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# DIETS ON WHEELS

*Stop & think – before you eat & drink*

**THE GOOD EGG -**

Eggs have received the Heart Foundation Tick of approval. This may seem to be a turnabout, but there are good reasons and new knowledge of the role eggs can play in a healthy diet.

Eggs provide a good source of omega 3 fats which is an ideal substitute for vegetarians or non fish eaters.

New testing methods have also revealed that eggs are a good source of Iodine which is important given the indication that soil levels of Iodine are decreasing.

Eggs are nutrient dense foods, ie they are a natural source of at least 13 different vitamins & minerals & high quality protein without being too high in energy.

◆ **Heart Foundation Tick  
Meals at McDonald's**

*Hamburger served with salad & water or orange juice*

*Lean Beef Burger served with salad & water or orange juice*

*McChicken served with salad & water or orange juice*

*McNuggets served with salad & water or orange juice*

*Filet-O-Fish served with salad & water or orange juice*

*2 deli choices – Tandoori Chicken or Turkey on multigrain roll with salad.*

*These are better options for the weight conscious if you must eat at McDonald's.*

**ASIAN STYLE EGG SALAD** – 1 serve

Watercress quantity as desired  
Lebanese Cucumber, sliced  
Cherry Tomatoes  
Snow Peas, sliced  
Green onions, sliced  
Roughly chopped Coriander leaves

**Dressing:**

Lime juice, peanut oil, fish sauce, soy sauce, finely chopped red chilli & brown sugar. Combine together & shake well.

Poach 1-2 eggs in water until whites are set.  
Make a bed of watercress & other salad vegetables on a serving plate.  
Drizzle with dressing ingredients and top with poached eggs.  
Sprinkle with chopped Coriander leaves & serve.

**FOR SALE**

- Pocket Dieters Diary \$4.00
- Easydiet Cookbook, The Low Fat Way \$3.00
- Mini diet scale \$10.00