

DIETS ON WHEELS

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STOP & THINK - BEFORE YOU EAT & DRINK

NEW PRODUCT INFO -

Oats/oat bran – the soluble fibres in oats can help reduce cholesterol reabsorption & reduce LDL –cholesterol levels.

Nestlé & Uncle Tobys – are changing the profile of their range to include more fibre & wholegrains, less sodium, saturated fat & sugar.

Jalna Dairy Foods – all contain *aBc* probiotics, are low GI, low lactose & gluten free & preservative free.

Nestlé Ski Activ Yoghurt – low fat with pre & probiotic function.

Eggs – high Omega 3 even before enrichment & the NHF says up to 6 eggs per week is okay.

Bürgen Wholegrains & Oat Bread – receives the NHF Tick. It contains β -glucan, Omega 3's, less sodium, more fibre & low GI.

Nestlé Peters – new lactose free icecream.

CalciYum Yoghurt – with added calcium & probiotics especially for kids.

ALDI Supermarkets – the first chain to gain the NHF Tick across a wide range of foods in its stores.

Smith's Crisps – now baked in 100% polyunsaturated oil. All PepsiCo products will have less saturated fat, less sodium & less sugar.

- ◆ Home Visit Weight Management Service
- ◆ Accredited with all major health funds
- ◆ Pensioner & group discounts
- ◆ Appointments in your home

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FOR SALE:

- ◆ Pocket Dieters Diary \$5.00
- ◆ Mini Diet Scale \$10.00

