



why healthy is a misleading word

what's on in health

January

January 15th

Big Bike Festival

Rotary Club Mosman Park

ph: 9222 2007

www.bigbikefestival.com.au

February

February 4th

World Cancer Day

Cancer Council Western Australia

ph: 13 11 20

www.cancerwa.asn.au

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why do we put on weight?

Body weight is affected by a number of factors. The two key factors are:

1. The amount of energy (kilojoules) that we put into our bodies from food and drinks.
2. The amount of energy (kilojoules) that we use up through physical activity and other daily activities.

Put simply, it's all about what goes in and what gets used up.



If the amount of energy (kilojoules) you take into your body through food and drinks is more than you are using up through physical activity and daily activities then you will gain weight.



If you take in the same amount of energy (kilojoules) through food and drinks that you are using up through physical activity and daily activities, then your weight will stay the same.



If the amount of energy (kilojoules) you take in through food and drinks is less than you are using up through physical activity and daily activities, then you will lose weight.

Source: <http://www.heartfoundation.org.au/>

what is really in here? understanding nutritional labels

The nutrition label displays the quantity of energy (measured in kilojoules found in both a serving in 100g (or 100ml if liquid) of the product. Serving sizes are based on how much of a particular food people usually eat.

You can use the 'quantity per serve' information to keep track of what you're eating, and it's especially useful if you are monitoring your daily intake of kilojoules or certain nutrients. The 'quantity per 100g' information is useful if you want to compare two similar products, because serving sizes may vary depending on the manufacturer.

Serving size	NUTRITION INFORMATION		Per 100g	
This is the average serving size of the product as determined by the manufacturer. However, this may not be the same as the serving you have.	SERVINGS PER PACKAGE: 3		100g is a useful standard to compare products eg: which is lower in fat. Use this information when choosing products.	
	SERVING SIZE: 150G			
		Qty per Serving		Qty per 100g
	Energy	608 kJ		405kJ
	Protein	4.2g		2.8g
	Fat, total	7.4g		4.9g
	- saturated	4.5g		3.0g
	Carbohydrate			
- total	18.6g	12.4g		
- sugars	18.6g	12.4g		
Sodium	90mg	60mg		
Fat	Carbohydrate	Sodium (salt)		
Total	Total	Total	Choose, where possible, products with reduced or no added salt.	
This is the total amount of fat in the product. It includes the amount of fat from the three main types of fat: saturated, polyunsaturated and monounsaturated.	This includes both sugars and starches in food. If you are counting carbohydrates you can use this figure to work out how much carbohydrate is in the food.			
Sugars	Sugars			
This tells you how much of the total carbohydrate is sugar. This includes 'added sugar' as well as naturally occurring sugars like lactose (milk sugar) and fructose (fruit sugar). Sugar content alone will not predict the effect of the food on your blood glucose level.				
Saturated				
Use the figure per 100g, compare similar products and pick the one with less saturated fat.				

Source: <http://www.diabetesaustralia.com.au/>

disguised as 'healthy options'

Often food is packaged or marketed to us as a 'healthy option', but it is important to be cautious and read the nutritional labels where possible to make a well informed choice. Some common products that are marketed as healthy but are not so great are listed below:

Arnott's Shapes: no biscuit made from palm oil is ever going to be healthy

Kellogg's Nutra Grain: breakfast cereal should contain fibre, not iron or protein, we get those nutrients from meat.

Dried fruit: double the sugar of the regular fruit

Frozen yoghurt: more sugar and less protein than regular yoghurt

Chicken nuggets: anything crumbed and fried is never going to be good for you

Cadbury Brunch Bars: just another muesli bar even though they look healthy

don't be misled

There are some descriptions that can be misleading on the packaging, so you should always check that claims that are made about foods are backed up by the information in the nutrition panel.

'lite' or 'light'

Foods that are described as 'light' or 'lite' may not be light in kilojoules or fat, but instead light in taste, colour or texture.

'low-fat'

Very low-fat foods must contain less than 0.15 per cent fat. Low-fat solid foods must contain less than 3 grams of fat per 100 gram serve; low-fat liquid foods must contain less than 1.5 grams of fat per 100mL. So if a food claims to be 90 per cent-fat free, remember that food is actually 10 per cent fat.

'no cholesterol' or 'low cholesterol'

Only foods derived from animals contain cholesterol, so 'no cholesterol' or 'low cholesterol' claims on food derived from plants are meaningless, because all plant foods contain virtually no cholesterol.

healthy nachos

ingredients

- 200g corn tortillas, (5 tortillas)
- 1x 3 second spray extra virgin olive oil spray
- 200g canned tomatoes, or fresh
- 2 cups canned refried beans
- 1x packet chilli-based seasoning mix, (taco seasoning mix)
- 75g reduced fat taste cheese, grated
- 2 individual shallots, ends trimmed, thinly sliced
- 2 tbs low fat sour cream

instructions

Preheat oven to 220°C. Spray tortillas with oil and set aside. Cut tortillas into bite size triangular pieces and place on a baking tray in a single layer. Bake for 6-7 minutes, or until golden brown and crisp. Take care not to burn, and set a timer.

trying to lose weight?

You should pay particular attention to the amount of fat, sugar, and kilojoules on the nutritional label. Foods that are high in fat and sugar tend to be high in kilojoules.

saturated fat

It is also important to look on the label for the amount of saturated fat, which is listed separately from total fat. This type of fat is particularly bad for your health as it can raise your blood cholesterol level and increase your risk of heart disease.

sodium

The amount of sodium on a nutritional label tells you how much salt is in the food. Foods that are described as low in salt must have less than 120 milligrams of sodium per 100 g (or 100 mL for liquids). The salt content is especially important for people with high blood pressure, because a high salt diet can make this condition worse.



While tortillas are cooking, combine tomato, beans and taco seasoning in a small saucepan. Heat over medium-low heat, then divide amongst 4 shallow bowls and sprinkle with cheese.

Place bowls under a preheated hot grill and cook until cheese has melted. Sprinkle with shallots, then serve surrounded with tortillas and a dollop of sour cream.

Source: www.weightwatchers.com.au