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good food

HELPING YOU TO MAXIMISE YOUR WELL BEING

news



inside:

**facts about high protein diets,
legumes, pilates, & more.**

THE HEALTH FOOD COMPANY



nutrition 
healthy for life service™

FROM THE EDITOR

Best wishes to everyone for a healthy and fulfilling year ahead.

We again look forward to bringing you more stories, recipes and tips that are practical and deliver on our theme of "helping you to maximise your wellbeing":

In this first edition for 2004, we offer you an important review of the *high protein diets* that have regained popularity in the last few years. Sue Radd, one of Australia's leading nutritionists has authored this story and we feel it provides valuable information and scientific comment on these types of diets.

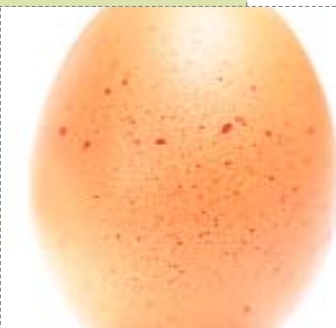
We have also brought together some answers on other lifestyle and health topics including:

- ▶ *What is...Pilates?*
- ▶ *The goodness of legumes*
- ▶ *Tasty recipe ideas for weeknights and special occasions*
- ▶ *New melon flavour for Water+® available in New Zealand and Australia*

Tell us...

This edition, we also invite you to contact us by email and tell us what topics you would like to see covered in *Good Food News*. Please write to us at nutrition@sanitarium.com.au or nutrition@sanitarium.co.nz include "GFN" in the subject line and send us your comments. We look forward to hearing from you.

Best Wishes,
Good Food News Team



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HIGH PROTEIN, LOW CARB WEIGHT LOSS DIETS

Can they really work miracles and are they good for you?

One in three people claim to be on some kind of diet or to be making dietary changes.¹ Yet obesity rates are skyrocketing. Nearly 60 per cent of Australians and more than half of New Zealanders² are now overweight or obese.

Why? Put simply, we are eating more and moving less.³ With widespread health messages in recent years to cut down on fat, many people have forgotten that carbohydrates (carbs) also count as calories. All those seemingly guilt-free low fat products have been adding to our waistlines, as have the increasingly larger portion sizes from take-away outlets and many restaurants.

Although weight gain usually occurs over many years, many people expect a quick-fix solution to trim down. It is not surprising that high protein, low carb diets have resurged in popularity as these can give rapid results, providing a natural incentive for the dieter to persevere - at least in the short-term.

But do these diets work in the long-term? And are they the key, not just to permanent weight loss but also to a long and healthy life? These are important questions since many people go on and off diets throughout life like a merry-go-round. In this article we take a closer look at the latest research on high protein, low carb diets.

■ WHAT ARE HIGH PROTEIN, LOW CARB DIETS?

High protein, low carb diets are not new. They have been around since the 1960's. Amazingly, they are among the most popular fad diets despite the fact that dietary protein is the least studied nutrient in weight loss.

You may recognise these diets better by their common names: Protein Power, Sugar Busters!, The Zone, Slim Forever, The New High Protein Diet and Dr Atkins New Diet Revolution. There are many variations on the theme.

The Atkins Diet is the best known. It is also the most extreme, stirring health professionals around the world because of its potential negative long-term health effects. The Atkins Diet was first developed in 1970 and later revised and updated. Since 1992, Dr Robert Atkins' diet book sold over 25 million copies worldwide! Yet very little research has been conducted to assess the diets long-term safety and success rate. Recently, several short-term studies have been published focusing specifically on the Atkins Diet.

There is no standard definition for 'high protein'. However, the Atkins Diet clearly provides a very high protein level. Protein intake on the Atkins Diet is about twice the current average for Australians and New Zealanders (with the current intake already being about twice what most people need!).



Carbohydrates on the other hand are restricted to a very low level (20 grams per day during the 'induction' phase). This is much lower than what most people typically consume. Vegetarians eat up to 20 times more carbs than strict Atkins dieters and have excellent health statistics. Of great concern are the high amount of saturated fat and dietary cholesterol, and the restricted use of disease fighting foods such as wholegrains, fruits and starchy vegetables. This approach is a recipe for many degenerative diseases such as heart disease, cancer and premature ageing.

Another so-called 'high protein' diet that has made recent media headlines in Australia is The Total Wellbeing Diet. It is based on research conducted by the CSIRO and sponsored by Meat & Livestock Australia. Compared to the Atkins Diet, it promotes a moderate protein and carbohydrate level (but still higher amounts of red meat than leading anti-cancer authorities recommend), and is low in fat. Although no studies are available to assess the long-term effectiveness of this approach, several short studies have concluded that total calories are the major determinant of weight loss - there is nothing magical about the ratio of protein, relative to carbohydrates and fat in the diet.^{4,5,6}

■ HOW THE ATKINS DIET WORKS

When you go on the Atkins Diet and drastically restrict carbohydrates, the body has to use its own fat stores for energy. However, without carbs, fats are not burnt properly so toxic 'ketones' form. One of their effects is to dampen your appetite so you do not crave as much food.

With carbohydrate restriction, there is also some initial weight loss (1-2kg during the first week) due to fluid loss from the body. And because the diet is high in protein, you feel fuller and may be able to more easily limit your food intake.

There are some additional reasons why the Atkins Diet may get weight off more rapidly, in the short-term at least:

- ▶ *It is a novel way of eating so you might stick to it better, at least initially*
- ▶ *It might be simpler to follow for many people, as they can easily identify the carb foods Atkins recommends to cut out - bread, pasta, rice, potatoes and sweets*
- ▶ *When you cut out carbs you lose a lot of foods; with less variety you might eat less*
- ▶ *Without foods such as bread and potatoes, you have fewer foods to which you can add pure fats; few people eat butter or oil on their own.*

The popular theory behind restricting carbs is that they increase the body's insulin production, which is blamed for encouraging our cells to store fat so that we gain weight. Yet research shows that high levels of insulin are a consequence of obesity rather than the culprit. Dietary protein also causes insulin levels to rise⁷, but few supporters of the Atkins Diet acknowledge this fact. The truth is, you will lose weight by restricting any calories, whether they be from carbs, fats, protein or alcohol. In one study, two groups of people given a low calorie diet lost about the same amount of weight, despite being given different proportions of carbs in their diet and experiencing different insulin levels.⁸

Common side effects reported by people on the Atkins Diet⁹

- ◆ **Bad breath**
- ◆ **Nausea**
- ◆ **Constipation**
- ◆ **Lack of energy**
- ◆ **Light-headedness**
- ◆ **Headache**
- ◆ **Irritability**



■ CAN YOU LOSE MORE WEIGHT ON THE ATKINS DIET?

Three recent studies suggest that the high protein, low carb Atkins Diet may help you lose slightly more weight in the short-term - for periods of up to six months.^{10,11} But according to one of these studies¹² there is no difference in the amount of weight loss after one year compared to a conventional calorie-restricted low fat, high carb diet.

These findings suggest that the apparent advantage of a high protein Atkins-type diet for weight loss may be short-lived, and does not persist. The finding also fits with anecdotal reports by people who say they have no trouble losing weight on the Atkins diet but struggle to keep the weight off because they can't stick to the diet.

Drop-out rates seem to be high for both conventional and high protein, low carb weight loss diets. Coupled with the fact that the majority of people who lose weight return to their former poor eating habits, it is not surprising that most regain their lost weight within two years.¹³



■ HEALTH RISKS OF FOLLOWING THE ATKINS DIET

For every celebrity Atkins dieter - including Jennifer Aniston, Renee Zellweger and Catherine Zeta-Jones - there have been health warnings to the public that this diet is dangerous and medically unsound.

Numerous professional organisations such as the British Medical Research Council, The American Heart Association¹⁴, Physicians Committee for Responsible Medicine and The American Dietetic Association have sounded the alarm about extreme high protein, low carb diets such as the Atkins Diet.

■ HERE ARE THE KEY CONCERNS^{15, 16}

Your bones - a very high level of animal protein in the diet promotes calcium loss from the body, increasing your risk of osteoporosis.

Your heart - liberal use of saturated fats from cream, fried foods and fatty meats is known to clog up blood vessels, raising your risk of heart disease. The long-term use of the

Atkins Diet is predicted to increase blood cholesterol values by about 25 per cent, which represents a 50 per cent or higher increase in heart disease risk!¹⁷ Long term restriction of carbs has also been linked with sudden death from disturbances in heart rhythm.

Your kidneys - a high protein intake makes the kidneys work harder, and speeds up the decline in kidney function if you have kidney problems.

Cancer risk - diets high in red meat and low in plant foods such as fruits, vegetables and wholegrains are strongly linked with an increased risk of colon cancer and possibly other cancers.¹⁸ The Atkins Diet is so low in dietary fibre (around two to 18 grams per day, depending on the stage), compared to the minimum requirement (30 grams), it immediately impacts on bowel regularity. While Atkins recommends healthy linseed and psyllium fibre supplements, these do not provide enough fibre to compensate.

The question to consider is, will losing a few more kilograms in the short-term be worth the risk, if you are likely to damage your long-term health in the process?

You should avoid the Atkins Diet if you:

- ◆ Are predisposed to kidney stones
- ◆ Have kidney disease or impaired kidney functioning
- ◆ Have diabetes mellitus, high blood cholesterol levels or high blood pressure
- ◆ Have gout
- ◆ Are pregnant or breastfeeding

■ WEIGHING UP THE EVIDENCE

High protein, low carb diets such as the Atkins Diet might be superior for weight loss in the short-term and not harmful for most healthy people *if used only for a brief time*. But there are currently no studies to prove that such diets are safe for your health in the long-term and work better to help keep the weight off. In fact, after one year, you are no better off than if you had followed a low fat, high carb diet.

We also don't know if other diets high in unsaturated fats and protein from plant foods might work just as well or better for weight loss. This is possible, since studies on vegetarians have repeatedly shown these people tend to have lower body weights.¹⁹ Vegetarians generally consume more plant protein and lots of carbs! One preliminary study also found that weight loss was faster and greater with the use of a meal replacement based on soy protein compared to casein (dairy protein).²⁰ Researchers from Harvard University are currently investigating the effectiveness of a high-unsaturated fat Mediterranean diet for weight control.

While there is no single best approach for weight loss - that would suit all people, health authorities agree that a combination of regular physical activity and a calorie-restricted diet is required. Behaviour change, portion control and commitment to a healthy lifestyle are also crucial to long-term success.

The US Weight Control Registry²¹ - a study tracking around 3000 people who have lost over 30 kg on average and kept this weight off for six years - found fewer than one per cent of these people are following an Atkins-type diet. On the contrary, these people

consistently report eating a low fat, high carbohydrate diet. They also exercise regularly.

If anything is to be learned from the Atkins Diet, it is to cut out the carb foods with low nutritional or health value, such as sugar, soft drinks, cakes, lollies, biscuits, hot chips and crisps. The type of carbohydrate in your diet matters, just as the type of fat matters! In order to reduce your overall calories you may need to limit the amount of bread, rice and pasta you eat (if you eat larger than recommended amounts). For long-term good health, choose more wholegrain carbohydrates from wholegrain or wholemeal breads, high fibre cereals and brown rice, in place of refined carbohydrates from foods such as white bread, highly processed cereals and white rice.

Although it may be OK to include slightly more protein, don't start piling up your plate with fatty meats, cheese, cream and butter just yet. This goes against the wealth of evidence from many years of research. Legumes and nuts are an excellent way to boost protein without the associated problems of animal fats and cholesterol.

Most importantly, don't ever give up your fruits, wholegrains and starchy vegetables -these are effective weapons against bowel cancer! They are also highly protective against many other lifestyle diseases such as heart disease, stroke and diabetes.

This story was written by Sue Radd APD.

Sue Radd is one of Australia's leading nutritionists and health communicators.

(See page 16 for references.)



LENTIL FOCACCIA BURGERS ★

Preparation Time: 10 minutes Cooking Time: 5 minutes

✓Source of iron ✓High in fibre



A café style lentil burger you can have at home in minutes!

- 1 Longa Life™ Lentil Burger Roll • 1 tablespoon olive oil
- 3 tablespoons low-fat mayonnaise
- 1 tablespoon chopped fresh basil
- 4 round focaccia (or wholegrain) rolls split and toasted
- 40g baby rocket (or mixed lettuce leaves)
- 4 slices char-grill eggplant (optional) • 1 tomato, sliced
- 170g jar marinated artichoke hearts, rinsed (optional)

1. Slice the lentil roll into 4 even slices. Shape each piece into a patty shape 9cm x 1½ cm.
2. Heat the oil in a non-stick frypan. Cook patties for 2 minutes on each side or until golden brown. Drain on kitchen paper.
3. In a separate bowl combine the mayonnaise and basil, set aside.
4. Divide the rocket between each focaccia roll. Top with a slice of eggplant, the lentil patty, tomato, artichoke hearts and a dash of mayonnaise. Serve immediately. **SERVES 4.**

PER SERVE: 1400 Kilojoules (340 Calories). Protein 9g. Total Fat 12g. Saturated Fat 2g. Carbohydrate 45g. Total Sugars 8g. Sodium 670mg. Potassium 400mg. Calcium 90mg. Iron 2mg. Fibre 6g.



*Now available in New Zealand.

CINNAMON & PECAN SCROLLS ★★

Preparation Time: 15 minutes Cooking Time: 20 minutes

✓Source of healthy mono-unsaturated fat



- 1¾ cups white self-raising flour • 1 teaspoon ground cinnamon
- 1 tablespoon brown sugar • ¼ cup canola margarine
- 150ml Sanitarium So Good® soymilk • 2 tablespoons honey
- ½ cup Sanitarium® pecan nuts, finely chopped

1. Sift the flour and the cinnamon into a mixing bowl. Add sugar and stir until combined.
2. Using your fingertips rub the margarine into the flour until the mixture resembles fine breadcrumbs.
3. Make a well in the centre of the flour and add soymilk. Bring the mixture together using a knife and gently knead to form a dough. Take care not to over knead.
4. Using a rolling pin roll the dough out to a 20 x 30cm rectangle. Drizzle the honey evenly over the dough leaving a 2cm border. Sprinkle with the pecans and roll the dough from the long side to enclose the pecans.
5. Slice the roll into 10 even slices and place each piece cut side up onto a lightly greased baking tray.
6. Bake in a hot oven, 200°C, for 20 minutes or until the scrolls have risen and are cooked through. Serve warm. **MAKES 10 SCROLLS.**

PER SERVE: 820 Kilojoules (195 Calories). Protein 4g. Fat 9g. Saturated Fat 1g. Carbohydrate 24g. Total Sugars 7g. Sodium 220mg. Potassium 100mg. Calcium 40mg. Iron 0.5mg. Fibre 2g.

These delicious scrolls will be enjoyed by the whole family.

SATAY TOFU & VEGETABLES ★★

Preparation Time: 20 minutes Cooking Time: 20 minutes
Marinating Time: 30 minutes

✓High in iron ✓High in fibre



A tasty meal that provides fibre and iron.

Marinade: 1 cup pineapple juice • 2 tablespoons soy sauce • 2 cloves garlic, crushed • 1 teaspoon honey • 1 tablespoon olive oil • 350g firm tofu, cut into 1 cm thick rectangles

Satay Vegetable Sauce: ½ cup Sanitarium Crunchy Peanut Butter • 1 small onion, diced • 1 cup vegetable stock • 1 teaspoon cumin • ½ cup Sanitarium So Good soy milk • ½ teaspoon mild curry powder • ½ cup reserved marinade • 1½ tablespoons lemon juice • 1 carrot, sliced • 1 red capsicum, sliced • 1 cup snow peas • ½ cup broccoli florets

1. Combine all marinade ingredients in a shallow dish and stir until combined. Place tofu in marinade and stand for 30 minutes.
2. Heat half the oil in a frypan. Cook tofu until golden brown on both sides, set aside and keep warm.
3. Combine all sauce ingredients in a small saucepan over medium heat. Bring mixture to the boil, reduce heat and simmer continuously for 5 minutes.
5. While sauce is simmering, heat remaining oil in the frypan. Stir-fry carrot, capsicum, snow peas and broccoli for 2-3 minutes.
6. Add tofu to the frypan and pour satay sauce over the vegetables and tofu. Serve over steamed rice. **SERVES 6.**

PER SERVE: 1100 Kilojoules (265 Calories). Protein 14g. Total Fat 15g. Saturated Fat 2g. Carbohydrate 19g. Total Sugars 13g. Sodium 580mg. Potassium 505mg. Calcium 230mg. Iron 2.5mg. Fibre 6g.

• 1 litre water • 10g gluten free vegetable stock cube, crumbled • 1 cup buckwheat kernels*
• 2 bunches continental parsley, roughly chopped • 1 cup semi-dried tomatoes, chopped • ½ cup lemon juice • 1½ tablespoons olive oil • 1 clove garlic, finely chopped

1. Place water in a medium sized saucepan over a medium heat, bring to the boil.
2. Add the stock cube and the buckwheat and simmer for 20 minutes or until buckwheat is tender. Drain and discard the stock. Transfer the buckwheat to a large salad bowl.
3. Add parsley, semi-dried tomatoes, lemon juice, olive oil and garlic to the buckwheat. Toss to combine and serve. **SERVES 6.**

PER SERVE: 1000 kilojoules (240 calories). Protein 8g. Fat 7g. Saturated Fat 1g. Carbohydrate 33g. Total Sugars 11g. Sodium 350mg. Potassium 1440mg. Calcium 135mg. Iron 6.5mg. Fibre 7g.

* Buckwheat can be bought as whole kernels, flour, or groats (crushed kernel pieces) from most supermarkets and health food stores.

Note: Not all Sanitarium products are available in all regions. Please ring us if you would like suggestions on alternative ingredients.

*Serving suggestions and garnishes are not included in recipe analysis. Energy values rounded to the nearest 20 kilojoules and to the nearest 5 calories.

BUCKWHEAT TABBOULI ★

Preparation Time: 10 minutes Cooking Time: 20 minutes

✓High in iron ✓High in fibre ✓Gluten free



An interesting salad recipe that's easy to prepare and is ideal served as an accompaniment.

cookery rating: ★ EASY ★★ A LITTLE EFFORT ★★★ FOR CONFIDENT COOKS

by Melanie Burgoyne & Melinda Ramsay



Legumes

What's your pulse rate?

Legumes, also known as pulses, come in a variety of shapes and colours. In fact there are many different types including adzuki beans, lentils, chickpeas, split peas, mung beans, soy beans, pinto beans, red kidney beans and cannellini beans. Even peanuts are technically a legume.

Why are legumes so important for health?

Legumes are incredibly rich in a range of essential nutrients including protein, carbohydrates, dietary fibre, minerals and vitamins. Some of the main health benefits of a diet high in these beans include:

- ▶ Legumes on average contain twice as much protein as grains and cereals and almost the same amount as found in meat, eggs, fish and dairy products.¹
- ▶ Legumes are also valuable anti-ageing tools! One study has shown that eating legumes may help limit the development of wrinkles and help in the production of elastin in the skin.²
- ▶ Legumes are excellent sources of B vitamins, iron, zinc, calcium and magnesium and many contain omega-3 fatty acids.¹
- ▶ They contain two important types of fibre: one which helps control blood sugar levels (legumes have a low glycaemic index), control appetite and lower cholesterol levels; and the other which helps ease constipation and may protect against colon cancer.^{1,3}

Some Soy beans in particular, are high in natural compounds called phytoestrogens. Research over the last 20 years has shown that phytoestrogen rich foods are linked to a reduced risk of some cancers including breast and prostate, heart disease and stroke, osteoporosis and problems associated with menopause.

Time-Saving tips...

Many people don't eat enough legumes because they don't know how to cook them or find them too difficult to cook.⁴ The truth is, there are some really easy ways to use legumes in quick and delicious meals for the whole family. Here are some time-saving tips to help you include more legumes in your diet:

- ▶ If strapped for time, try stocking up on some pre-cooked canned legumes such as chickpeas, bean mixes and red kidney beans.
- ▶ Not all legumes need to be pre-soaked. Lentils and split peas do not need soaking and are great additions to soups, curries and pasta sauces.
- ▶ You can buy a variety of tasty ready-made legume dishes from supermarkets and delis including hummus dips; baked beans; soy products; minestrone soup; ready made veggie burgers such as Longa Life Lentil Burger roll, Mexican foods (eg burritos); falafel balls; pappadams and dhal. And that's just a few options!



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Plant foods for health

Plant foods, or should we say *protective plant foods*, include grains, legumes, nuts and seeds, fruits and vegetables.

They contribute variety, colours, textures and flavours to our diet, but they are also important sources of valuable nutrients, which provide us with many health benefits.

WHAT ARE THE HEALTH BENEFITS OF A PLANT-BASED DIET?

Research has shown that diets largely based on plant foods including Mediterranean, Asian and vegetarian diets, offer a number of nutritional benefits. These include lower levels of saturated fat and cholesterol and higher levels of fibre, antioxidants and phytochemicals¹, therefore contributing greatly to the prevention of many chronic diseases.²

There is strong evidence that a high plant food intake is associated with a **decreased risk of heart disease**.³ Studies show vegetarians have lower blood cholesterol levels and lower rates of high blood pressure than non-vegetarians¹.

Lower rates of prostate and colon cancer can also be attributed to people who enjoy a vegetarian diet, as can **lower rates of type 2 diabetes**.¹ And yes, as a group, vegetarians are likely to have a **healthier body weight** than non-vegetarians.⁴

It is important to note however, that non-vegetarians will also reap the benefits of enjoying a diet rich in a variety of plant foods. Research has shown that moderate amounts of some animal products including low-fat dairy products, fit well into a nutritionally balanced diet that is also high in fruit, vegetables and wholegrains.⁵ Most noteworthy of the health benefits for non-vegetarians of eating plenty of plant foods are a reduced risk of heart disease⁵ and other chronic degenerative diseases.⁶

DID YOU KNOW? *Animal foods were once referred to as 'high quality protein'. However, we now know that a plant-based diet with a wide variety of foods eaten throughout the day will provide people with adequate protein for their needs.*⁷

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HOW CAN YOU MAKE THE MOST OF PLANT FOODS IN YOUR DIET?

- A handful of nuts can be eaten as a snack instead of biscuits, cakes or chips.
- Add vegetables to dishes such as pizza and bottled pasta sauces.
- Choose wholegrain breads, wholegrain English muffins, wholemeal crumpets, and wholegrain crackers to replace more refined alternatives.
- Use wholemeal spaghetti, macaroni and other types of pasta.
- Replace some minced meat with lentils or mashed red kidney beans in pasta sauces, Mexican meals and hamburger patties.
- Firm tofu is a great meat alternative in stir-fries and rice dishes.

■ New flavour for waterplus® available in Australia and New Zealand

waterplus is now available in a delicious and refreshing *melon flavour*. **waterplus** is an easy way to stay hydrated, plus it has no added sugar and contains only two calories per bottle.

You can choose from a range of **waterplus** flavours, including Mandarin, Peach, Lemon Lime, Lemon and new Melon. Look for **waterplus** in the drink aisle of supermarkets and from Service Station Convenience Stores.



■ Weet-Bix Crunch available in Australia



Weet-Bix Crunch is a new healthy kids cereal that combines the goodness of wholegrain wheat and the delicious taste of honey in bite-sized bix, with a great crunch.

While **Weet-Bix** is one of the best breakfast cereals for everyday eating, new **Weet-Bix Crunch** is a great alternative for kids who prefer a crunchy cereal. With all the goodness of **Weet-Bix**, including B vitamins, iron and real energy from wholegrain wheat, **Weet-Bix Crunch** has less sugar than many other popular 'energy' cereals.

Look for **Weet-Bix Crunch** in the cereal aisle of supermarkets Australia wide.

QUESTION: Are nuts good to eat and if so, how many should I have each day?

ANSWER: Nuts, including peanuts, are nutrition powerhouses. During the 1990s, scientists discovered that eating nuts frequently could improve health. At least four major studies have shown that eating a small handful of nuts (approximately 30g) five or more times per week can reduce the risk of heart disease by about 50%.^{1,2} Studies have also shown that nut consumption is associated with a lower risk of prostate cancer.³ Eating nuts regularly may help control diabetes and it may even lower your risk of developing diabetes in the first place.⁴

Nuts contain many beneficial substances that are thought to contribute to a range of health benefits including:

- **MONOUNSATURATED, POLYUNSATURATED AND OMEGA-3 FATS** - keeps the cardiovascular system healthy.
- **FIBRE** - important for bowel health and can assist with diabetes control and lowering cholesterol levels.
- **ANTIOXIDANTS** - such as vitamin E known to protect against certain cancers, heart disease and other degenerative diseases.
- **FOLATE** - offers heart and cancer protection.
- **ARGININE** - an amino acid that helps to keep blood vessels relaxed.
- **COPPER, MAGNESIUM, ZINC AND SELENIUM** - minerals that have many roles in the body and are vital for good health.
- **PHYTOCHEMICALS** - such as *ellagic acid*, which may combat cancer.

Nuts also have many beneficial substances that will continue to be discovered.⁵

You can enjoy a small handful of nuts (approximately 30g) each day as part of a balanced diet. If you are watching your weight, go easy with nuts (as they are high in fat and therefore high in kilojoules), but this doesn't mean you should avoid them altogether. You can easily replace a not-so-healthy snack (like biscuits or chips) with nuts. You could also toss some nuts in a stir-fry or salad, try a satay sauce on vegetables, use crumbled nuts as a dessert topping or spread peanut butter or other nut pastes on bread. There are a wide variety of nuts available to try, including almonds, cashews, macadamias, pecans, brazil nuts and peanuts.

As the old saying goes (with a nutty twist), a handful of nuts a day will help to keep the doctor away. Happy Nut Nibbling!

If you would like more information about the health benefits of nuts, visit the Australian Nut Industry 'Nuts for Health' website www.nutsforhealth.com.au

At the *Sanitarium Nutrition Service* we are a group of dedicated nutritionists who would love to hear from you. If you have a question about nutrition that you would like answered please contact us at either our Australian or New Zealand Office.

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WHAT IS... Pilates?

In the early 1900's, Josef H. Pilates designed a series of exercises to achieve a personal goal of developing his strength and physical well being, after he suffered ill health during his childhood. His program became more widely known when he opened a studio to instruct others in the successful methods he had developed. He discovered that his work was especially helpful for dancers, because it maintained the strength and flexibility they required for their profession. It was also believed to assist them in injury prevention.

These days, Pilates is practiced widely, in a variety of styles, as people discover the benefits that this physical activity can offer. The aim of Pilates is to develop (or condition), the core muscles of the body, which determine our posture and the stability we need for everyday movements. These muscles include the abdominal (tummy) muscles, thigh muscles, buttock muscles and lower back muscles. People who have tried Pilates can tell you that it provides a real insight into the everyday movement habits we develop, and that Pilates exercises are quite challenging to complete, requiring the isolation of *specific* muscles to perform movements.

There are eight principles by which the Pilates Method is practiced:

- | | |
|--------------------|-----------------|
| Flowing movement ■ | Concentration ■ |
| Breathing ■ | Isolation ■ |
| Precision ■ | Centering ■ |
| Control ■ | Routine ■ |

The Pilates technique could be described as a conditioning activity, which assists in the development of posture, muscle balance and a healthier body.

Pilates classes are held in a variety of styles, so it is best to research further which type you would like to try. We recommend you obtain clearance from your Doctor before becoming much more physically active, and seek professional guidance from a qualified Pilates Instructor before commencing this activity.

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AFFIX
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good food news



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