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Stop & think – before you eat & drink

LATEST NUTRITION NEWS

National Health & Medical Research Council are expected to release new nutrient reference values for dietary calcium soon. The new calcium RDI's will recommend an additional serve of dairy food daily.

1 serve of dairy food =

- ◆ 250ml. Milk
- ◆ 200gm. Yoghurt
- ◆ 40gm.cheese

All of these provide about 300mg. calcium which is about ¼ of daily requirement for teens & adults.

New research studies indicate a relationship between higher protein intake & lower blood pressure. Plant proteins & animal protein in the form of lean red meat have been shown to lower blood pressure. There are more cuts of lean red meat available & these provide important nutrients such as omega-3 fats, zinc, iron & vitamin B12.

THE CSIRO DIET– the pros & cons-

- ◆ No one plan suits all
- ◆ If you love potato/rice/pasta then this is not for you.
- ◆ More protein, less carbs may be more appetite satisfying for some.
- ◆ It has been well researched for side effects & deemed satisfactory.
- ◆ Eating more protein at the main meal may encourage greater vegetable intake also.
- ◆ Eating less refined carbs, such as white bread & refined cereals is a better nutritional choice.

Great recipe ideas visit
www.themainmeal.com.au

SWEET POTATO & CHEDDAR MUFFINS – courtesy of Dairy Australia Makes 12

Ingredients:

2 cups SR Flour, sifted	½ small red capsicum, finely diced
¼ cup skim milk powder	3 spring onions, chopped
¼ cup grated orange sweet potato	2 eggs
2 Tbl. Grated low fat cheese	1 cup low fat milk
Season to taste	

Method:

1. Combine flour, skim milk powder, sweet potato, cheese capsicum & onion in a bowl.
2. Lightly whisk eggs, milk & seasoning & gently stir into dry ingredients. Spoon mixture into muffin pan & bake at 180°C for 25-30 minutes or until golden & cooked through.
3. Turn out onto wire rack to cool. Serve warm with a green salad for a light lunch.

Each muffin provides approx. 500kJ or 125 kcal.

FOR SALE

- Pocket Dieters Diary \$5.00
- Easydiet Cookbook, The Low Fat Way \$5.00
- Mini diet scale \$10.00
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