

# newsbites

Dietitian Zoe Wilson delivers the latest in health and food news.



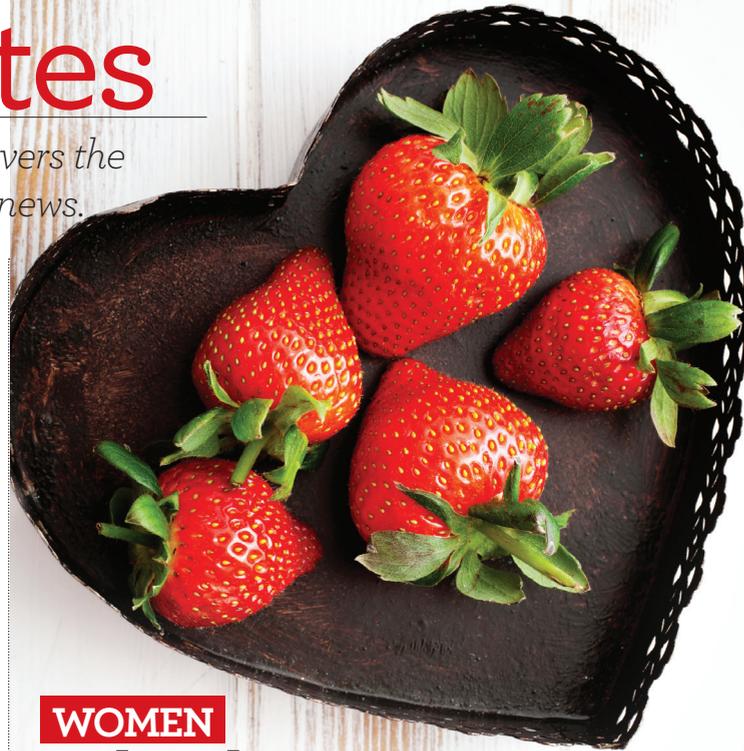
## DINE FOR A CAUSE

This month, invite family and friends over for a meal in the name of a good cause. During August, the Dine At Mine campaign is being run by Camp Quality to help raise money for kids with cancer. The idea is to ask your guests to donate the amount of money they would have spent dining out to the charity instead. Try anything from backyard BBQs to brunches or banquets. Visit [dineatmine.org.au](http://dineatmine.org.au) or call 1300 730 787 to register.



**The right balance**  
Want to help your kids to learn

about healthy eating? Food Balance makes it fun. On this new, interactive website, kids choose healthy foods from the five food groups for meals and snacks to help get Basil and Peach across the tightrope safely. The game was developed to help us understand the new Australian Dietary Guidelines. Just quietly, it's fun for adults, too! Visit [eatforhealth.gov.au/nutrition-calculators/food-balance](http://eatforhealth.gov.au/nutrition-calculators/food-balance).



## WOMEN

# take berries to heart!

Eating three or more servings of blueberries and strawberries a week could help women reduce their risk of a heart attack by up to a third, a recent study suggests. Both contain high levels of anthocyanins, a type of antioxidant which gives food its red, blue and purple colour.

It's thought these antioxidants support heart health by dilating arteries and reducing the build-up of plaque.

The researchers also believe other blue and purple foods like grapes, blackberries,

eggplant and black rice could have the same effect.

### 3 tasty ways with berries

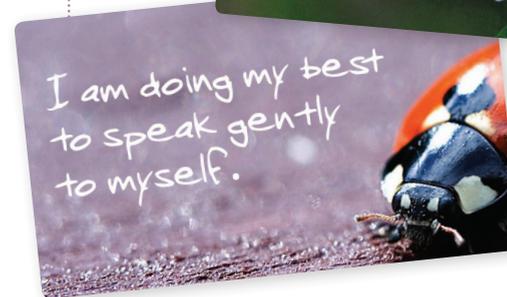
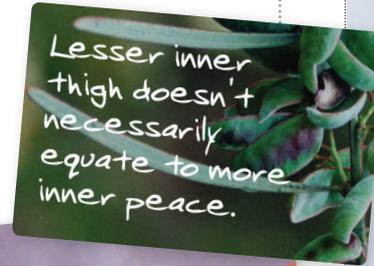
- 1 Cooked into porridge on winter mornings.
- 2 Folded through yoghurt as a snack.
- 3 Added to a rocket salad along with grilled chicken and almonds.

Strawberries are in season year-round in Australia. Blueberries are a summer fruit, but you can use the budget-friendly frozen varieties in winter.

*Circulation*, 2013 and American Heart Association

## We love...

this inspiring new app which features motivational thoughts. It's based on the best-selling book about mindful eating, *If not dieting, then what?* by Dr Rick Kausman. The biggest mouthful is the name: *If not dieting Empowerment Cards* app. Available free from iTunes (lite version) or \$4.49 (full version).



## DID YOU KNOW?

We can't actually smell sweet foods. However, we associate the smell of vanilla with sweet. That's why so many sweet foods have added vanilla – sneaky!



Q Who snacks more, men or women?

A Women! On average, women snack 3.1 times a day and men only 2.7, according to a recent survey. So, what are the top five choices overall? Fruit was number one, followed by chocolate, potato chips, biscuits, and yoghurt. The fruit and yoghurt are a positive but we're a little worried by the other three!

NPD Group, 2013



## PASTA PERFECT

Vetta's new High Fibre Pasta has double the fibre. With added oat fibre, it has a milder flavour than wholemeal pasta. Priced from \$2.14.



# newsbites

My His mates  
My His BBQ



My  
**HIS**  
SNACK



www.jacklinks.com.au



Gary Kennedy is a food technologist and leading authority on food safety.

## What part of the chicken is the nugget?

By Gary Kennedy

### Often get asked, 'what's in a chicken nugget?'

Manufacturers don't get a chicken breast and cut a neat cube out to form a nugget.

Nuggets are a handy way for companies to use up their leftovers - it may be meat that is accidentally cut during processing, dark coloured or bruised. It may be skin, after all, we do eat the skin. Or, it could be from hens that were egg layers, with the meat too tough to sell as chicken portions. All of this meat is safe to eat; it just doesn't look perfect.

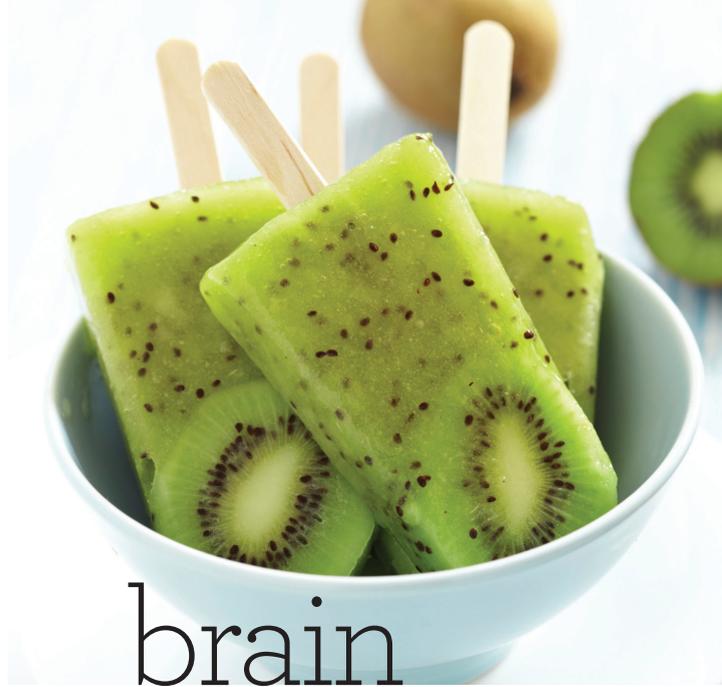
After chicken, the next ingredient by volume is water. This makes the nuggets juicy and tender and bulks them out, cutting costs. To bind the minced chicken and water together takes a number of additives.

This is why the ingredient list includes names like mineral salts, gluten, soy lecithin and maltodextrin. Then, for flavour, there will be salt, pepper, herbs and spices.

That crispy coating is mainly flour and starch. It may also contain yellow colouring, yeast and gluten or soy protein to bind it together.

Usually, it's then fried in vegetable oil to cook before getting frozen for packaging.

**TIP** The manufacturer must legally declare the percentage of chicken on the pack. Look for those that have the highest percentage of chicken for your best option.



## brain FREEZE!

We all know the shooting head pain you get when you down an icy-cold drink too quickly, or eat ice-cream too fast. But what actually causes the dreaded 'brain freeze'? The scientific term is *sphenopalatine ganglioneuralgia* (say what now?!). It happens because the cold food changes the temperature in your throat and mouth, resulting in your brain getting a burst of cold blood. That mini-headache is actually your body's way of putting the brakes on your drinking to keep your brain happy. Stone Hearth News, 2013

### Take stock!

Great news - there's now a no-added-salt stock available. It's even healthier than reduced-salt varieties, which is great for anyone who has high blood pressure. Look for Campbell's Real Stock no-added-salt chicken and beef flavours. From \$2.46.



### BEAN SEASON!

Warm up this winter with these healthy new bean products.



**SPC salt-reduced baked beans 220g tin.** Now you can have salt-reduced beans in the ease of a smaller tin, great for desk drawers. RRP \$1.42 each.

### Heinz snap pots

are packaged like yoghurt so you can easily pop them into your lunch box and not have to worry about opening a tin. From \$4.93.



### Heinz beans of the day

are a fun new way to enjoy beans. There are tasty flavours like chunky tomato and onion and fiery Mexican. From \$3.75.



### Blood-type diets debunked?

Heard the theory that eating for your blood type improves your health or helps you lose weight? A recent review published in the *American Journal of Clinical Nutrition* found there is no quality scientific evidence to support this approach. We say eating a healthy, balanced diet is a better way to go - and that's proven!



# news**bites**



## LADS don't be a skipper

There's more evidence that skipping brekkie is a no-no for your waist, says research presented at the recent Heart Foundation Conference in Adelaide. In a five-year study, men who skipped breakfast gained about 3kg more weight than those who didn't. This is just another reason to make time for a bit of brekkie in the morning.

# 35%

of adults' and 41% of kids' kilojoule intake is from 'extra' foods (the not-so-healthy treat foods we shouldn't eat every day). Apple, anyone?

Australian Dietary Guidelines, 2013



## HEY BONY!

Healthy  
Bones Week  
4-10 August

National Healthy Bones Week focuses on the important role calcium-rich foods (such as dairy) have in the growth and maintenance of healthy bones, and the prevention of osteoporosis later in life. Are you getting enough calcium?

Find out with the fun calcium planner at [healthybones.com.au](http://healthybones.com.au). It shows how much you need for your age, and helps you build a daily

food plan to get the right amount.

So, if you need 1000mg calcium each day (the recommended amount for 19-50 year-old women), the planner shows it's as easy as:

- 200g tub plain low-fat yoghurt,
- Regular skim flat white *and*
- A salad or sandwich with 2 slices of cheddar cheese and a hard-boiled egg

## EGG SEPARATION MADE EASY!

Struggle to separate your egg whites from the yolks? Say hello to the new **YolkOut** from YOLKR. It uses suction to separate egg yolks from whites with no fuss. Available in four colours. RRP \$16.95, for stockists visit [zimba.com.au](http://zimba.com.au).

