



10 THINGS I'VE LEARNED

*Lessons from ten years of
talking nutrition to the people*

healthyfood GUIDE

NEW ZEALAND **healthy food** ISSUE 108

SLEEP & WEIGHT LOSS
The surprising connection
→ 10 tips for better sleep

ESSENTIAL VITAMINS
How to eat them
→ 10 tips for better sleep

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COOK ONCE, EAT TWICE
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What you're eating
→ 10 tips for better sleep

WORTH THE SPECIAL
Low carb recipes
→ 10 tips for better sleep

FREE COFFEE AT COLUMBUS CAFES!

PLUS
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100+ recipes
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FREE COFFEE AT COLUMBUS CAFES! SEE PAGE 24

NEW ZEALAND **healthy food** ISSUE 110

THE TRUTH ABOUT FAT
Why we crave it & should we eat more?

HOW TO ENJOY CHRISTMAS WITHOUT GAINING WEIGHT!

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• coping with temptation

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• Delicious Mexican favorites
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★ OUR EXPERT GUIDE TO GLUTEN-FREE BAKING ★

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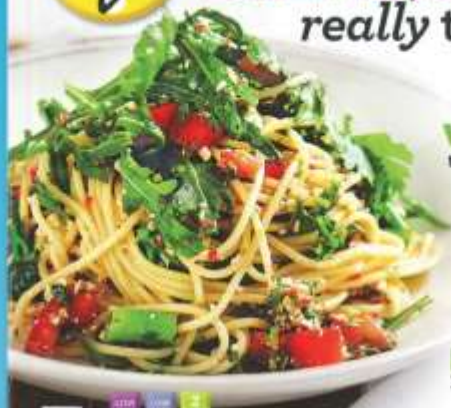
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without missing out

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HOW DIET CAN HELP

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Mustard steak & bread-potato chunks, p12



Asparagus & lentil-roasted fennel, p48



Cranberry, chocolate & almond cookies, p79

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The truth about **MEAT PIES**



super easy! LOW SUGAR LOW FAT
Light berry tart, p118

30+ RECIPES dietitian approved!

SHOPPING ADVICE

- Healthier snacks
- How to spot salt
- Bone broth reviewed



Smoothie, p10



Chicken filo pie, p70



Stuffed sweet potato, p60

healthyfood

HOW MUCH SALT IS TOO MUCH?



1/8 teaspoon

All we need

1-2.5g, or about 1/4-1/2 teaspoon, of salt is all our body needs in a day.



1/4 teaspoon

The suggested target

4g, or 1/2 teaspoon, is the amount to try to stick to each day.



1/2 teaspoon

The upper limit

6g, or 1 1/4 teaspoons, is the recommended upper limit for each day.



1 1/4 teaspoons

What we're eating now

6g, or about 1 1/4 teaspoons, is what most of us are eating now.

FACT

In New Zealand it's estimated more than one in three men and more than one in four women have high blood pressure.

WHERE SALT SNEAKS IN TO YOUR DAY

A plain bread roll may give you as much as quarter of your recommended daily salt intake.

Even if you don't use the salt shaker on your food or in your cooking, you may still be getting too much. It is a surprising part of many of our foods.

So, for low-salt packaged foods, look for those with less than 120mg sodium per 100g.

75%
from processed
and restaurant
foods

15%

added during
cooking and
at the table

10%

occur
naturally
in foods

DID YOU KNOW?

Decreasing your salt intake by 25-35% could reduce your risk of heart attack and stroke by 20%.



FOODSWITCH APP

If you've got a smart phone, the Foodswitch app makes choosing lower-salt products easier while you're shopping. Simply scan the barcode with your phone and it will show you if it's a healthy option based on salt content but also fat, saturated fat and energy levels. Even better, it shows which brands might be a healthier choice.

8 HIGH-SALT SOURCES

Even without adding salt, our daily diet can be high in sodium from all manner of everyday sources, such as these.

1 BREAD

While salt is integral to the rising process in bread-making, the amount of sodium in different breads varies widely, so it pays to check the packaging and watch how many slices you're having each day.

2 HAM, SALAMI AND DELI MEATS

Most of these meats are high in salt. Even those labelled 'reduced-salt' still pack a punch.

3 BOUGHT SOUPS

Canned soup is comforting when it's cold outside but often high in salt. Shop around, always check the label and compare sodium content per 100g to find the lowest salt option.

4 READY-MADE MEALS

Those frozen and pre-made dinners may be light on effort but they're heavy hitters when it comes to your daily salt intake. Check the packaging and opt for low-salt versions.

5 QUICK FOODS

Whether it's instant noodles or a can of chickpeas, these 'shortcut' foods are often high in salt. It pays to check the labels and choose the no-added-salt version where you can.

6 BREAKFAST CEREALS

Some classic breakfast cereals come with a rich helping of hidden salts – even when they don't taste salty. Instead of assuming a cereal is a healthy, low-salt option, check the label to be sure.

7 STIR-FRY SAUCES

The more you eat salt, the more you may find you need to tart up your meat and veggie dish with flavour-packed sauces, such as pasta sauces or Asian meal bases or sauces, because without them food seems flavourless.

However, packet sauces are often sky-high in salt. Asian sauces such as soy, fish, tamari or oyster sauce can have up to one teaspoon of salt per tablespoon. Choose the reduced-salt options whenever you can use less, or try flavouring your dishes with herbs, spices and citrus instead.

8 STOCK

Your typical store-bought stock powder or stock cubes can be almost 50 per cent salt! Good news though, there are now plenty of reduced-salt versions on the shelves. However, the salt (sodium) content varies widely in these so compare products before you buy. [hfg](#)

For sources of information for this article, see page 94.

For delicious recipes with less salt, visit www.healthyfood.co.nz and search for low-sodium recipes.

How much sugar is in that...

CHUTNEY OR PICKLE?

Per 20g serve (about 1 tablespoon)

It's easy to add a heaped tablespoon (or two) of relish to a meal but beware: you're potentially adding a heap of sugar, too.

SIGNATURE RANGE
MUSTARD PICKLE
RELISH
74kJ



DELMARINE
PICCALILLI
73kJ



SUN HARVEST
MUSTARD PICKLE
82kJ



PAMS
PICCALILLI
99kJ



BAXTERS
CRANBERRY &
CARAMELISED
RED ONION
CHUTNEY



ANATHOTH FARM
FRUIT CHUTNEY
154kJ



WATTIE'S BIT ON THE SIDE
ONION MARMALADE
92kJ



MAISON
THERESE
BEETROOT
RELISH
96kJ



CEREBOS
CHUNKY CHOW
CHOW
104kJ



PETER GORDON
CHUNKY FIG
WALNUT &
WHISKEY
CHUTNEY
214kJ



MASTERFOODS
MINT JELLY
228kJ



COTTERILL
& ROUSE
CHILLI
JAM
218kJ



in context

Chutneys and pickles add spice and flavour. They can turn an ordinary sandwich, cold cut or frymate into something a little more special. However, they do contain added sugars, and the amount can vary widely between types and brands.

1 teaspoon sugar is around 4g



WORDS: SUEZD; CHUTNEY: POCOCKS; Registered trademark



THE FACTS on going gluten-free

If you or someone in your family has cut out gluten, you will know this means a total diet rethink. Nutritionist **Brooke Longfield** explains the do's and don'ts of eating the gluten-free way.

Confused about gluten? We are not surprised! Its constant presence in the media spotlight has sparked widespread curiosity about benefits of eating this way.

So if you're wondering what all the fuss is about, and whether you should pay attention, you're not alone. Going gluten-free is a growing trend and a lot of people buy gluten-free products thinking they are healthier.

We feel it's high time to debunk the hype and bring you the truth about gluten.

Here are the facts from qualified health experts (not the Hollywood crowd).

SO WHAT'S WRONG WITH GLUTEN?

Gluten is a protein in wheat, barley, oats and rye. It gives foods such as bread and pasta their springy texture and helps baked goods stay moist and fresh. Gluten isn't the devil – for most of us, it's totally harmless. A small number of people, however, do have to avoid foods that contain gluten, mainly for two reasons:

1 Coeliac disease

Around one in 100 New Zealanders has coeliac disease – meaning this one per cent is unable to digest gluten. For them, gluten triggers an immune response that inflames the digestive system, among other areas of the body. This inflammation damages the gut lining, making it difficult to absorb nutrients from food.

There are no specific symptoms of coeliac disease but it can cause uncomfortable bloating, fatigue, excessive flatulence, nausea, vomiting and constipation or diarrhoea (or both), as well as vitamin and mineral deficiencies. The only way to treat coeliac disease and repair the intestinal lining is to banish gluten from the diet forever. This means cutting out all foods that contain wheat, barley, oats and rye. In time, the gut heals, symptoms ease, and as long as gluten stays off the menu, the body begins to absorb food normally again. Even a tiny amount of gluten (equivalent to one-hundredth of a slice of bread) can cause gut damage in people with coeliac disease, so it's important to avoid cross-contamination with gluten-based foods (which may mean family

members have to use separate kitchen utensils such as chopping boards or toasters).

Coeliac disease often goes undiagnosed. In fact, around 80 per cent of people with the disorder are unaware they have it.

2 Irritable bowel syndrome (IBS)

IBS accounts for around five per cent of GP visits globally. IBS is aggravated by the consumption of FODMAPs, a specific group of short-chain carbohydrates. FODMAP is an acronym for the scientific names of these carbohydrates. When the body has trouble digesting one or more of these carbohydrates, they ferment in the gut, giving rise to symptoms such as stomach pain, bloating and constipation or diarrhoea.

Emerging research shows many with IBS see improvements when they follow a low-FODMAP diet. Gluten itself isn't a FODMAP, but there are some foods that contain gluten, such as wheat products, that are also high in FODMAPs. Therefore a lot of people with IBS mistakenly blame gluten for their symptoms. People who experience one or more unpleasant IBS symptoms after consuming starchy foods may think they have a sensitivity to gluten. There is, however, limited scientific evidence supporting gluten sensitivity, and experts now suspect FODMAPs may be the real culprits. (3)

See the IBS Special booklet with this issue for more on FODMAPs.

Going gluten-free means avoiding wheat, barley, rye and oats.



how many **KILOJOULES** are in alcoholic drinks?

We compare three alcoholic beverages (an amount you might consume during a night out) to its equivalent amount of sliced white bread.

An 'average' person needs around 8700kJ each day (see page 111 for details), and excess kilojoules are stored as fat. It's surprising how many kilojoules alcohol can add to your daily energy intake. These kilojoules are often called 'empty kilojoules' as they hold no nutritional value.

Low alcohol beer (with 1% alcohol)

3 x 330ml bottles: around 480kJ



**ADDS
1.7**
SLICES OF
WHITE BREAD
TO YOUR DAY

Lower carb beer

3 x 330ml bottles: around 1290kJ



**ADDS
4.4**
SLICES OF
WHITE BREAD
TO YOUR DAY

Regular draught beer

3 x 330ml bottles: around 1380kJ



**ADDS
4.8**
SLICES OF
WHITE BREAD
TO YOUR DAY

Lager

3 x 330ml bottles: around 1500kJ



**ADDS
5.2**
SLICES OF
WHITE BREAD
TO YOUR DAY

Double gin & diet tonic

3 x 200ml glasses: around 1590kJ



**ADDS
5.5**
SLICES OF
WHITE BREAD
TO YOUR DAY

Dark ale

3 x 330ml bottles: around 1800kJ



**ADDS
6.2**
SLICES OF
WHITE BREAD
TO YOUR DAY

Red wine

3 x 180ml glasses: around 1950kJ



**ADDS
6.7**
SLICES OF
WHITE BREAD
TO YOUR DAY

White wine

3 x 180ml glasses: around 1950kJ



**ADDS
6.7**
SLICES OF
WHITE BREAD
TO YOUR DAY

Cider

3 x 330ml bottles: around 1950kJ



**ADDS
6.7**
SLICES OF
WHITE BREAD
TO YOUR DAY

Double gin & standard tonic

3 x 200ml glasses: around 2200kJ



**ADDS
7.7**
SLICES OF
WHITE BREAD
TO YOUR DAY











10 THINGS WE'VE LEARNT

Some of the more surprising facts we discovered while researching this issue.

- 1** Eating one cup of blueberries each day may significantly reduce your risk of heart disease. **Newsbites, page 10**
- 2** Two slices of bread can contain more than a quarter of the recommended upper daily intake of sodium. **How much sodium is in that bread? Page 28**
- 3** Veges and fruit last longer when stored without plastic packaging. **Best ways to store fruit and veges, page 21**
- 4** French toast doesn't come from France. Historians trace it back to the Roman Empire, where bread soaked in milk (sometimes with egg) would be fried in oil until golden as a way to preserve it. **Kids in the kitchen, page 82**
- 5** Worried about getting enough protein in a vegetarian diet? Pairing certain incomplete protein sources – such as baked beans and toast – creates complete protein. **How to be a healthy vegetarian, page 44**
- 6** Anchovies are one of the most sustainable fish species in the world, which is good news for the earth's overfished oceans. They're also high in omega-3. **Shopping, page 18**
- 7** Potatoes are NZ's favourite vegetable, and provide 12 per cent of our dietary fibre. **How to choose potatoes, page 24**
- 8** Drinking chocolate powder can be made up of almost 80 per cent sugar. **This versus that, page 37**
- 9** Even moderate exercise, such as walking for 30 minutes on most days, has been shown to be effective in improving insulin sensitivity. **Ask the experts: Insulin resistance, page 50**
- 10** Your gut has its own nervous system which can affect your mood and your ability to lose weight. **Gut and mood, page 38**

*People care about
what they eat!*

**BUT THEY'RE
CONFUSED**





ARE LOW-FAT DIETS DEAD?

Low-fat was once the mantra for weight-loss, but nutrition has come a long way since then. HFG Senior Nutritionist Rose Carr gives us the latest.



WHY WAS THE LOW-FAT DIET RECOMMENDED?

If you've looked online or at any popular diet books lately, you won't go far before reading the claim that the advice "they" have been giving us for years—to eat a low-fat diet—has not worked, and people have just got fatter. There have to be a short leap to the theory that fat is not the trouble after all, and we should all go back to butter and leave the fat on our waists.

While it may sound plausible, there are faults in this argument. One is that researchers (dietitians and nutritionists) have not recommended a strict low-fat diet for years. Somewhere along the line, our understanding of fat and where it sits in our diet has become jumbled, and our manufacturers—who collect that, so what's going on?

And we haven't heard the end of that story yet, as scientists are now focusing on different types of saturated fats. As early as 1961, the American Heart Association recommended Americans reduce or control their fat consumption and keep some saturated fats for polyunsaturated fats as a "possible means" to reduce heart disease. Few would have known what these different fats were at the time, so this was advised to "do" (make research supported) until the late 1980s. It wasn't until the late 1980s that the obesity epidemic was being talked about and solutions were needed. Most consumption data still had limited focus on about different types of fat.



The real theory was that cholesterol in food was to blame. Over time the evidence led to saturated fat being a main culprit for heart disease.

include. The low-fat message took hold in the US and spread throughout the world. And reducing fat in our diets did make some logical sense at first. 10g of fat has 90kcal whereas 10g of carbohydrates or protein has a little less than half that at 40kcal.

WHAT WENT WRONG?

...of low fat was... which...

Unfortunately the low fat message was often interpreted as "if you have a low fat product, it's good for you." Research has demonstrated how we can easily consume more if we think a food is lower in fat as we assume it is also lower in kilojoules. Research from the US, the home of the low fat diet and low fat products, tells the story of what happened during a time when Americans were advised to reduce the amount of fat in their diets. From 1971

Which low-fat foods are worth eating?

The fat in meat, dairy and coconut products is high in saturated fat, so while these foods are highly nutritious it's worth looking for reduced fat or low-fat versions. These often have other benefits such as higher protein or vitamins.

RECOMMENDED CHOICES such as whole chicken, or naturally lower-fat cheese.

THE TRUTH ABOUT FAT

Fat is something we're hard-wired to enjoy. Natalie Filatoff and Rose Carr explain what fat does to our bodies and brains.

20 www.healthylife.co.uk

If a solid faty foods is a constant struggle, don't fret – it's probably not really your fault. Scientists have found that there are a number of reasons why fat has such a hold over us. The presence of fat in your mouth tells your brain you have a lipids-rich food going down and that you'll better stick up because you never know when the big steak or fish-like slab of corn or turkey could be a product of chaos will come your way again in modern times, when food is plentiful. This restrictive theory to consume fat while it's available might play a part in the way we gain weight, but it's not the whole picture.

•• Habit

We reach for fat for various reasons. The very fact becomes conditioned to our faty foods by your family's habits or by those of your social group.

Fat is one of the ingredients manufacturers can use to produce cheaper, more desirable products.

•• Taste

Welcome to the palatable pleasure zone, where fat excels. Our mouths are designed to love the feel of oil, cream, butter – in short, fat – says Dan Ross, PhD, a sensory flavor research scientist at the Commonwealth Scientific and Industrial Research Organisation (CSIRO). He adds that, when you cook, the heat drives out the food's moisture, helping flavors to concentrate in the fat. And when you eat, it gradually coats your tongue, helping those wonderful flavors to be felt as they pass. Fat also releases the natural variety of flavors and gives chocolate its satisfying texture. "We love

the sensation of food changing from one pleasant consistency to another in our mouth," says Ross. When this occurs by chocolate melts in your mouth, it's a gratifying sensory, often visceral, experience.

•• Stress

Research shows that eating fatty foods can counteract the stress response in animals. Professor Margaret Morris, a professor of psychology at the University of New South Wales, has found that food rich in both fat and sugar can lower feelings of stress in animals, perhaps because eating such foods stimulates the brain to release feel-good hormones dopamine and serotonin. These hormones probably influence mood in people, just as they do in animals.

•• We do need fat

It's important to recognize that we need fat in our diet. Our cells require a variety of different fats to maintain cell walls, among other cellular processes. Fat is required to make hormones and also fat soluble vitamins A, D, E and K. The fats consumed in certain, fat sources, is more readily absorbed when consumed in a meal. In short, we are naturally predisposed to seek out fat in our meals, so if we don't get it, this inclination may contribute to our feeling unsatisfied and wanting to eat more or by eat and snack more often to feel full. ☐

menu planner

HFG takes the guesswork out of eating a balanced diet with this menu for a week, featuring recipes from this issue.

This seven-day menu gives you:

- ✓ all your weekly calcium
- ✓ all your weekly fibre
- ✓ at least three servings of vegetables and two servings of fruit each day
- ✓ less than five per cent energy from added sugar.



MEAT-FREE **Monday**

BREAKFAST

- 1 cup of low-fat yoghurt with chopped apple, kiwifruit, 12 almonds, 3 Brazil nuts, 1 tablespoon each of LSA and chia seeds (2380kJ/565cal)

LUNCH

- Herby quinoa savoury cakes with spicy dressing (p68)
- Grainy bread roll (2376kJ/563cal)

DINNER

- Orecchiette with roasted cauliflower, pine nuts and green olives (p95) (2220kJ/530cal)

SNACKS

- Chia, date and walnut slice (p85) (976kJ/233cal)

- Hot Milo; 200ml trim milk with 3 teaspoons Milo
- Mandarin (976kJ/233cal)

DAY TOTAL:
8640kJ / 2043cal



Tuesday

BREAKFAST

- Quinoa porridge with sliced banana, ½ cup reduced-fat Greek yoghurt, 1 tablespoon LSA and a drizzle of maple syrup (2420kJ/575cal)

LUNCH

- Kumara, courgette and herb frittata (p77) with beetroot and rocket salad and a small wholemeal pita bread (2420kJ/575cal)

DINNER

- Seared venison with creamy mash and boysenberry sauce (p61) with ½ cup roast pumpkin (2200kJ/525cal)

SNACKS

- Trim latte (968kJ/230cal)

- 3 Brazil nuts (968kJ/230cal)
- Rhubarb, honey and oat muffin (p85) with 1 teaspoon reduced-fat spread (968kJ/230cal)

DAY TOTAL:
8670kJ / 2070cal



Wednesday

BREAKFAST

- Sardines on 2 slices grainy toast with ½ an avocado and sliced tomatoes (2320kJ/555cal)

LUNCH

- Warm salmon, egg and quinoa salad (p65)
- Mandarin (2420kJ/575cal)

DINNER

- Mexican chicken pot (p71) (2420kJ/575cal)

SNACKS

- Trim latte (968kJ/230cal)
- Kiwifruit
- 2 walnuts (950kJ/226cal)

- 150ml low-fat yoghurt with ¼ stewed rhubarb (no added sugar) (976kJ/233cal)

DAY TOTAL:
8740kJ / 2090cal

Find this recipe in a back issue of Healthy Food Guide



Thursday

BREAKFAST

- 2 slices banana and sultana bread (HFG June 14) with sliced banana
- Trim flat white (2180kJ/520cal)

LUNCH

- Leftover Mexican chicken pot (p71) (2420kJ/575cal)

DINNER

- Moroccan lamb with toasted Brussels sprouts (p59)
- ½ cup grapes (2420kJ/575cal)

SNACKS

- Smoothie; 1 cup trim milk, ½ cup low-fat fruit yoghurt and ¼ cup mixed berries (880kJ/210cal)

- 3 Ryvita crackers with 3 tablespoons hummus and sliced tomato (870kJ/205cal)

DAY TOTAL:
8710kJ / 2080cal



Friday

BREAKFAST

- Green eggs on toast; 2 poached eggs, 2 slices soy & linseed toast, ½ avocado and 1 tablespoon pesto (2100kJ/500cal)

LUNCH

- Leftover Moroccan lamb with toasted Brussels sprouts (p59)
- Apple (2320kJ/555cal)

DINNER

- Chicken and mushroom potato topped pie (p73)
- Small glass of hot milk (2870kJ/680cal)

SNACKS

- 12 almonds
- 3 Brazil nuts (976kJ/233cal)

- Buckwheat, honey and nut muesli bar (p86)
- Kiwifruit (976kJ/233cal)

DAY TOTAL:
8730kJ / 2085cal



Saturday

BREAKFAST

- Beautiful bircher (HFG March 2015) with ¼ cup stewed rhubarb (no added sugar) (2380kJ/565cal)

LUNCH

- Lamb pita pocket (HFG April 2015) (lunch of the month) (2500kJ/600cal)

DINNER

- Cauliflower couscous with corn and sesame salmon (p61)
- 2 feijoes (2450kJ/580cal)

SNACKS

- Trim latte (968kJ/230cal)
- 4 dates (976kJ/233cal)

- Chia, date and walnut slice (p85) (976kJ/233cal)

DAY TOTAL:
8720kJ / 2085cal



Sunday

BREAKFAST

- Mother's day Savoury French toast in a mug (p82) with 1 cup mushrooms, fried, wilted spinach and ½ avocado, sliced
- Trim flat white (2200kJ/525cal)

LUNCH

- Creamy tuna and broccoli pasta bake (p92)
- Apple (2420kJ/575cal)

DINNER

- Malaysian chicken curry (p72) with ½ cup baked pumpkin and 2 tablespoons chopped cashew nuts (2920kJ/695cal)

SNACKS

- 150ml low-fat yoghurt with ½ cup of grapes (800kJ/190cal)

- Hot Milo; 200ml trim milk with 3 teaspoons Milo
- 10g dark chocolate (800kJ/190cal)

DAY TOTAL:
8660kJ / 2065cal

Adjust portion sizes and snacks to suit your daily energy needs. See page 53 for more information.

Information is
EVERYWHERE

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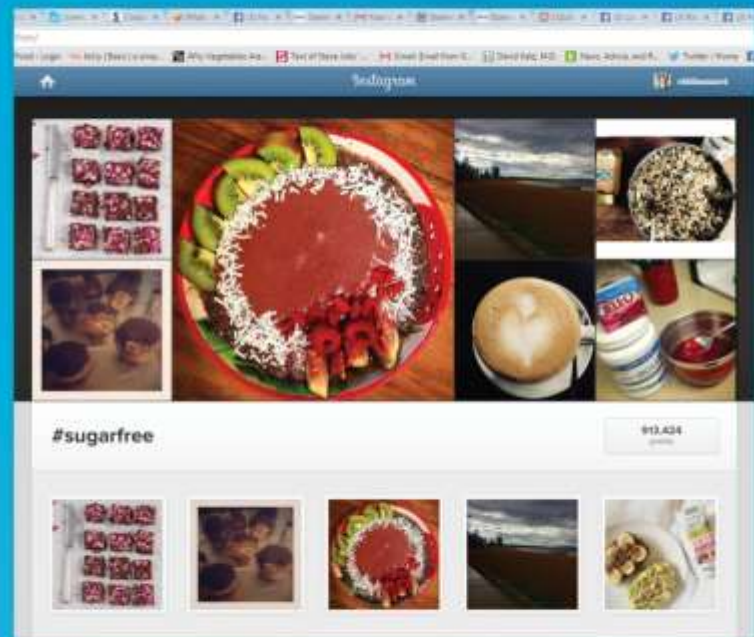
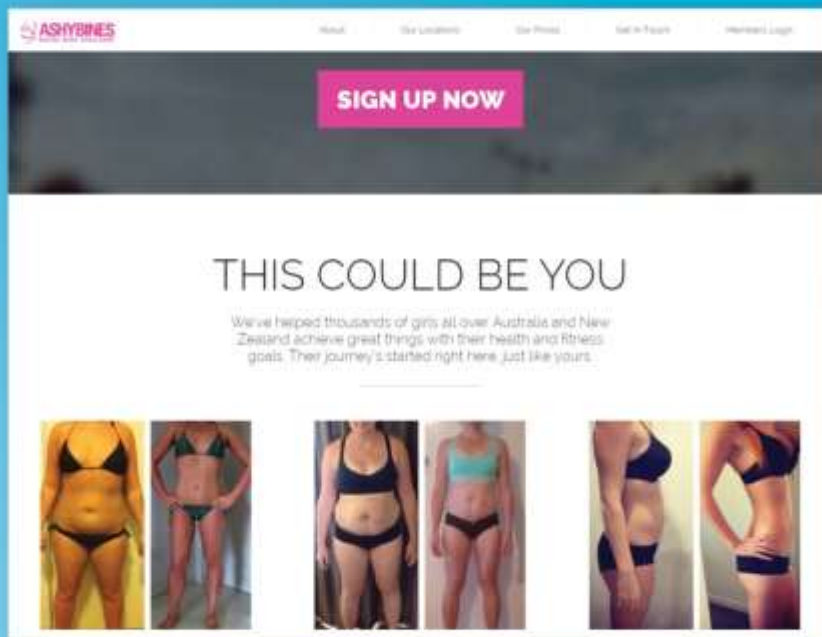
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We make it easy for you to eat well. Every issue of Healthy Food Guide is packed with healthy recipes, practical articles, advice and tips to help you make...
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The HFG team recently upgraded to these standing desks. We're loving being able to get our butts off our chairs. Feeling healthier already!

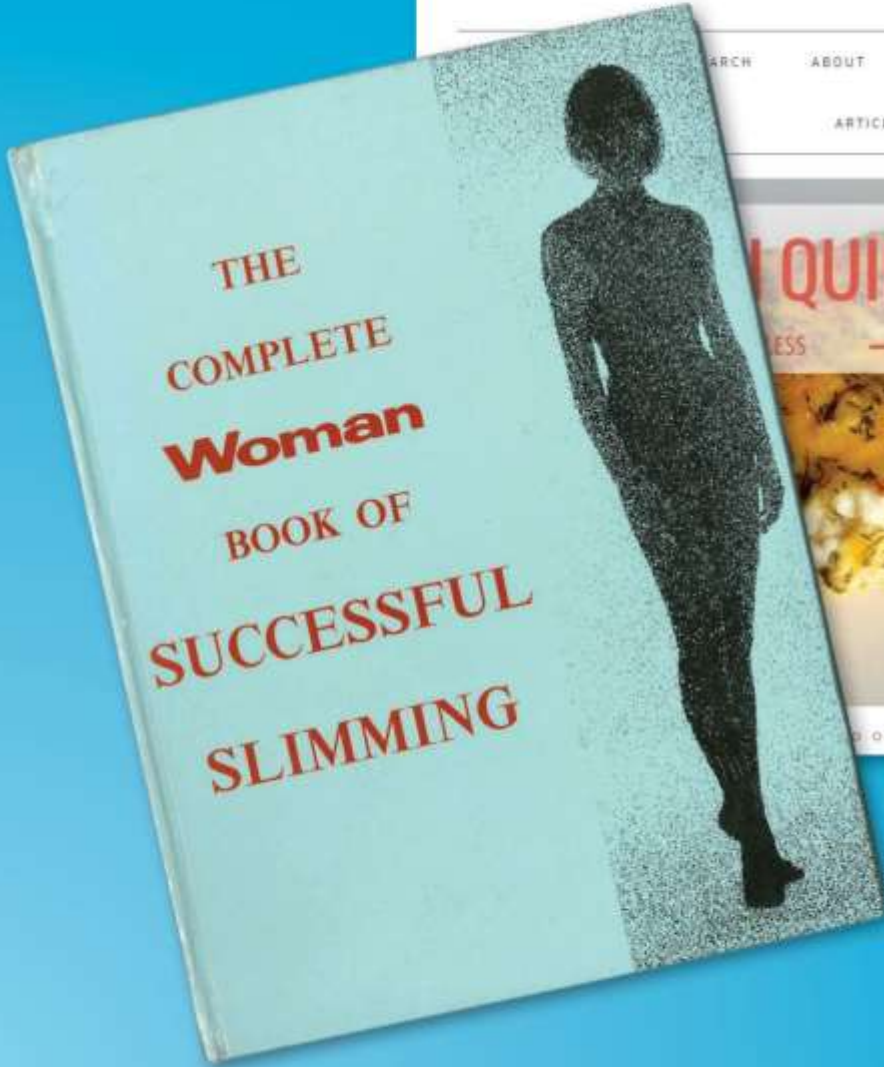
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Left it too late to slim down for your holiday? Melt away fat in TWO WEEKS with new diet

By SADIE NICHOLAS FOR MAILONLINE
UPDATED: 09:57 GMT, 29 July 2011



10

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Worried you've left it too late to get in shape for the beach? No fear, a new diet promises to start melting away fat in just 14 days... and shows you how to keep it off

How many times have we promised ourselves that before we hit the beach for our summer holiday we'll shed half a stone?

It's that holy grail of weight loss that we're certain will make us feel more fab

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FREE COFFEE AT COLUMBUS CAFÉS! SEE PAGE 14

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How much sugar is in your cereal?
(and how much is too much?)

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Work lunch SPECIAL
best desk drawer ingredients & tasty recipe ideas

FREE COFFEE AT COLUMBUS CAFÉS! SEE PAGE 12



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64 Mashed cauliflower



55 Power smoothie

There is

NO 'PERFECT' DIET



Be upfront and
CONSISTENT

THE HEALTHY FOOD GUIDE PHILOSOPHY

Food is a vitally important part of our lives. At HFG we believe the best approach is eating a wide variety of fresh, whole, nutrient-dense food.

With all the confusion out there about healthy eating, we aim to offer the most reliable advice. You can trust our advice to come from the body of established scientific evidence on any given topic, not the latest fads with little or no evidence behind them or from individual pieces of research.

We don't believe in diets; they cause more problems than they solve. We do believe in healthy eating every day. There are lots of ways to achieve this, and different approaches work for different people. Healthy eating changes must be practical, enjoyable and sustainable, not restrictive and unsociable. When it comes to weight-loss, making small changes that you can keep going for life make a big difference.

Our writers are degree-qualified nutrition experts. We also talk to internationally recognised experts about emerging research. Our editorial advisory board gives us guidance on complex issues.

Accuracy is important to us, so all articles are checked by our nutritionist before publication. We also publish references for all health claims (see page 110).

Advertising in HFG is clearly marked. Advertisers cannot influence editorial content, and vice versa.*

Every recipe in Healthy Food Guide is healthy

We don't just say that — we work hard to make sure every recipe fits specific nutrition criteria, and fits the 'ideal plate'. To see what we mean by that, look for the badges on our recipes and see page 53 for our criteria.



hfg RECIPES

recipes

We've done the planning for you! The team at Healthy Food Guide work hard to make every recipe a healthy one for you to enjoy. Here's what we do:

- Our recipes are based on real, whole, nutrient-dense ingredients that are easy to find and affordable.
- Every recipe meets certain minimum amounts of vegetables — at least two servings per person for main meals — and our recipes are based on ideal portion sizes.
- Every recipe meets fit within our criteria to ensure it doesn't contain too much energy, saturated fat, sodium or sugar.
- If a recipe doesn't meet our nutrition criteria, it won't be in Healthy Food Guide.
- Every dish is tried and tested at least twice so we know it is a fantastic recipe and tastes great.
- Every recipe shows a full nutrition panel. The table on page 50 puts this into the context of your daily nutrition and energy needs.



Cauliflower couscous with chickpeas and vegetables (page 61)

52 www.healthyfood.co.nz

this month

There are some great ideas to try again this month. We've selected some of the recipes that we think you'll love to try. We've also included a special recipe for you to try. It's a healthy and delicious recipe that you can try.

We also have a selection of recipes that offer a range of benefits. If you're looking for a healthy recipe to try, we've got you covered.

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Look out for this badge on recipes in this issue. These recipes are suitable for people following the NZE Diets Plan, part of our HFG October is mine (or your copy) unless you request it.

How Healthy Food Guide recipes work

look for the nutrition info on every recipe



PER 100g (3 oz)	Energy	Total Fat	Saturated Fat	Sodium	Total Sugar	Total Fibre
Energy	1176kJ (282kcal)	11g	6g	150mg	10g	2g
Total Fat	11g	11g	6g	150mg	10g	2g
Saturated Fat	6g	6g	6g	150mg	10g	2g
Sodium	150mg	150mg	150mg	150mg	10g	2g
Total Sugar	10g	10g	10g	150mg	10g	2g
Total Fibre	2g	2g	2g	150mg	10g	2g

our recipe badges

- LOW IJ** 1000kJ or less
- HIGH FIBRE** 1000kJ or less
- LOW SODIUM** 200mg or more
- HIGH CALCIUM** 150mg or more
- HIGH IRON** 1.5mg or more
- 3 VEGES** The number of vegetable servings per person*

* Diabetes-friendly: 50g or less carbohydrate and 4g or more fibre and 6g or less saturated fat and 400mg or less sodium. (Applied to meals and soups: 1000kJ or more.)

PODMAP-friendly: These recipes are suitable for those following a low PODMAP diet.

gluten-free: This recipe is gluten-free. It is naturally gluten-free. But always check the ingredients you are using.

no dairy: This recipe contains no dairy products. But always check the ingredients you are using.

vegetarian: This recipe contains no animal products. But always check the ingredients you are using.

vegan: This recipe contains no animal products. But always check the ingredients you are using.

* The number of vegetable servings per person.

* The number of vegetable servings per person.

* The number of vegetable servings per person.

what it means for me

	7000kJ*	9000kJ**	11000kJ**	13100kJ**
Energy (as 20% of energy)	100g	125g	150g	175g
Fat (as 35% of energy)	44g	55g	66g	82g
Saturated fat (as 20% of energy)	21g	26g	32g	39g
Carbohydrate (as 45% of energy)	20g	25g	30g	37g
Fibre	2.5-3g	3-4g	3.5-4.5g	4-5g
Sodium†	≤200mg	≤200mg	≤200mg	≤200mg
Calcium	1000mg (1.0g)	1000mg (1.0g)	1000mg (1.0g)	1000mg (1.0g)
Iron	1.5mg (1.5g)	1.5mg (1.5g)	1.5mg (1.5g)	1.5mg (1.5g)

* Also for sodium intake less than 1000mg per day if you have, or are at high risk of, heart disease.

how much do I need to eat?

The amount of energy you need each day to maintain your weight depends on your age, gender, height, weight, weight history and physical activity level. The information in the table (above) is based on an average 31 to 50-year-old female weighing 60kg and 1.6m tall, and an average 31 to 50-year-old male weighing 70kg and 1.8m tall, with sedentary to moderate* levels of physical activity.

If you are older than 50, you will need to reduce your kilojoule intake by around 500kJ per day (for females) or 1300kJ (for males) — this will vary depending on how active you are.

If you are younger than 31, males need about 8000kJ more, while females need about the same kilojoule content as for the 31 to 50-year-old age group.

* Sedentary is equivalent to seated work with little or no exercise activity.
** Moderate activity includes standing or walking work, or walking work with regular breaks of at least 30 minutes.

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that no-one else will

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cherry and apple custards

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ALL ABOUT POO
 what's normal?

hfg FEATURE

HOW TO CURE CONSTIPATION

Dietitian **Clarice Habbethwaite** discusses a topic most of us don't like to talk about – and offers solutions to get you moving.

help!

How often do your bowels move? It's hardly a discussion you have at work or over coffee with your friends! And that's the trouble, as it leaves us not knowing what's a normal bowel habit and what is constipation. Sometimes a person only learns they have constipation when talking with their doctor. Up to that point they may have thought having a bowel motion once a week was normal and 'just like everyone else'.

If asked, most people would say constipation is straining, hard pellet-like stools (bowel motions), not being able to go when you feel the need, or not going often.

But clinically, chronic constipation is diagnosed when a person has bowel motions twice a week or less. This is reinforced when there are other features as well, such as straining to pass a bowel motion, abdominal discomfort, and a sensation of not emptying the bowel completely.

How it affects your health
 Often people who are living with constipation have no idea it is affecting their health in other ways, such as making them feel tired.

Why is that? We eat and produce lots of waste every day. Most of this is packaged into safe compounds by the liver and absorbed into the digestive tract to leave the body as bowel motions. In the lower digestive tract (colon) are billions of bacteria, which are vital for our health. The problem comes when waste products sit in the colon for days rather than a few hours. When this happens the bacteria can start to unpackage these waste products, which then re-enter the blood stream to circulate back around the body. The result can be a feeling of tiredness, 'boggy hair' and skin problems such as acne.

Constipation often creates bloating and wind which feels uncomfortable. For many people there is nothing more frustrating than their clothes feeling tighter as the day goes on.

How often do you eat a slice of wholegrain bread, such as multigrain, wholemeal or rye or a half cup of brown rice or pasta?
 A. Never
 B. 2-4 times a week
 C. Every day
 See page 30 for your fibre profile

Faecal transplants — the next frontier!

Clostridium difficile is a particularly nasty bacteria. It causes recurrent diarrhoea for many people and is particularly difficult to get rid of completely, even being fatal with up to 14,000 Americans dying from this each year.

One novel treatment is managing to treat this successfully, much to the horror of many people! What is this treatment with a success rate of 90 per cent? It is called faecal transplant, which involves transplanting diluted poo from a healthy person into the sick patient. This is usually done via a very fine tube that slides through the nasal passage to the small intestine.

In Canada, a team of doctors have found an alternative by inserting the healthy faeces into gel-coated pills, which the person swallows.

Considering the success of faecal transplants, some people are choosing to pay privately (about \$10,000) to have the treatment.

WHAT'S NORMAL, WHAT'S NOT

This guide is based on the Bristol Stool Chart. These foods represent the shapes and textures of different stools, so you can compare yours.

TYPE OF STOOL	LOOKS LIKE
TYPE 1 constipation	
TYPE 2 constipation	
TYPE 3 normal bowel motions	
TYPE 4 normal bowel motions	
TYPE 5 diarrhoea	
TYPE 6 diarrhoea	
TYPE 7 diarrhoea	

HEALTHY FOOD GUIDE 27



how to make your vote count

With the upcoming election drawing near, HFG editor Niki Bezzant asks the political parties about their policies on obesity and nutrition.

The issues

OBESITY

New Zealand is the fourth most obese nation in the OECD. One- and-a-half million Kiwis are overweight, and more than 1.3 million Kiwis are obese.

The causes of this problem are complex. According to the NZ Medical Association's recent report *Tackling Obesity*: "Key drivers include the increased availability of cheap, palatable and energy-dense foods, persuasive and pervasive food marketing, and reduced physical activity. This has led to an 'obesogenic' environment in which making the healthy choice has become increasingly difficult and expensive."

Obese people have medical costs 30 per cent higher than those with normal weight. About 4.5 per cent of the total healthcare expenditure in New Zealand (\$686 million) can already be attributed to obesity, and that cost can be expected to rise.

DIABETES, CANCER AND HEART DISEASE

Being obese significantly increases our risk of other diseases. The number of Kiwis with diabetes has almost doubled in the past 10 years. If we can't stop this trend, it has been estimated that by 2021 nearly half a million New Zealanders will have type 2 diabetes, costing the country more than \$1 billion a year. And we can't assume this doesn't apply to us. The University of Otago found last year that almost one in five of those aged 35-44 and almost 45 per cent of those aged 55-64 had pre-diabetes. Increases in weight also mean increases in cancer risk. It's been estimated that excess weight and obesity cause approximately 20 per cent of all cancer cases.

Heart disease is the most common cause of death in our country, accounting for 90,000 years of life lost each year to disability and premature death.

Things that could help

Health experts acknowledge that solving the obesity crisis is not just the responsibility of the government. But there are some policy suggestions on the table that might help.

♥ TAX ON SUGAR-SWEETENED BEVERAGES

A growing group of experts is lobbying for a 20 per cent tax on sugar-sweetened beverages. There's some evidence a tax could work: in Mexico, where a 12 per cent tax was recently introduced there has been a seven per cent reduction in sugary drinks consumption in just a few months. A study conducted by Auckland University found the tax could generate up to \$40 million in new tax revenue each year, which could be invested in programmes to improve population health. (For more on this issue, see HFG June 2014).

♥ NO GST ON FRUIT AND VEGETABLES

This is a strategy that some health experts propose as an incentive for people to buy more healthy food.

There is some evidence this could make a small but significant difference to Kiwi households. In 2010 the University of Otago published research showing an 11 per cent increase in purchasing of fruit and vegetables when 12.5 per cent was taken off the price. This equates to about half a kilo more vegetables and fruit per household each week, or about six extra servings.

♥ FOOD IN SCHOOLS

Although nutrition is taught to some degree at school, it's often undermined by the fact that the foods available in schools are not as healthy as they could be.

In 2009 guidelines for healthy food in schools were scrapped, meaning high salt and sugar junk foods could once again be sold in school canteens.

A report published in the *New Zealand Medical Journal* in 2010 said: "The healthy food policy had the potential to directly benefit the 56 per cent of children and 62 per cent of adolescents who buy food from school canteens". While there are currently guidelines for schools on healthier options these are not mandatory and in many schools poor-quality, sugary and salty foods dominate the tuck shop.

♥ COOKING IN SCHOOLS

Many health experts are concerned that children are growing up without basic culinary skills or food knowledge, which in turn is contributing to obesity.

When we don't know how to cook it is much harder to source and eat a healthy meal. The schools curriculum includes elements of nutrition, food preparation, and food technology. However, cooking is not being taught consistently.

There's evidence that when kids learn basic 'hands-on' cooking, they become more interested in food and eat more vegetables. A Massey University evaluation of Garden to Table, a programme in primary schools where children learn to grow and cook food, found: "Since participating in the programme most children indicated their willingness to try new foods. In most schools, children were cooking at home sometimes or often, they were helping to shop for food and were trying out recipes they had made at school." □

4th
Most obese nation in the OECD

1.3 million
Kiwis are overweight

1/3
Kiwis children are overweight or obese

1 in 5
Kiwis have pre-diabetes

AND
the things that
EVERYONE
is talking about

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- Choose for protein-packed meats
- How to get vitamin D from food
- What's new in frozen veg?

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THIS vs THAT



Some people believe using honey instead of sugar is better for them. But that old 'moderation in all things' idea still needs to be put into practice if we decide to swap sugar for honey.



200kJ

ENERGY
per tablespoon

280kJ

If you're swapping your sugar for honey in drinks as a weight-loss tool think again! Honey is actually more energy dense than table sugar when measured by volume. However, honey tastes sweeter than sugar so you may be able to use less.

sucrose

SUGARS

fructose & glucose

Sugar is 100 per cent sucrose. The main sugars in honey are fructose and glucose. It contains around 17 per cent water. Honey does contain other nutrients but these are present in such tiny amounts, they are not really relevant.

OTHER QUALITIES

While sugar does undergo refining it is fair to say that both sugar and honey are from natural sources. Honey can add flavour, but whether this is useful depends on what we're using it for. Honey may have

prebiotic action – it may enhance the growth of good bacteria in the gut – and it may also be effective in treating oral infections. Using honey with high antibacterial activity may lower the risk of dental

decay, but different honeys vary as much as one-hundred fold in antibacterial activity so unless you can afford manuka honey with a high UMF rating, you won't know what you're getting.

BOTTOM LINE

If you need to add sweetness and like honey in hot drinks, it may be a better choice than sugar. But remember: honey, like sugar, is an energy-dense food offering little in the way of nutrition.

For sources of information for this article, see page 94.

how much **SUGAR** is in that cereal?

Breakfast is often considered the most important meal of the day. But just how nutritious is your morning cereal?

To give you an idea of just how much sugar you may be getting from cereal, we have compared the amount of sugar in a (week's) recommended serve to the equivalent number of teaspoons.

TIP

If you need to add sweetness to your cereal, add sliced bananas instead of a sprinkle of sugar.

in context

- Cereals are a convenient and often nutritious breakfast option. With added milk cereal can provide carbohydrate, protein, fibre, calcium and some vitamins. But nutritional values vary across the cereal range.
- Some cereals, especially those aimed at children, can be up to 30-40 per cent sugar!
- Compare cereals by checking the per 100g column in the nutrition information panel. We recommend 15g or less sugar per 100g. Less is better. For cereals containing dried fruit we recommend 35g or less sugar per 100g.
- Sugar is not the full picture. Also look for whole grains, low sodium and high fibre.

Sanitarium Weet-Bix

2.8% sugar
30g serve (2 biscuits)
= 0.8g sugar



0.2
TEASPOONS
OF SUGAR

Kellogg's Corn Flakes

7.9% sugar
30g serve
(about 1 cup)
= 2.4g sugar



0.6
TEASPOONS
OF SUGAR

Uncle Tobys Cheerios

14.7% sugar
30g serve
(about 1/2 cup)
= 4.4g sugar



1.1
TEASPOONS
OF SUGAR

Sanitarium Honey Puffs

24.4% sugar
30g serve
(about 1 cup)
= 7.3g sugar



1.8
TEASPOONS
OF SUGAR

Vogel's Café-Style Light Almond & Ancient Grains

17% sugar
45g serve
(about 1/2 cup)
= 7.7g sugar



1.9
TEASPOONS
OF SUGAR

Hubbards Banana Bugs 'n' Mud

28.7% sugar
30g serve
(about 1/4 cup)
= 8.6g sugar



2.2
TEASPOONS
OF SUGAR

Weight Watchers Oven baked Nutty Muesli

20.4% sugar
45g serve
(about 1/2 cup)
= 9.2g sugar



2.3
TEASPOONS
OF SUGAR

Kellogg's Nutri-Grain

32% sugar
30g serve
(about 1 cup)
= 9.6g sugar



2.4
TEASPOONS
OF SUGAR

Hubbards Thank Goodness Gluten Free Cocoa Puffs

32.7% sugar
30g (about 1/2 cup)
= 9.8g sugar



2.5
TEASPOONS
OF SUGAR

Kellogg's Frosties

41.3% sugar
30g serve
(about 1/4 cup)
= 12.4g sugar



3.1
TEASPOONS
OF SUGAR

WOMEN: BRISBEN; UNCLE TOBYS: P&G/DAVIS; REGISTRATION: MUMBAI

HFG Senior nutritionist Rose Carr looks at one of our staple foods and investigates how good it really is for our health.

Is it time to DITCH DAIRY?

We're a dairying nation. Most of us were brought up to drink and eat dairy products such as milk, yoghurt and cheese. Some of us will even have memories – fond or otherwise – of the first school milk programme which ran from 1936 to 1967. Fonterra have recently reprised this programme, albeit with chilled rather than sunshine-warmed milk this time around.

But is all this dairy actually doing us harm? Some tell us dairy actually causes cancer rather than prevents it, and is it really essential for our bones? The research can be confusing and we don't always get clear answers. Let's have a look at the current state of the evidence.

What's in dairy?

Dairy foods are complex foods that contain a broad range of nutrients. The amount of each nutrient in different dairy products varies but overall they provide useful amounts of protein, the minerals calcium, zinc, phosphorus and iodine, as well as the vitamins riboflavin and B12. Full-fat dairy products can also provide high amounts of fat, with much of that being saturated fat.

What's the link between dairy and bone health?

It's easy to think of our skeleton in the same way as the framework of a house – once it's in place we don't expect it

to change. But it's not like that at all as our bones are living tissue: we're constantly making new tissue and disposing of the old.

When we're growing up we make more tissue than we dispose of but there comes a point where we reach what's called peak bone mass (PBM). This is when we have the most bone tissue our body will ever produce. Different areas of bone reach PBM at different times but overall about 90 per cent of PBM is achieved by our early 20s and by the time we're in our 30s, it's done and dusted. After that we very gradually lose bone tissue.

People with lower bone density in their 20s are more likely to develop osteoporosis

as they age. Osteoporosis (porous bones) is a condition where the loss of bone tissue weakens the skeleton, making it more susceptible to fracture. In New Zealand about half of women and nearly one-third of men over the age of 60 are expected to suffer a fracture caused by osteoporosis.

So there are two important factors for bone health. The first is to achieve the best possible PBM we can when we're young and the second is to make sure we lose as little of our bone tissue as possible as we age. Dairy products can help us with both of these, largely because dairy, especially milk, is a rich source of highly bioavailable calcium which is needed for the continuous process of building bone.

The last national nutritional survey found that milk and other dairy products, including cheese, accounted for 40 per cent of New Zealanders' calcium intakes. Calcium is not widely available in any other food group. Dairy foods are plentiful, varied and easy to include in our diets, yet many of still us don't get as much calcium as is recommended.

Consuming more low-fat dairy is an easy way to overcome this, if we choose not to consume dairy, for whatever reason, we need to ensure we get enough calcium from other sources such as tinned fish with bones, green leafy vegetables, nuts, seeds and fortified soy and rice milks.

What about dairy and cancer?

In 2007 the World Cancer Research Fund (WCRF) UK undertook the most comprehensive review of all the scientific evidence available on diet, lifestyle and cancer prevention. In their report they acknowledge that diet is very difficult to study because of the variety of foods and complexity of the dishes we eat. They found conflicting evidence around any links between dairy foods and cancer, so they do not make a recommendation with respect to cancer prevention for dairy foods. More recent reviews support recommendations that consuming three servings of milk and dairy products each day is safe and does not appear to increase overall cancer risk.

Closer to home scientists at the University of Otago reported in 2011 that regularly drinking milk at school significantly reduced the risk of bowel cancer in adulthood.



MILK MYTHS AND TRUTHS

Does cheese cause constipation?

No. Eating cheese does not cause constipation. This was studied in a group of rest home residents in Finland. These folk filled in questionnaires on all matters faecal, such as frequency and consistency, after following high-cheese and no-cheese diets for three weeks each. Despite a 20-fold increase in the intake of cheese, no changes in intestinal transit time or other faecal variables were noted. We should note that cheese does not contain fibre. So if you eat so much cheese that you haven't got room for foods rich in fibre, it's time to re-think the balance of your diet.

Does milk contain hormones?

Yes. Cow's milk contains various naturally occurring bioactive hormones, including insulin-like growth factor IGF-1. The contribution of IGF-1 by milk to increasing IGF-1 blood levels has been described as negligible by some but it does continue to be of interest to researchers, especially in the area of breast and prostate cancer (see over).

Hormones are not added to milk in New Zealand. In the US a synthetic bovine growth hormone is commonly used to increase milk production. This practice is banned in New Zealand, Australia, the European Union and other countries.



HFG Senior nutritionist **Rose Carr** takes a look at the popular food of the moment: coconut. Which coconut products are worth the money (and the hype)?

behind the headlines Coconut products

Coconut sugar

Coconut sugar is made from the flowers of the coconut palm, before they develop into coconuts. So a tree that produces coconut sugar will not produce coconuts. The flowers are cut so they produce a liquid sap and when heated the water in the liquid evaporates to leave the sugar. Also called coconut palm sugar (as the coconut is a palm tree), this should not be confused with what we commonly call palm sugar, which is made from the date palm. Coconut sugar has a pleasant deep treacle-like flavour.

We think coconut sugar is over-hyped and super-pricey. Producers claim it is packed with vitamins, minerals and amino acids, but unless you are consuming vast amounts of sugar (not recommended!)

the amounts of vitamins and minerals in the sugar are insignificant. Amino acids are the building blocks of protein and coconut sugar contains less than 2g protein per 100g. So while a claim that coconut sugar is high in amino acids may sound nice, it's meaningless when it's so low in protein to start with.

For perspective, one teaspoon of sugar is around 4g and 100g is just less than half a cup. Coconut sugar is more than 90 per cent carbohydrate, mostly sugars.

Our advice is to use whichever sugar you prefer for taste and don't overdo it, as excess sugar in any form is not healthy.

PRICE COMPARISON

- 400g Ceres Organics Coconut Sugar: \$10.25 (\$2.56/100g or 23 cents per teaspoon)
- 500g Sunban Organics Coconut Sugar: \$21.35 (\$4.27/100g or 38 cents per teaspoon)
- 500g Chaleas Low GI Sugar: \$4.15 (\$1.04/100g or 8 cents per teaspoon)
- 500g Chaleas White Sugar: \$1.91 (39 cents/100g or 2 cents per teaspoon)



Coconut water

Coconut water, an almost clear juice, is harvested from the centre of immature green coconuts. No, we don't believe it is going to cure stomach flu, dysentery, constipation, intestinal worms and even wrinkles (to name just a few of the internet claims).

Leaving the misinformation aside, however, there are good things to say about coconut water. One 250ml (1 cup) serve of coconut water contains around 200-220kJ, which is less than half the amount in most fruit juices. Like other fruit juices, coconut water also contains useful amounts of potassium, which is good for blood pressure. Often promoted as a sports drink, it could be used for after-sport hydration, but those serious about their sport and hydration would need to choose a suitable product as some have lower amounts of carbohydrate and sodium than ideal for a sports drink. (See our 'Guide to sports drinks' feature, HFG April 12 issue.)

There is nothing magical about coconut water but we like the taste, an important prerequisite, and nutritionally it stacks up just fine.

PRICE COMPARISON

- King Island 100% Pure Coconut Water: \$4.25/L (\$1.67 per 250ml)
- Charlie's Orange Juices: \$3.95/L (\$1.58 per 250ml)
- Fresh Up Apple & Orange Juice: \$2.49/L (99 cents per 250ml)



Is coconut fat bad?

Products made from the meat of mature coconuts include coconut oil, milk, cream, desiccated and shredded coconut and coconut flour. The higher the oil content in these products, the higher the amount of saturated fat, which is where the coconut oil 'believers' digress from the nutrition scientists.

Coconut oil is fat and around 87 per cent of it is saturated fat. Current recommendations advise us to limit our intake of saturated fats to reduce the risk of cardiovascular disease.

Many claims are made about the medium-chain saturated fats – mainly lauric acid – which make up about two-thirds of the

saturated fats in coconut oil. It's said these are not harmful.

However, the report from the expert consultation by the Food and Agriculture Organisation (FAO) of the United Nations states that lauric acid raises LDL-cholesterol (bad cholesterol) levels. Then there is the other one-third of saturated fats in coconut oil which no-one is deeming are harmful.

This doesn't mean a trace of coconut fat should never pass our lips, but using lots of it is not a healthy option. Coconut products can be an enjoyable part of our diet, in moderation.

Coconut milk and coconut cream

Coconut milk and coconut cream are made from the flesh of the mature coconut. The flesh, usually with added water, is ground to a fine pulp and the juice is separated from the pulp, often by pressing. Once settled, the fluid separates into a higher-fat cream and a lower-fat milk. Reduced-fat products have a higher water content. Coconut cream and coconut milk are sometimes homogenised so the fat particles are smaller and texture more even.

Using coconut cream or coconut milk, even those labelled as light versions, can add a whopping amount of fat, saturated fat and kilojoules to a dish. A real trap with these products is that some light versions are higher in fat than



another brand's standard version! So it's all about picking a lower-fat product or using much less than a recipe might state – often both! It's the flavour we need, not the saturated fat.

We recommend Trident Light Coconut Milk as a flavoursome lower-fat choice. If you're cooking a meal for three to four use the small 165ml can. If you open a larger can, freeze the remainder to use another time. [See also 'HFG guide to coconut milk' HFG May 12.]



People are
HUMAN

I've been hiding from exercise.

**I'm in the
FITNESS
PROTECTION
PROGRAMME**

THE
HITS

**WHENEVER I
SAY THE WORD
"EXERCISE" I WASH
MY MOUTH OUT
WITH CHOCOLATE**



My favourite exercise
is a cross between a
lunge & a crunch.

It's called lunch.

Chocolate comes
from cocoa,
which is a tree.
That makes
it a plant...
so chocolate
is a salad.



*I started a new diet
yesterday.
Thank God
that's over...*



My doctor said I should eat more greens, so
I went on a dye it



HOW TO

LOSE WEIGHT

for your *eating personality*

Do you graze or skip meals? Do you turn to food when you're emotional? Or do you simply eat when hunger strikes? Find your eating style – and discover how to master it.

Hungry eating vs non-hungry eating

Next time you eat, stop for a moment to consider why. Are you having a bite because it's time to eat or just because you're faced with food? Perhaps you're bored or using food as a form of procrastination? Maybe you're celebrating or eating secretly to fill an emotional void? These days, there's a good chance you're eating for reasons other than hunger.

Of course, we need food to survive but in today's world of plenty, true hunger is often overshadowed by countless hunger-free reasons for eating. As a result, there is a disconnect between the amount of kilojoules we need and the amount we are actually consuming.

WORDS: SIOBHAN KING & DIANE LONGFIELD

Although some non-hungry eating is fine (it's fine to enjoy a mid-afternoon snack to stave off later hunger, or enjoy the occasional celebratory treat), our health can suffer when non-hungry eating behaviour goes unchecked.

To improve your health, the first priority is to recognise what kind of eater you are. Knowing your eating triggers enables you to develop healthier responses so you can start to reconnect with your body's natural appetite signals. See which of the following eating styles seem familiar to you. Our relationship with food is complex, so it's worth noting that many of us fit into more than one category. As a result, you may need to tailor a mix of strategies to suit your individual way of eating.

EMOTIONAL EATERS

"I eat when I'm bored or sad"

Emotional eaters have a complex relationship with food, as certain emotions trigger their eating. Boredom, anger, loneliness or depression can bring on a bout of eating. Some people even eat as a form of rebellion or self-punishment. In contrast, others use food as a reward, behaviour that may stem from childhood, when treat foods were the benefits of good behaviour.

The reasons for emotional eating often run deep, with even the eater finding them hard to fathom. Because many people eat when their mood is low, the dieting process can become a vicious cycle for emotional eaters, who find the self-imposed restraint too stressful and eat to compensate, perpetuating this stubborn cycle.

How to stay in control

- **Pinpoint your emotional triggers.** Keep a food and mood diary to record what and when you ate, and how you felt before, during and after eating.
- **Develop strategies to deal with your feelings.** Once you start to recognise which moods and situations drive you to eat, you can begin to develop alternative ways to soothe yourself. (The cause can be quite complex, so you may need the support of a psychologist, psychiatrist or dietitian.)
- **Make a list of non-food rewards.** When you're feeling down or stressed, or in a situation that usually encourages you to reach for food, reach for that list instead. You may find that a gentle walk, a fragrant hot bath or even a small dose of retail therapy become more attractive ways to spoil yourself. ☑




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