

"Every tomorrow has two handles. You can take hold of the handle of anxiety or the handle of enthusiasm. Upon your choice so will be your day."

UNKNOWN

Don't Forget:

Stick to the healthy guidelines most of the time, but treat yourself "occasionally".

Buy an ice-cream (trust me there are some really good ones about); a sausage at a BBQ; fish and chips do taste great; don't exercise for the day; an extra glass of wine.

There are few people more dull than a prudish health fanatic!



Welcome

The holiday period is a time when healthy eating often slips and many of us put on a little extra weight. That said, it's a good time to have a few treats.

Everyone knows the low fat, low sugar, high fibre mantra, but many don't get it right in translating these general guidelines into our routine eating. So I've decided to devote this whole newsletter to healthy eating tips. Below are a few ideas for the party season. The remainder of the issue is about what we do day-to-day and that's what really matters in the long run.

In addition you may request "Fast Food Fact Sheet" with tips for healthy eating on the run, produced by Catherine Saxelby. Reply to extra@thehealthpresenter.com.au with the subject "Fast Food".

Did man really come out of the trees because of red meat? It's one of the common questions I get asked -- referring to the TV adverts by Sam Neil promoting red meat. I tread carefully because I have had people unsubscribe because we published a meat recipe. The anthropological evidence is strongly suggesting that humans' advanced development was contingent upon our ability to eat meat. Indeed there is strong suggestion it is linked to our, probably accidental, learning to cook meat (it is easier to consume). The adverts do not sit well with many vegetarians -- may I make the point that as a result of our advanced intelligence we are now capable of eating a meat free diet that is equally nutritious. So there is room for an each way bet on this one. Certainly from an environmental perspective we need to be reducing our meat consumption. I suggest only small amounts if you eat meat.

If your organisation is planning a conference or staff training may I ask you to pass on this download to the organiser: [the THP program](#). It's great fun with lasting benefits.

Wishing you the best of health.

Rob Edwards

Healthy entertaining

Most of us have experienced French onion dip, cabanossi pieces, cheese cubes and crackers -- not so healthy nor entertaining. This festive season go easy on full cream dips, salami, little frankfurts, chips, cheezels, party pies, sausage rolls, confectionery and salted nuts. Try some of these healthy alternatives and listen for the positive feedback you'll receive:

- Fruit platters: try rockmelon sliced in a fan, small bunches of grapes, piles of strawberries and raspberries, halved passionfruit, coconut dipped banana pieces, kiwi fruit, orange segments, lychees, figs sultanas and other dried fruit.
- Healthy dips based on ricotta, cottage cheese, low fat sour cream or tomato salsa.
- For dippers use vegetable pieces such as celery, carrot sticks, green beans, cauliflower and broccoli florets. Try also bread sticks or lightly toasted wedges of pita, Lebanese or plain breads.
- Serve small bowls of cherry tomatoes, cherries, unsalted nuts, sultanas, raisins, dates, and dried fruits such as apricots, apples and pears
- Popcorn, pretzels and roasted chickpeas
- Small wholemeal sandwiches
- Small bowls of olive oil with chopped fresh herbs for people to dip crusty bread
- Bruschetta (chopped basil, tomatoes on garlic oil coated, lightly toasted, bread)
- Antipasto platter of sun dried tomato's, marinated zucchini, roasted eggplant, sweet potato and capsicum.

"Failure seldom stops you; what stops you is the fear of failure"

JACK LEMMON
(1925 - 2001)

Don't Forget:

If weight loss is a sensible goal for you and you are finding it's proving a little stubborn, try the "10% Rule":

Eat 10% less
&
increase physical activity by 10%.

Breakfast like a king

The old adage "Breakfast like a king, lunch like a queen and dinner like a pauper" is actually good advice. More often we get it around the other way by starting the day with a small breakfast or skipping it all together. Then a small lunch followed by a large dinner. It's unreasonable to expect people to revert fully back to the old adage, but the following suggestions will help you, if needed, make a positive shift.

Breakfast is important. As the word suggests, it is "breaking" the "fast". Usually between dinner and breakfast no energy enters the body so the metabolic rate slows down to conserve energy. In the morning your body 'expects' to be refuelled. It is difficult for your body to work at its optimum if you rush around getting ready for work, organising children and so on without breakfast (when your body is still trying to conserve energy). People who don't eat breakfast tend to have a less nutritious diet overall and eat less calcium, zinc and fibre. It is particularly important to encourage children to eat a healthy breakfast because those who skip breakfast as children tend to continue to do so when they become adults.

Breakfast is easy! In a few minutes you can prepare a range of healthy options. I have grouped several options, but mix and match to suit your preferences -- and have portion sizes to meet your needs. Making time for a relaxed breakfast is a good stress management strategy, allowing you to start the day unrushed and in a positive frame of mind. If you are pushed for time eat a couple of pieces of fruit on the run. Here's a few brekky ideas:

- o Healthy (read the labels) whole grain cereal or muesli and skim milk
- o Grapefruit; grilled tomato on toast
- o Some prunes; scrambled eggs on toast
- o Pawpaw and passionfruit; baked beans on toast
- o Stewed fruit with low fat yoghurt; asparagus on toast
- o Fresh strawberries or a slice of rock melon; rolled oats with skim milk;
- o Simmered tomato and onion on toast
- o Banana; grilled cottage cheese and sliced tomato on toast
- o Slice of pineapple; whole grain wheat biscuits with skim milk and sliced banana
- o Fruit loaf toasted, topped with slices of banana, peaches or berries
- o Fruit cups with yoghurt and bran; sardines on toast.

Lunch like a queen

Here are a few suggestions:

- o A salad and an orange
- o Minestrone soup, wholemeal roll and an apple
- o Stewed fruit with low fat yoghurt
- o Pita bread filled with rice or bean salad and a peach
- o Sandwiches - take your pick. Put these fillings on wholemeal bread, crispbreads, bread rolls or fill pita or Lebanese pockets:
 - Tomato, feta and green salad
 - Mixed bean salad and ricotta cheese
 - Lean smoked turkey with asparagus
 - Grated carrot, sultanas and walnuts
 - Cottage cheese, apple and celery
 - Lean chicken and salad
 - Ricotta cheese, tomato and capsicum
 - Banana and cinnamon
 - Mushroom, coleslaw and sprouts
 - Lean beef, mustard, grated zucchini and radish.

Leftovers: if you have prepared a healthy meal for dinner it will still be healthy the next day, so have it for lunch. It's better than grabbing an unhealthy lunch on the run. It also saves money and you are less likely to have second helpings for dinner the night before.

Dinner like a pauper (well, not too poor!)

Many hours in the kitchen are a joy for some and an awful thought for others. Take time to develop your own set of meals that best meet your needs -- health and otherwise. The following two recipes are presented as examples of how you can retain the style of a meal, yet make it significantly healthier. Consider applying some of these ideas to your routine meals.

Meat and Three (or Four or Five) Vegetables

Many of us grew up with "meat and three" as standard fare. It is one of the most common meals served in Australia. If this is your style of meal you may not enjoy cooking a completely different menu for the sake of good health, nor do you need to. Although red meat, three times per week is plenty.

Not so healthy

200 to 400gms of steak, sausages, chops, lamb or pork

The meat is pan-fried with oil or fat added
Modest serving of vegetables boiled in salty water and the chips are deep-fried

The meat is usually the most abundant food on the plate and the fat is eaten.

Healthier alternative

90 - 150gms of lean meat: steak, veal, lamb, pork, chicken. Meat is not the most abundant food on the plate

Cut fat from meat and grill on a rack or BBQ

Generous serves of four or five vegetables. With less meat it is important there are more vegetables to make up the difference

Vegetables are steamed, baked or microwaved

Increase the variety of vegetables rather than more of the same vegetable, as you will risk the meal becoming boring.

Spaghetti Bolognese Serves 6

Not so healthy

750gms of mince steak
1 large onion, finely chopped
1 capsicum, finely chopped
1 small can of tomatoes
1 clove of garlic, crushed
2 tablespoons tomato paste
2 tablespoons olive oil
1/2 teaspoons salt
1 cup red wine
Basil, oregano
250gms spaghetti pasta
2 teaspoons salt

Brown mince in half the oil and set aside. Sauté onion, capsicum and garlic in remaining oil. Add meat, tomatoes, tomato paste and salt. Simmer for one hour. Add herbs half way through cooking (a little later if fresh). Add wine. Cook pasta in boiling water and salt. Serve a large helping of sauce on a small bed of spaghetti. Serve with a bottle or two of full-bodied red wine.

Healthier alternative

300gms lean mince steak (veal is even better)
340gms can of red kidney beans (roughly mashed)
2 large onions, finely chopped
2 capsicums, finely chopped
3 or 4 cloves of garlic, crushed
1 large can of tomatoes
2 tablespoons tomato paste (No Added Salt)
Generous amounts of oregano, basil and parsley
1 cup of red wine (optional)
2 tablespoons olive oil
250gms wholemeal (white if you are not keen on the wholemeal) spaghetti

Brown mince in half the oil, drain and set aside then Sauté the onion, capsicum and crushed garlic in the remaining oil. Add meat, beans, tomatoes and tomato paste. Simmer for 1 hour (the longer the better). Add herbs half way through cooking (a little later if fresh). Add wine. Cook pasta in water with a pinch of salt and dash of olive oil. Serve a generous helping of sauce on a medium bed of spaghetti. Serve a leafy salad as a side dish. A full-bodied red wine would be a fine accompaniment, but don't forget The Rule of 2s (*and don't forget that life's too short to drink bad wine*).

They are healthier because:

Less Fat: there is less meat and it is leaner; more vegetables means that for the same serving size there is less meat.

Less Energy: the same volume of the healthier version has less kilojoules because the vegetables are replacing some of the meat and fat, which are much more energy dense.

More Fibre: by increasing vegetables, substituting the beans for a portion of the meat and selecting wholemeal pasta.

Less Salt: None added during cooking (except a pinch in the pasta cooking) and "No Added Salt" products are used. The extra garlic and herbs make up the difference in flavour.

And it's still BALISSIMO!!!

How Do You Rate Yourself?

	Rating	Goals and Actions
Physical activity		
Body weight		
Alcohol		
Cigarettes		
Dietary fibre intake		
Dietary fat intake		
Sugar intake		
Fluid intake		
Stress management		
Time to relax		
Back care exercises		
Cholesterol/Triglyceride		
Skin self checking		
Check stools for blood		
Breast/Testicular self check		
PAP test		
Mammogram		
Prostate check		
Dental check up		
Looking after the environment		

Print this page, then enter a "Rating" from 1 to 5 as to how well you take care of yourself in that particular area. 5 means that you are very proactive in managing that particular aspect of your lifestyle; 3 means there is room for improvement, 1 means it is in a pretty bad way.

This is not designed as a detailed analysis. Just approximate how you are going for each point, for example: "Dietary Fibre Intake" ask yourself: do I eat whole meal bread, include plenty of vegetables, have a couple of pieces of fruit each day, choose whole grain cereals and so on?

Use the low ratings to identify areas that may be improved -- opportunities to invest in your future health and well being.

Enter "Goals and Actions" in the space provided. Make a diary note to revisit the table two monthly.

Don't do this in a hurry (it's far too important), take some time to ponder where you are at and how you can make positive change in the context of the other demands on your energy and time.

have a great day



I developed Its Time Foundation -- my way of giving something back. All Health Presenter income to date from live seminars and the DVD based program is directed to the Foundation.

We create new education opportunities for children in remote low income communities by replacing diesel generators to reduce greenhouse emissions. Please visit www.iitime.org or if you are a rugby fan visit www.rugbythanks.org.