

HAVE YOU TRIED?

Down with red

Aussies may be known for a love of red meat - but maybe not for much longer. Check out how our preferences have changed over the last 25 years.

We're eating less **beef** and **veal**, down from 40.5kg to 35.9kg per person per year



We're eating less **lamb**,
down from 23.3kg to
10.9kg per person per year



We're eating more **pork**,
up from 17.3kg to 24.6kg
per person per year



We're eating more **poultry**,
Increased from 21.9kg to
44.3kg per person per year



ABARES, 2012

Threat of exercise may help better food choices

If you knew you had to walk briskly for two hours to work off a burger, or for half an hour to work off a salad, which would you choose? Most of us would go for the salad to avoid the longer walk, a new study suggests.

Three-hundred men and women were asked to choose from menus that featured either kilojoule counts, the amount of brisk walking required to burn off each item, or nothing at all.

They found there was no difference in the choices made by people with menus displaying the kilojoule counts and menus with no signage. However, the people who had the exercise-related menu ordered items with significantly fewer kilojoules

and ate less, too. So, the threat of exercise could prove to be an effective deterrent to overeating or making unhealthy food choices.

Check out these five common sandwiches and how long it takes the average person to walk them off - which would you choose?

- Toasted ham, cheese & tomato
1800kJ = 90 minutes
- Curried egg & lettuce
1400kJ = 70 minutes
- Chicken, mayo & salad
1700kJ = 85 minutes
- Tuna & salad wrap
1800kJ = 90 minutes
- Chicken schnitzel wrap
2600kJ = 130 minutes

Experimental Biology, 2013

Did you know?

Whole fruit gives you a bigger-sized snack than the same amount of fruit when it's dried, for the same amount of kilojoules.



1 cup grapes



**40g box
sultantas**

**“Let food be thy medicine
and medicine be thy food”**
– Hippocrates

A decorative graphic consisting of several translucent blue bubbles of varying sizes, some with highlights, arranged in a scattered pattern.

1

CAN OF SOFT DRINK every day can increase your risk of type 2 diabetes by **22 per cent**, according to new research. Water anyone?

Diabetologia, 2013



Hall of shame

5 This month's award for the most unhealthy takeaway goes to... **Domino's double bacon cheeseburger Edge pizza** with ground beef, rasher bacon, mozzarella, mayonnaise and BBQ sauce on their cheesy garlic buttery crust. If you eat half the pizza, you're looking at half your day's worth of kilojoules and *all* your day's saturated fat and salt. No thanks!

FEELING SLEEPY at 2pm? z z

It could be related to the fatty food you've eaten, says a new study. Healthy adults who ate larger amounts of fat reported feeling sleepier during the day, while those who ate more carbohydrates felt more alert. These findings were regardless of how much sleep the participants were getting and their total kilojoule intake. So if you're feeling slightly snoozy, reach for an apple or grainy roll at lunch and ditch the pie and chips.

Sleep, 2013



My ~~His~~ wheels
My ~~His~~ dog



My ~~HIS~~ SNACK



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CHOP IT!

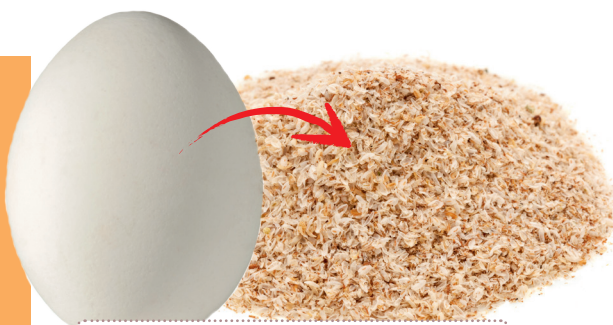
Research has proven what mums already know – kids are more likely to eat fruit if it's cut up for them. Sales of apples in US primary schools jumped an average of 71 per cent when the fruit was sold sliced, instead of whole. *AJPM*, 2013

What smart cooks know

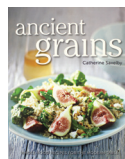
Swap eggs for psyllium seeds!

Can't eat eggs? Try replacing two eggs in any recipe with the following: Place two teaspoons of psyllium husks into a small bowl and pour over half a cup of boiling water and stir well. Set aside for five minutes until a gel-like consistency is formed. Health bonus – you'll add extra filling fibre, too!

The Allergy Menu, 2013



We love...



The new cook book, *Ancient Grains*, by Nutritionist Catherine Saxelby, one of our Editorial Advisory Board members. You'll find useful information and delicious recipes using a wide variety of heart-healthy grains like quinoa, teff, buckwheat and wild rice. Arbon Publishing. RRP \$34.99

HEALTHY FOOD SWAP at the pub

If you're ordering a steak at your local, think twice about which sides you choose!

WORST	BETTER	BEST
•Chips & salad	•Mash & salad	•Mash & steamed veg
1900kJ, 24.0g fat, 6.2g sat fat	1020kJ, 12.0g fat, 5.8g sat fat	850kJ, 9g fat, 5.3g sat fat

Healthy tip: Ask for sauces and dressings on the side to control how much you add.

COOK WITH ZEAL!

Need to brighten up your kitchen? Zeal's new, colourful silicone mitts, gloves and pan handle covers will do the trick. They're heat resistant to 250°C, machine washable and come in lime, violet, pink and red. Priced from \$10.95, call 1800 650 601 for stockists.

QUIT the fat talk

Women who put themselves down with critical 'fat talk' are less likeable, says a new study. It found the most likeable were women who were overweight and made positive comments about their bodies. So, regardless of your shape or size, let's get positive!

MPA Annual Conference, 2013



Do you shop on an empty stomach?

Watch out! It's often noted that being hungry when you shop makes you more prone to impulse buys. But, now comes evidence that we not only buy more food, we also buy more of the *wrong* stuff. That means we buy more kilojoules because we choose the creamy pasta sauce rather than tomato-based and ice-cream rather than yoghurt. So, for a healthier shop, have a hunger-busting snack before you go. *JAMA Internal Medicine*, 2013

**A fresh way
to help lower
cholesterol
now available
in the fridge.**



Two serves of Vitasoy Oatmilk can help actively lower cholesterol through the goodness of beta-glucan¹. Getting your two serves is easy, just add some new, fresh Original Oatmilk to your cereal or grab a flavoured 250ml pack on the go.

Find out more at soy.com.au

Vitasoy
The Soy Experts

it's naturally better.

¹based on 2 x 250mL serves of Vitasoy Oatmilk (provides 3g of beta-glucan)

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Grate stuff!

This handy tool zests and juices straight into your favourite dishes. The Kilo 2-in-1 citrus tool is available from independent kitchenware stores for \$14.95, call 1800 650 601 for stockists.



LEAFY GREEN BOOSTER

Now, there's even more reason to eat your leafy greens. Aussie scientists have found these vegies help encourage immune cells in the digestive system that play an important role in protecting the body from infection. Maybe, the next old wives tale to ward off the common cold will be 'eat your greens, dear'...

Nature Immunology, 2013

Feed the man... lots of vegies, olive oil and fish

Looking to beat cholesterol? Eating a Mediterranean-style diet has been proven to help men lower their cholesterol levels, regardless of whether they lose weight. That means meals with lots of vegies, oily fish and healthy fats (like olive oil, avocado and nuts) and fruit for dessert. Deliciouso!

AMA ATVB Scientific Sessions, 2013.

top 3

NEW WINTER SOUPS



La Zuppa

Traditional chicken and sweet corn has only 419kJ per serve. RRP \$3.79.

Hansells

All Natural vegetable tagine is one of the lower sodium soups out there - you'll get 580mg per serve and only 426kJ. RRP \$4.29.



Pitango

Organic vegetable & quinoa is packed with lots of filling vegies but only 477kJ per serve. Priced from \$7.10.



LOSE 3 TIMES MORE WEIGHT!

Overweight women who used an app as a food diary lost three times the weight of those who recorded their progress in a paper diary.

University of Leeds, 2013