



Kaye L. Haslam
Accredited Practising
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"we come to you!"

Stop & think – before you eat & drink

"Rainbow Warriors"-

About 2400 years ago Hippocrates (the father of modern medicine) said to all his patients and the doctors of Greece – "Let food be your medicine & let medicine be your food."

I have noticed many different articles and reports in the popular press in recent months on the disease fighting benefits of various foods.

In the Age Sunday Life magazine (12/1/03) an article titled "Rainbow Warriors" highlighted the importance of colour in our fruits & vegetables

which not only look appealing & good to eat but signify the content of very useful compounds called carotenoids (antioxidants).

Use a variety of colours daily – red, orange, green, yellow, purple & white. The most important are green & orange which should be eaten every day. These foods offer levels of protection against disease not achievable from vitamin supplements.

Portion Size – many restaurants and food manufacturers are aiding & abetting our obesity epidemic with

"supersize" meals, "all you can eat" & 30% more for free, etc.

In a recent study from the US researchers have demonstrated that larger portion sizes induce people to eat more. Subjects were offered 4 different amounts of the same food. Most was consumed by those offered the largest portions regardless of sex, BMI, etc.

Breakfast – also from a recent US study, school children who did not eat breakfast had blood sugar levels too low to enable them to concentrate properly.

NEW PRODUCTS & WEBSITES TO CHECK OUT -

NEW – Heart Plus Milk – bears the NHF ✓ – low fat milk containing added Omega-3 fats.

Omega 3's also being added to spreads, bread & cold meats, so you don't have to eat oily fish.

Website – www.wellnessletter.com is an interesting info site with a current article called "The Fullness Factor" which you can access directly at www.wellnessletter.com/redirect/mar03/the_fullness_factor

Launch of DHS Public Health Nutrition website – www.dhs.vic.gov.au/phd/nutrition/

New Foodwatch A to Z available in bookstores or on line from www.foodwatch.com.au, pocket-size great reference \$14.95

New blue GI logo now appearing on food products.