RecipE S
Corn, Tomato and Ricotta Fritters

Gnocchi and Pasta Sauce
We live in a strange time. As consumers, we’ve never had easier access to so much information on health and wellbeing, the answers to our curiosities and concerns are seemingly only ever a few clicks away. The strange part of this is that we can often end up more confused or concerned after seeking out information than before, because there’s so much conflicting information out there and when the topic is health there’s so much at stake.

This issue we’ve got some great articles for you on the latest in health and wellbeing, looking at the emerging science and the latest controversies, to help you navigate through the complicated world of health. As always we’ve packed in some tasty recipes and practical tips as well to help you live more!

Happy reading

Simon
Good Food News Editor
Contents

**Features**

**FOODS Vs NUTRIENTS**
Looking at the controversy surrounding saturated fat and its effect on our health.

**FACTS ON FIBRE**
The latest research surrounding the role of wholegrains in health.

**PALEO DIETS**
A new spin on an old idea? Discover what the concept of a paleo diet is.

**REMOVING ROADBLOCKS**
Becoming a nutrition detective.

**Recipes**

**MAKE YOUR MOVE**
Physical activity guidelines have doubled, so how do we meet these new targets?
Features

Recipes

HEarty Mushroom Soup

Fresh Corn, Tomato and Ricotta Fritters

Gnocchi
A traditional Italian favourite

Pasta Sauce
It seems like every day there's a new nutrition headline telling us everything we thought we knew was wrong. But why does this happen? It's pretty logical to expect that if a headline so confidently tells us one thing, that in a year's time, it's not going to tell us just as confidently that the exact opposite is true, but sometimes this is exactly what happens.

One good example of this recently happened with saturated fat. Found in high amounts in fatty meats, butter, full fat cheeses and deep fried fast foods, it's a type of fat that has a long history of being linked with high blood cholesterol and fatty deposits in the arteries. It's usually one of the first factors mentioned when people talk about how our lifestyles can contribute to the development of heart disease, one of the biggest killers in the developed world.

Does nutrition advice constantly change?

Simon Barden takes a look at some of the controversy surrounding saturated fat and its effect on our health.
Yet, just this year, the publication of a new study led to headlines like “Saturated fat not linked to heart disease”. These in turn, just days later were followed up with headlines such as “Scientists fix errors in controversial paper about saturated fats” and reports that at least one study author was not happy with the key conclusion of the paper, while another felt it was wrongly interpreted by the media.

Even before the publication of this latest paper, there has been a growing debate in the science as to whether saturated fat is a key contributor to heart disease, or whether something else, such as carbohydrate rich foods may hold more blame. One line of thinking for this is that low-fat diets for heart health have been promoted for decades now, leading to a rise in carbohydrate consumption and the creation of many low-fat food products that are also high in sugar. And during this time, there haven’t been significant reductions of heart disease at a population level.

Well the truth about nutrition advice is that despite what headlines might lead us to believe, it’s very rare that one study completely changes our understanding of nutrition. Recommendations come from a body of science, years of research that have been considered and placed in context. The truth

In the past, nutrition research focused heavily on specific nutrients, and to some degree it still does, but there is more and more research coming out that focuses on eating patterns. We eat foods, not nutrients, and we eat all kinds of them across the day. So looking at what we eat in this way can give us great practical insights into how our diet can affect our health.

So where does the science currently stand on saturated fat and health? Should we be watching the amount of saturated fat in our diets or be paying more attention to avoiding carbohydrate rich foods? Well the truth is somewhere in between.

There are many great high carbohydrate foods that can play an important part in a balanced diet. Wholegrains and legumes both contain good amounts of carbohydrate, while also being packed with fibre, as well as a range of essential vitamins and minerals. The truth is, when it comes to carbohydrates, the package they come in appears more important than the single nutrient.

Foods high in refined carbohydrates, like sugar and foods made from refined grains like white bread, are missing out on the whole package. These foods have been refined and are missing much of the fibre, vitamins and minerals found in the original grain. Such foods can be
a source of empty calories, contributing little other than energy to the diet. It’s these types of foods that are responsible for the bad rap carbohydrate rich foods have gained. Whole food sources of carbohydrate such as wholegrains, starchy vegetables, legumes and whole fruit can fit well into a healthy diet.

When it comes to saturated fat, research has linked high consumption of saturated fat to heart disease, but that does not mean that we need to avoid absolutely every speck of it in the diet. Rather than obsessing over a single nutrient, a better option is to aim for a diet packed full of healthy whole foods. Here are our top tips for doing just this:

1. **FILL THE DIET WITH FRUITS AND VEGGIES:** Research shows us that whole fruits and vegetables should form the basis of a healthy diet, as they’re packed full of vitamins, minerals and fibre. There are also thousands of varieties, so when you’re looking for variety in the diet just go exploring the fruit and vegetable aisles.

2. **CHOOSE HEALTHY WHOLEFOOD SOURCES OF FAT:** Nuts and seeds are naturally high in fat, but they’re also packed with fibre, vitamins and minerals. They generally also contain a healthy balance of fats, with foods like walnuts, flaxseeds and chia seeds being proportionately high in healthy omega 3 fatty acids and lower in saturated fat. If you eat meat, aim for lower fat options or consider fish or legumes for their healthier fat profiles.

3. **MAKE WHOLEGRAIN CHOICES:** Consumption of wholegrains has been associated with reduced overall disease risk and all-cause mortality. They’re also high in fibre, making them harder to overeat than their refined counterparts.

4. **DON’T BE SCARED OF LEGUMES:** Research has shown a 7-8% decrease in risk of death for every 20g increase in daily consumption of legumes. Beans, peas and lentils can be used all through the diet, scattered through salads, cooked in stews or curries and even made into a sandwich spread. They can also be used as a great low saturated fat option for replacing animal foods in some recipes.
Dietary fibre is known to have an important role in health, and recent research is specifically highlighting the importance of cereal fibre and its part in reducing the risk of chronic disease. Yet the important contribution of wholegrains to our dietary fibre intake is often overlooked as popularity grows for diets that are grain- and gluten-free.

The Australian Government consider an adequate intake of dietary fibre to be 25 g/day for women, and 30 g/day for men. However, an even higher fibre intake is recommended to further lower your risk of chronic disease. In Australia we seem to struggle to reach our current recommendations, so an increased intake may be an unlikely goal. The majority of the dietary fibre in our diets comes from wholegrain foods such as bread and cereals, as well as fruit and vegetables. Excluding one of these food groups from your diet will therefore greatly impact your fibre intake.
Research examining the relationship between dietary fibre consumption and the risk of type 2 diabetes, has found that individuals with a high intake of cereal fibre had a lower risk of developing type 2 diabetes. Even compared to people who obtained most of their dietary fibre from fruit and vegetables. But more importantly they noted that we need to achieve a minimum fibre intake of 25g/day before these benefits were seen. So while fruit and vegetables are an important source of fibre in our diet, the benefits of cereal fibre sourced from wholegrain foods should not be undervalued. The relationship between type 2 diabetes and heart disease has been well documented, so it is no surprise that the positive effect cereal fibre has on diabetes, is also linked to longer life expectancies in people who have survived heart attacks. A recent study that followed over 4000 heart attack survivors for nine years found that those who consumed a high-fibre diet had a 25% chance of living longer compared to those who ate a low-fibre diet. Again the key point noted from the research was that these positive survival outcomes were more strongly associated with cereal fibre rather than fibre from fruit and vegetables.

Increasing your intake of cereal fibre doesn’t require drastic changes to your diet or lifestyle. Some simple suggestions include swapping white rice for brown rice; trying different grains like quinoa or buckwheat; mixing up your breakfast routine with some muesli or porridge; and choosing wholegrain options for bread, wraps and crackers.
Fresh Corn, Tomato and Ricotta Fritters

A quick, easy and most importantly tasty recipe that’s great as a no fuss mid-week meal.

2 eggs
1 cup milk
250g fresh low fat ricotta cheese
1 cup self raising flour
½ cup self-raising wholemeal flour
1 tsp salt
1 cob corn, kernels removed & steamed
75g semi dried tomato, drained and chopped
2 tspn chopped chives
1 tspn olive oil, for cooking

To serve—rocket leaves and caramelised balsamic vinegar

PER SERVE: 1120kJ (260cal); Protein 12g; Total Fat 10g; Saturated Fat 4g; Carbohydrate 30g; Total Sugars 5g; Sodium 340mg; Potassium 540mg; Calcium 165mg; Iron 1.6mg; Fibre 4g

Tip
Canned corn kernels can replace fresh steamed corn in this recipe.
Gnocchi

A traditional Italian favourite, perfect with a light homemade pasta sauce.

1kg Desiree or Pontiac potatoes
2 eggs, lightly beaten
¼ tsp salt
¾ cup plain flour

1. Cook whole potatoes in boiling water until tender. Peel hot potatoes and put through a sieve.
2. Stir through eggs and salt. Add enough flour to form loose dough, adding more flour if needed. Transfer to a lightly floured surface and knead lightly.
3. Divide into 6 equal portions, working with one portion at a time. Roll out on floured surface to make a rope about 1.5cm thick. Cut into 1.5cm lengths. Press with fork to make indentation. Continue with remaining dough. Arrange on a floured tray.
4. Cook gnocchi in a large saucepan of boiling water in batches of 20 at a time. Cook 1-2 minutes or until gnocchi has risen to the surface. Remove with slotted spoon. Serve with homemade pasta sauce.

PER SERVE: 819kJ (196Cal); Protein 4g; Total Fat 13g; Saturated Fat 2g; Carbohydrate 14g; Total Sugars 13g; Sodium 455mg; Potassium 785mg Calcium 120mg; Iron 2.7mg; Fibre 6g.

Serve with homemade pasta sauce.
Pasta sauce

Simple and bursting with fresh flavour, this pasta sauce is great for sharing with family and friends.

4 tablespoons olive oil
½ knob garlic, peeled and crushed (approximately 8 cloves)
2.5kg fresh Roma tomatoes with skin removed, and crushed
2 cups water
1 bunch basil (40g)
1 tsp salt (optional)

1. Heat oil in a large saucepan. Add garlic and sauté for 1 minute. Add crushed tomatoes and water. Bring to boil, then reduce heat, cover and simmer for 30 minutes.

2. Remove lid, tear basil leaves and add to sauce. Simmer for a further 1 hour, with lid removed. Season with salt.


PER SERVE: 850kJ (203 Cal); Protein 4g; Total Fat 13g; Saturated Fat 2g; Carbohydrate 14g; Total Sugars 13g; Sodium 455mg; Potassium 785mg Calcium 120mg; Iron 2.7mg; Fibre 6g.

Substitute
Tomatoes not in season? Just use six 425g cans of crushed tomatoes.
Hearty mushroom soup

A hearty soup that’s bursting with flavour, perfect for warming up this winter.

2 leeks, finely sliced
2 celery stalks, chopped
1 kilo button mushrooms, roughly chopped
½ kilo assorted mushrooms (Oyster and Enoki), roughly chopped
2 tbsp olive oil
2 cloves garlic, finely chopped
2 litres salt reduced vegetable stock
½ lemon, juiced

1. With your leeks, make an incision with your knife half way through it from top to bottom, slightly open and wash thoroughly and then thinly slice.

2. Place your leeks and celery into a heavy based pot with oil and fry over a low heat until they are soft.

3. Add garlic and mushrooms into the pot with leeks and celery.

4. Add the vegetable stock, stir your ingredients. Bring everything to the boil with a lid on. Once your soup has reached this point, add the juice of half a lemon. Reduce heat and simmer for 15 minutes.

Puree soup with a blender and serve.

---

Garnish with fresh thyme

Variation

For a chunky version blend only three quarters of the soup and leave the rest of the mushrooms still intact.

---

PER SERVE: 600 kilojoules (140 calories); Protein 10g; Fat 7g; Saturated Fat 1g; Carbohydrate 6g; Total Sugars 2g; Sodium 830mg; Potassium 925mg; Calcium 30mg; Iron 0.9mg; Fibre 9g.
Did you know physical activity guidelines for Australian’s have just changed? Delena Caagbay gives her advice on meeting these new targets

Make your move

Australia’s physical activity guidelines have recently been reviewed with some significant changes—to DOUBLE the recommended amount of weekly exercise. Here in Australia, we are the first country to change the current international guidelines from 150 minutes of physical activity per week to 300 minutes. If you had a hard time exercising for 2 ½ hours a week, you might be wondering how on earth you will be able to do 5 hours a week?

Do not dismay! The new guidelines offer a realistic approach to increasing exercise and state that some physical activity is better than doing nothing. Increasing physical activity should be done gradually and can include a variety of activities that get your body moving. The 300 minutes a week should include both moderate and vigorous intensity exercise and strength training twice a week.
**WHAT IS MODERATE EXERCISE?** Exercise that noticeably increases your heart but you can easily carry on a conversation such as brisk walking, gardening, or dancing.

**WHAT IS VIGOROUS EXERCISE?** Exercise that takes substantial effort with rapid breathing and difficulty carrying on a conversation such as jogging, skipping, burpees or walking up stairs.

**WHAT IS STRENGTH TRAINING?** Resistance exercises that strengthen muscles and helps to improve posture, balance and mobility. You don’t need a gym membership, even push-ups, sit-ups and squats help to build muscle strength.

We all know how sitting for long periods can be harmful to our health. The new guidelines offer suggestions on how to reduce sitting time. At work, set an alarm to remind yourself to stand up and walk around every 20-30 minutes. At home, get up during television commercials and do sit-ups or squats. It is important to encourage children to participate in active play and sports to reduce daily screen time.

<table>
<thead>
<tr>
<th>AGE</th>
<th>SCREEN TIME RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-2</td>
<td>No electronic media</td>
</tr>
<tr>
<td>2-5</td>
<td>Less than one hour per day</td>
</tr>
<tr>
<td>5-17</td>
<td>Less than two hours per day</td>
</tr>
<tr>
<td>17+</td>
<td>Minimise the amount of prolonged sitting</td>
</tr>
</tbody>
</table>

If you have questions about increasing your physical activity, speak to an Exercise Physiologist or Physiotherapist for guidance on how to do it safely.

For more information on the Australian Physical Activity Guidelines and excellent resources for the whole family, visit the Australian Department of Health website [www.health.gov.au](http://www.health.gov.au)
PALEO DIETS

A new spin on an old idea?

The concept of a paleo diet originated in the 1970’s when gastro-enterologist Walter L Voegtlin suggested that following a diet similar to that of the Palaeolithic era would improve a person’s health. It is suggested that dietary patterns were likely centred on hunting meat and gathering vegetables, fruits, seeds and nuts. Since then the concept of a paleo diet has been adapted and promoted by a number of authors and researchers.

Without delving into the often debated assumptions underpinning paleo diets, the following types of foods are found in today’s modern paleo diet regimes.

THE MAJORITY OF PALEO DIET GUIDELINES INCLUDE:

- fruit,
- vegetables, nuts, seeds, some minimally processed vegetable oils,
- eggs, fish, seafood and grass fed meats.

IN GENERAL, THEY EXCLUDE:

- refined sugar, refined oils, salt,
- processed foods, dairy, cereal grains and legumes.

Out of the foods that are included it is assumed that paleo diets may have varied depending on geographical region, personal preferences and seasonality.

There is much debate regarding the ratio of plant vs. animal foods that

You’ve probably been hearing a lot of about Paleo diets lately in the media, but what are they?

Sharlene Mawer is here to help.
constitute a paleo diet. However, there is plenty of evidence supporting the benefits of eating mostly plant foods. Nutritious plant-based diets containing vegetables, fruits, nuts and seeds provide fibre, vitamins and minerals, anti-oxidants, and polyphenols—all of which act in a variety of ways to protect against chronic diseases such as; diabetes, heart and arterial diseases.

Some advocates of paleo diets recommend a high meat intake, but it is important to note that the type of meat recommended in a paleo diet is restricted to grass fed meat only and excludes most processed, refined meat products. By limiting meat to grass fed only and excluding processed meats some people may find that they are actually consuming less meat in proportion to plant foods than they were on a typical Western diet. A reduction in meat consumption is beneficial in light of research suggesting significant links between excessive meat consumption and health risks such as diabetes and cancer.

A positive of the paleo diet is that it discourages intake of processed foods, refined sugar and salt. All of which if consumed in excess contribute to poor health. While this is commendable, enthusiasts do tend to promote a zero tolerance attitude which can make this dietary approach difficult to follow and maintain. We believe that a good dose of common sense is required;

раниц Eating processed foods with a high sugar or salt content and otherwise poor nutrient value is not necessary.

armacy Eating processed foods with some added sugar or salt but which also contain other valuable components such as fibre, vitamins and minerals, antioxidants and polyphenols and which are not eaten to the exclusion of natural and fresh unprocessed foods is usually fine.

Of course many foods do not fit nicely into these two categories, so it is best to make choices in the context of how often they are eaten and consider your overall dietary pattern.

**Over restrictive?**

The restrictive recommendations made by paleo diet enthusiasts with regard to cereal grains and legumes are debatable. Whilst an over consumption of processed low fibre cereal grain foods, is not recommended, the zero tolerance approach is also not helpful as it excludes a whole food group of very nutritious foods which are packed full fibre, vitamins and minerals, antioxidants and polyphenols. Cereal grains are a very large food category which encompasses a wide variety of grains. When consumed as minimally processed wholegrains, research indicates many benefits, such as; improved bowel health and possibly, a reduced risk of type 2 diabetes.

Whilst paleo diets avoid legumes, these are another large food category which is beneficial to health. Legumes are an excellent source of fibre; provide protein and low glycemic carbohydrates, vitamins and minerals including folate, iron, zinc, calcium and magnesium. They are also cholesterol free and with a couple of exceptions, low in fat.

Whether you agree or disagree with the concept of a paleo diet, it stands to reason that there is no harm in being more mindful of what we eat and limiting or avoiding processed foods, refined sugar, salt and refined oils in favour of fresh whole foods, with research showing a diet packed with whole plant foods to be of particular benefit.
Becoming a nutrition detective
Sorting fact from fiction

It has never been easy to sort through the facts and fallacies about food and nutrition. Now more than ever, in a time where we have access to a plethora of information written by self-proclaimed experts at our fingertips, it is becoming essential for us to be our own evidence detectives, and seek nutrition messages based on science and fact. Whether it’s saturated fats, gluten, sugar or other hot topics, it is important to always source credible and reliable information. Be wary—generally the foods and health claims from unauthoritative figures tend to generate the most publicity. You know the ones, with witty marketing ploys, clever phrases, pseudo-science, media hype and celebrity testimonials. Discerning fact from fiction is difficult. So here are some tips on how to ensure you can really believe what you are reading:

1. Check where the information comes from? Is it based on research published in a peer-reviewed scientific journals, or has it come from a testimonial, unauthorised blog or website?

2. What are the writer’s credentials? Do they have any training or qualifications in the area they are speaking to?

3. Is the information in line with national position statements on the topic? Department of Health, National Heart Foundation, etc. are good places to start.

4. Keep clear of the “too good to be true” cure and miracle foods where one food fixes (or causes) all.

5. Check public health websites, non-government organisations (NGOs) and health professional bodies (e.g. Dietitians Association of Australia) for balanced reviewed information.

6. What does your accredited health professional have to say about it? Check with your Accredited Practising Dietitian (APD) or doctor.

AND REMEMBER—before choosing to swallow those tempting headlines make sure you chew carefully!
Sanitarium Lifestyle Medicine Services 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?

To join, just visit our website www.sanitarium.com.au/membership
SANITARIUM LIFESTYLE MEDICINE SERVICES—AUSTRALIA
ADDRESS
Locked Bag 7
Central Coast Mail Centre NSW 2252
FREECALL 1800 673 392
TELEPHONE (02) 4348 7777
FACSIMILE (02) 4348 7786
WEBSITE
www.sanitarium.com.au

SANITARIUM NUTRITION SERVICE—NEW ZEALAND
ADDRESS
Private Bag 92127
Auckland New Zealand
FREECALL 0800 100 257
TELEPHONE (09) 625 0700
FACSIMILE (09) 624 3444
WEBSITE
www.sanitarium.co.nz

SANITARIUM LIFESTYLE MEDICINE SERVICES have 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. We look forward to hearing from you.

NUTRITION GUIDE
Serving suggestions and garnishes are not included in recipe analysis. Energy values rounded to the nearest 10 Kilojoules and to the nearest 5 Calories.

If you would like a copy of any of the references for the articles featured in this newsletter, please feel free to contact the Good Food News team.
© Sanitarium, June 2014.
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.

SANITARIUM PRODUCTS
Not all Sanitarium products are available in all regions. Please ring us if you would like suggestions on alternative ingredients. This publication is not for sale.

“Our mission is to inspire and resource our community to experience happy, healthy lives.”