

asktheexpert



Our dietitian Zoe Wilson, APD, answers your niggling health questions.

Q How much alcohol should I drink? I've heard alcohol is both a risk for breast cancer in women, yet is beneficial for heart disease?

Margaret Butler, via email

A You're right, having up to one drink of alcohol a day for women and two a day for men (particularly if it's red wine) is thought to be beneficial to heart health and reducing the risk of heart disease.

On the other hand though, there's an increased risk of many cancers, including breast cancer, with drinking any alcohol. And, unfortunately, the more you drink, the higher your risk. So, the Cancer Council recommends you avoid, or at least limit alcohol, to reduce your risk.

There's an increased risk of many cancers with drinking alcohol

If you have a strong family history or previous medical history of breast cancer, it's probably best to avoid alcohol altogether.

If you're interested in decreasing your risk of heart disease there are other ways, apart from drinking alcohol, that you can do this.

Making exercise a part of your daily routine, not smoking (or quitting if you do), eating a heart-healthy diet filled mainly with unprocessed foods like fruit and veggies, oily fish and wholegrains, along with maintaining a healthy weight, are your best defences against cancer and heart disease. I recommend discussing the risks and benefits with your GP or an Accredited Practising Dietitian who knows your current health and your medical history.



Q I'm just starting out with healthy cooking. What does LSA mix stand for? Why is it a good thing to use?

Kenneth, via email

A LSA is the acronym for a mix of linseeds, sunflower seeds and almonds. It usually comes in a fine or coarsely-ground form which you can buy in the health food aisle of your local supermarket.

From a nutrition perspective, LSA is a great addition to your diet. It's packed with filling fibre, protein and heart-healthy fats (unsaturated fats from the almonds and sunflower seeds but also omega-3 fats from the linseeds).

What's more, sunflower seeds and almonds are high in vitamin E, a powerful antioxidant and important for eye health.

LSA also contains certain B vitamins and minerals like magnesium, calcium, phosphorous, potassium and zinc, too.

Try adding a teaspoon or two to your breakfast cereal, porridge, fruity smoothie or to salads. Or, add to your favourite healthy bread or muffin recipe for added nuttiness and crunch. It's delicious! **hfg**



Send your questions to editor@healthyfoodguide.com.au

Please note that we cannot reply individually to letters.