have drunk sufficient water if your urine is pale.

So who are most at risk of dehydration?

Children – Kids often get busy and forget to drink and may be running around lots so need to replace their fluid levels. We can encourage them to drink water instead of sugary drinks by:

• A colourful drink bottle or swirly straw will encourage them to drink water.
• Popping a few ice cubes in their drink will also keep them interested. Try freezing pieces of their favourite fruit, such as strawberries, into ice cubes.

The elderly – as people age their sensitivity to thirst becomes less acute, they are slower to respond to changes in environmental temperature and tend to eat and drink less. This combination puts the elderly at great risk of dehydration.

• To help make drinking convenient – have a sipper bottle on hand
• Make the water more appealing with a slice of lemon or lime to flavour water.

The sick – in particular those with an illness such as fever, vomiting and diarrhoea.

• Use ice blocks to increase fluid intakes in unwell children.
• If you or your family are suffering from gastric illness it is advisable to discuss fluid and electrolyte replenishment with your doctor.

Athletes and those working in a hot humid environment – increased sweating, and therefore fluid loss, requires increased water intake.

• Stick to the rule of drinking water before, during and after physical activity.
• Consider using a sports drink when training for intervals longer than an hour, to replenish both fluid and electrolyte levels.
• When working in a humid environment ensure you have a water bottle with you and make a point of having a few mouthfuls every 15 minutes. Take time on your breaks to have a large drink and consider having sports drinks if you are sweating quite a lot.

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Stressed? Breathe and Be Mindful

Can you relate to Mark Twain’s comment, “I have known a great many troubles, but most of them have never happened”?

Stress is such a large part of life, for better and worse. Chronic high levels of stress can slow your metabolism, raise your blood pressure, make wounds slower to heal, and if that’s not enough, possibly damage your brain.

Here are two techniques to help deal with and control stress:

**Breathing**
Focused breathing exercises have been proven to improve your body’s ability to handle stress. Diaphragmatic (or belly) breathing involves pushing your belly button out while breathing in, and allowing your stomach to return to normal while breathing out. Breathing in for 4 seconds, and then slowly out for 10. Repeat for 5 minutes before bed, or before a predicted stressful event in your day. The free smart-phone application ‘my calm beat’ may be useful.

**Practice Mindfulness**
This is an easy, but powerful, way to centre yourself and connect with what is around you. Try the ‘five things’ strategy. Think five things you can see (like a desk, computer), then five things that you can feel (like the weight of your arm on the desk, foot touching the floor) and finally five things you can hear (like the air-conditioning, people chatting). The trick now is to try and tick all 15 things together!
Making Resolutions Stick
As a new year rolls around again inevitably we'll haphazardly make a few resolutions. Lose weight, quit smoking, start exercising and make more time for me. Common resolutions and all great changes, but how many of you have honestly stuck it out for 3 months, six months or a year?

Setting goals is a great way to be proactive about your health but it does take time and commitment to truly make a change. Whatever your goal, change is hard, and more often than not there will be stumbles along the way. So what creates long term change? And how can you make this year's goals stick?

Dream big, think small - audacious goals are compelling and inspire not only you, but also others around you. However, it's important to remember it will take small steps to achieve your ultimate goal. Too much change at one time can be overwhelming and unsustainable.

Understand why - boost your chance at success by thinking about what truly motivates you. Knowing this will increase you inspiration and help combat negative thoughts.

Commit - make yourself accountable by writing your goals down and telling friends and family. Even posting your goal on Facebook can help keep you on track and a few “likes” always helps to keep the motivation up.

Dust yourself off and try again - any time you fail to make a change, consider it a step closer to your goal. Learn from the experience and try a new strategy.

Remember, it takes time for new habits to become automatic. In the meantime, celebrate the positive changes you notice in the short term. While New Year’s Day is traditionally the time for resolutions, you can start making changes any day of the year, so why not today?

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Social Butterflies

Let's face it, we all get lazy and sometimes truly too busy to spend as much time as we like with family and friends. But the e out of a quick text or facebook message, rather than catching up in person, could actually be bad for your health.

We humans are very social beings and the importance of spending time socialising should never be underestimated.

Science shows socialising improves our mental and physical health. Interacting with others on a regular basis can decrease risk of feeling lonely and depressed. It also can stimulate your brain and has been linked to a reduced risk of Alzheimer's.

Socialising is also good for your heart emotionally and physically. It's been shown to lower blood pressure and potentially les your risk of cardiovascular disease.

So make time in the diary. Summer is full of great reasons to catch up with friends and family and the warmer weather gives more opportunity to make a day of it and get out and about with them. Remember you are not only spending time doing som you enjoy, you are actually improving your health.

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Beetroot Hummus

- 10 minutes preparation
- 20 minutes cooking
- easy difficulty
- 6 serves

- 2 beetroot, trimmed, washed and halved
- 1 ½ cup canned chickpeas, drained and rinse
- 3 tablespoons tahini paste
- 2 cloves garlic, peeled
- 3 tablespoons lemon juice
- 2 tablespoons vegetable stock
- 3 drops tobasco sauce

1. Microwave beetroot on HIGH for 10-15 minutes or until tender. Slip the beets out of their skin and roughly chop.

2. Place beetroot and all of the other ingredients in a food processor and process until smooth.

3. Serve as a dip with toasted pita or Turkish bread and fresh vegetables. Serves 6 as a starter.

1. Tahini paste is commonly used in Middle Eastern cookery and is made from ground sesame seeds. You can purchase tahini paste in the health food section of the supermarket. This paste is commonly used in salad dressings, marinades, some cakes and is part of many Lebanese dips (for example, hummus and baba ghannouj).

2. This hummus recipe is also delicious made without the beetroot. You may find that you need to add another tablespoon or so of vegetable stock until the desired consistency is achieved.

3. When choosing fresh beetroot, select those that are firm and smooth. Smaller beets are generally tender. When storing, remove the leaves and most of the stem and refrigerate, unwashed in a plastic bag for up to one week. The leaves of a beetroot can be prepared and eaten just like other green leafy vegetables.
Tomato, Feta and Basil Salad


January 25, 2013

- 10 minutes preparation
- 0 minutes cooking
- easy difficulty
- 4 serves

- 1 kilogram (7-8 large) tomatoes
- 1 red onion (medium size), finely sliced into half rings
- 50 grams feta, cubed or crumbled
- Salt and pepper to taste
- 2 tablespoons sugar
- 2 tablespoons lemon oil
- 2 handfuls fresh basil leaves

1. Cut the tomatoes into bite sized pieces. Place on a flat serving platter, and arrange red onion and feta pieces over the top.

2. Season with salt, pepper and sugar and toss lightly.

3. Drizzle over lemon oil and scatter over basil leaves to serve.
Lemonade

5 minutes preparation
5 minutes cooking
easy difficulty
4 serves

3/4 cup lemon juice, freshly squeezed
1/4 cups sugar
1.25 litres soda water
Ice cubes

1. Place lemon juice and sugar into a medium saucepan over low heat and stir until the sugar is dissolved. Simmer for 3 minutes to create a syrup. Cool in fridge.

2. To serve, pour cold lemon syrup into a large jug over ice and top with soda water. Stir the lemonade before serving. Garnish with mint leaves.

- This lemonade contains 9g of sugar per serve which is half that of most commercial lemonades.
- Try adding a some lime juice for a twist on regular lemonade.
Berry Coulis

10 minutes preparation
minutes cooking
easy difficulty
6 serves

375g packet frozen blackberries, thawed
1 tablespoon icing sugar
1 punnet fresh blueberries
1 punnet fresh strawberries, hulled and quartered
¼ cup slivered almonds, toasted

1. Puree thawed blackberries and sugar in a food processor until smooth.
2. Pour blackberry puree into a serving bowl, gently fold through blueberries and strawberries.
3. Sprinkle with slivered almonds and serve with low-fat vanilla yoghurt or ice-cream.

Serving suggestions and garnishes are not included in recipe analysis. Energy values rounded to the nearest 20 Kilojoules and to the nearest 5 Calories.

Berry Frozen Yoghurt