



Kaye L. Haslam
Accredited Practising
Dietitian/Nutritionist

*Home Visit Weight
Management Service*

*Accredited with all
major health funds*

*Pensioner, student
and group discounts*

*Appointments in
your home*

*Mobile No.
0419 338 643*

*Email –
info@dietsonwheels.
com*

dietsonwheels
"we come to you!"

Stop & think – before you eat & drink

DAA Announces new logo and credential for all members.

The credential of Accredited Nutritionist can now be used by all members of DAA if they wish.

This should help clarify to the public that all dietitians are also nutritionist.

Not all nutritionist however are dietitians.

So for the best nutrition and dietary advice always look for either or both of the above logos which will indicate that the person is suitably qualified and a member of the Dietitians Association of Australia.

Latest Nutrition News-

Breakfast Cereals – the five best according to nutrition lecturer from University of Newcastle.

1. Untoasted Muesli
2. Weetbix
3. Uncle Toby's Traditional Oats
4. All Bran
5. Guardian

And for the kids Cheerios or Honey Weets.

The best breakfast bars -

Uncle Toby's Breakfast on the go fruit & nut or Crunchola Apple Blueberry.

Look for the word wholegrain in the ingredient list.

Mc Donald's and the TICK Program-

Earlier this year McDonald's announced 9 new Heart Foundation Tick Approved Meals.

There is a 4 step process required to earn the TICK-

Step 1-modify key ingredients & cooking methods to reduce saturated & trans fats,salt, serving size & increase vegetable content.

Step 2-must have HACCP-based food safety & quality systems in place.

Step 3-accurate nutrition information and no misleading health claims.

Step 4-there is a 12 month contract, twice weekly random audits by independent auditor SAI Global.

Qantas also offers TICK meals on international flights.

FOR SALE

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