

SURVIVING THE FESTIVE SEASON

SUMMER 17/18 NUTRITION NEWSLETTER

It may well be the season of summer parties and Christmas festivities, but skip the weight gain and summer sluggishness by following these tips. Your body will thank you for it!



DON'T DEPRIVE, THRIVE

Deprivation is not the way to go. Instead of saying 'no' to all your favourite foods, just watch your portion sizes - including drinks (alcoholic or not).

ADD VEG

Adding vegetables to any meal can instantly make it nutritionally better for you. Think less calorie (kilojoule) dense and more nutrient-rich! Research shows that vegetables are a great source of vitamins and minerals, plus also contain polyphenols which can help you glow from inside out. True story!

LIVE A LITTLE

It isn't Christmas day that's the culprit, it's the days and weeks that surround it! It may be BBQ party season but combat the weight gain by eating sensibly for the most part, allowing yourself to indulge on just a few special occasions.

WAIT IN BETWEEN HELPINGS

Simple but effective... Before reaching for a second (or third) helping, first rest for 15 minutes. Drink some water and chat with friends and family to pass the time. You might find that you don't need another helping!

ENJOY THE SUNSHINE

Don't munch when bored. Get your steps up instead! Go for a walk around the block, run, hike or even swim.
Heading somewhere nearby? Try walking there instead of driving.
Remember: be sun smart to prevent skin damage and premature ageing.



In the battle of hot potatoes vs. cold potatoes, we ask...

WHAT'S UP WITH RESISTANT STARCH?

One way of grouping fibres in food is based on their digestibility. Non-fermentable dietary fibres promote bowel regularity, while fermentable fibres such as resistant starch feed the 'good bacteria' in our gut. Good gut health is related to better weight management, immune function, brain function and mental health, plus reduced risk of bowel cancer.

Bowel cancer is the second most common type of cancer in Australia, and researchers say one factor contributing to this is that we aren't eating enough fermentable fibres - which help to protect against genetic damage that leads to this cancer.

Resistant starch is found in legumes (peas and beans), firm bananas and some wholegrain products. Cold potato salads and pasta salads also contain resistant starch... but only when served chilled. Why? During the process of cooling, some digestible starches turn into resistant starches in a process called retrogradation.

PICNIC POTATO SALAD WITH PEAS & PECORINO

PREPARE THIS THE DAY BEFORE, KEEP
IN THE REFRIGERATOR OVERNIGHT
AND SERVE CHILLED FOR A RESISTANT
STARCH BOOST!



Preparation time: 10 minutes

Cook time: 15 minutes

Ingredients (makes 4 serves)

- 500g small Desiree potatoes, unpeeled
- 2 cups frozen **Birds Eye Garden Peas**
- 1 cup rocket leaves
- Shaved Pecorino or Parmesan cheese
- 1 tablespoon white balsamic vinegar*
- 1 teaspoon French mustard
- 2 tablespoons oil
- 1 teaspoon honey

* This can be replaced with regular white vinegar

Step 1. Cut potatoes into 1 cm slices; steam or boil until tender. Cook frozen **Birds Eye Garden Peas** following packet directions. Cool quickly in cold water and drain.

Step 2. Place vinegar in a small bowl, add mustard and lightly beat with a wire whisk. Continue whisking adding the oil in a thin stream and beat until slightly thickened. Whisk in the honey and season with pepper.

Step 3.

Arrange cooked potatoes and peas onto a serving plate and drizzle with dressing. Top with rocket leaves and garnish with shaved Pecorino cheese.

NEW PRODUCTS



Little Leggo's Pasta Pillows
Beef & Vegetable and **Vegetable & Cheese**
3.5 Stars



John West Mackerel Fillets in
Mexican Sauce or **Thai Green Curry**
Excellent source of omega-3

CHRISTMAS GIFT IDEAS

- Do-it-yourself recipe book or calendar, with tasty breakfast, lunch or dinner recipes. Include our Simplot recipes and images. Hint: start here at <http://simplygreatmeals.com.au/>
- Create bunches of home grown herbs, such as rosemary, parsley or basil. Wrap like flowers.
- Gift bags of healthy snacks. Hint: Roast EDGELL chickpeas with honey and rosemary. A tasty way to enjoy fibre plus low GI carbs.
- Cooking workshops for kids or adults helps generate confidence in home cooking.
- A selection of soothing herbal teas and an 'old fashioned' tea pot – a perfect relaxation gift.