

newsbites

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

HOT CHOCOLATE

Scientists at Cadbury in the UK have created a chocolate bar that doesn't melt, even when exposed to 40°C heat for up to three hours. Good news for those who need their choc fix – even on the hottest days.

WALKING ON SUNSHINE

We know vitamin D is essential for bone and muscle health, but the latest news shows that getting enough helps you in other surprising ways, too.

1 **D for your teeth**

Vitamin D deficiency could be affecting your teeth. A large review found kids who had adequate vitamin D levels were 50 per cent less likely to suffer tooth decay. Source: *Nutrition Reviews*, 2012

2 **Heart disease protection**

People with diabetes who get enough vitamin D may be less likely to have atherosclerosis (an accumulation of fat in your arteries), a small study found. Reducing atherosclerosis may in turn reduce the risk of heart attack and stroke.

Source: *Journal of Biological Chemistry*, 2012

3 **Slowing down cancer cells**

Vitamin D may help stop cells from becoming cancerous, new research found. The theory is vitamin D has an effect on a particular part of the cell growth cycle.

Source: *Proceedings of the National Academy of Sciences*, 2012

While you can get vitamin D in some foods (e.g. dairy and oily fish) the best source is the sun.

Cancer Council Australia recommends a few minutes of exposure to sunlight on your face, arms and hands before 10am and after 3pm most days of the week in summer to get enough.

It's cool to be green

Want more cooking kudos? A study has found women who served kale, broccoli or spinach with a meal were perceived as being better cooks. They were also rated as more thoughtful and attentive. What more motivation do you need?!

Source: *Journal of Public Health Nutrition*, 2012

1 in 5

The number of mobile phone users who use a wellness app. Are you on board? If you've got a smartphone why not try Calorie King (a food database), MapMyWalk (a walking tracker) and Sleep Cycle (a sleep monitor).

TIME FOR A SNACK?

The more people snack, the healthier their eating may be, a new study suggests. But don't reach for the chips – the snacks that healthy eaters are choosing? Good ol' fruit, yoghurt and muesli bars.

Food for thought?

Source: The NPD Group, 2012

Grapefruit gripes

Taking medication? There's been a rise in prescription drugs on the market that may interact with grapefruit and possibly cause adverse side effects. These include statins to lower cholesterol, oxycodone for pain and certain anti-depressants. Seville oranges, limes and pomelos can also have the same effect. So, if you're a lover of tart fruit, make sure you speak with your pharmacist or GP. Source: *CMAJ*, 2012

specialdiets

Latest research and advice for those on special diets.



55%

The number of children who outgrew their egg allergy by the age of seven, according to a new study. In fact, egg allergy is the most common of all food allergies to outgrow. So, if your child is allergic make sure to check in with your specialist. And, visit the special diets section at healthyfoodguide.com.au for more ideas and advice.

Source: ACAAI Annual Scientific Meeting, 2012

Gluten-free goodie



If you need to avoid gluten, there's a brand new range of gluten-free bread and rolls in town. PureBred has half the fat and three

times the fibre of leading gluten-free breads, but still tastes like the real deal. RRP \$5.00 from Coles.

familyhealth

Science and news to boost your family's wellbeing.



What would Batman eat?

Battling with your child over whether they should choose the fries or apple slices in a restaurant? Simply asking 'What would Batman eat?' may be the answer. This quick question increased the amount of children who went for the apple (rather than the fries) from 9.1 per cent to 45.5 per cent! So, next time you're locked in a battle of food choices, try putting out the bat signal.

Source: *Journal of Consumer Research*, 2012



MILK IT

A milk drinking habit during childhood could lead to lifelong benefits. A new study found drinking a glass of milk a day as a child led to around 5 per cent faster walking time and 25 per cent lower chance of poor balance in older age, compared to those who drank none. Decades of research support the bone-building benefits of milk, but this is the first study to suggest a physical benefit that can last a lifetime.

Source: *Age & Aging*, 2012



30 minutes a day...

... three times a week is the amount of exercise that can cut dementia risk by 40 per cent in people over 60. This is compared to people who don't exercise regularly. Try swimming, walking or dancing to help keep your mind sharp. Source: *Stroke*, 2012

School Friendly Nut Free

Sweet William

NEW SOFT FORMULA



25% LESS SUGAR

- ✓ Gluten free
- ✓ Low GI
- ✓ Dairy Free

IDEAL FOR LUNCH BOXES



Mini Scooby-Doo Rice Cracker chocolates individually wrapped

Also Available from Woolworths

Available from selected IGA supermarkets & health food stores.

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Coming up

- school
- work
- weekend
- party
- movies
- holiday

Shopping list

cobs 10 pack



Get Cobsmacked anytime, anywhere with our new 10 pack Natural range gluten free popcorn snack packs.

Now available at Coles, independent supermarkets and all good food stores.

cobs

www.cobspopcorn.com.au

saveit

Helping you save money, your health and the environment.



DID YOU KNOW?

In Australia an incredible 3.2 million tonnes of food goes to landfill annually. This makes it the country's second-largest source of the greenhouse gas methane. So what can you do?

Compost it!

Some food waste is unavoidable (think vegie peelings) but you can still put these scraps to good use! Try setting up a compost bin or worm farm (or, even feed it to the pets if you can!). Small changes like these will keep food waste out of landfills, reducing the environmental impact. Check out lovefoodhatewaste.com.au for more handy ideas.

Make me mushies!

The Fungi Culture mushroom kit is a fun way for parents and kids to grow food together. They are easy to use: just open the box, cut into the bag, mist a few times a day and within a week mushrooms will start growing. Each box will give you up to half a kilo of delicious gourmet oyster mushrooms – perfect for stir-fries, soups, pastas, or even on the BBQ. RRP \$19.95, plus shipping, from Fungi Culture, www.fungiculture.com.au.



weightloss

New research and advice to help boost weight loss.

GET CRACKING

If you want to lose weight and are wondering what to snack on, nuts are a great option. They're high in fibre and protein to keep you satisfied and filled with 'heart-friendly' fats. Confused about exactly how many nuts are in the recommended 30g portion? Here's just how nutty you can get!

- 20 almonds
- 10 Brazil nuts
- 15 cashews
- 20 hazelnuts
- 15 macadamias
- 15 pecans
- 2 tablespoons of pine nuts
- 60 pistachios in shells
- 10 whole walnuts (or 20 halves)

Source: Nuts for Life, 2012



I feel better when I eat well!

My daily walk makes me feel energised

Well noted

Here's an interesting weight loss tip: Try writing down positive thoughts (such as 'I feel better when I eat well') and keep the note on your desk or in your pocket. Then, write down unhelpful thoughts like 'I need chocolate when I'm stressed' and throw the note away. A study found using this tactic allowed people to embrace their positive thoughts and discard the negative ones. It could be a way to help you keep your motivation!

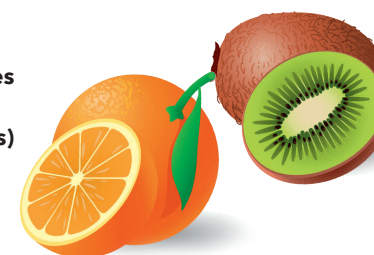
Source: Psychological Science, 2012

Know your portions of FRUIT



HEALTHY

2 medium-sized pieces of fruit per day (e.g. apples, oranges, bananas or peaches) will give you about 700kJ and a filling 5g fibre.



UNHEALTHY

Mistakenly thinking that fruit is a healthy diet free-for-all and eating five or more pieces a day. You'll add about 1700kJ to your day.