



# HEALTHY LIVING MAGAZINE

AUTUMN 2019

FREE FOR MEMBERS

POWERED BY N4 FOOD AND HEALTH

## NATURAL SWEETENER ALTERNATIVES

.....  
**DEMYSTIFYING THE  
GLYCAEMIC INDEX**  
.....

**HEALTHY  
SNACKING**



# WIN

1 OF 2 FOOST  
PRIZE PACKS!





## NEVER MISS AN ISSUE!

You can subscribe to receive this magazine simply by sending your name and email address to [nutrition.vic@ymca.org.au](mailto:nutrition.vic@ymca.org.au)

**PLUS** when you subscribe (for free) you will also go into the draw to win one of two Foost prize packs! See page 20 for full details.

**W**elcome to our Autumn edition, which focuses on the much-talked about subject of sugar. In this issue you'll learn about artificial sweeteners from Diabetes Victoria, Diabetes NSW demystifies the glycaemic index, and Kate from Foost teaches us how to help your kids go bananas for Brussels sprouts! There are also plenty of easy recipes and snacks to help satisfy the afternoon sugar cravings whilst packing a nutritional punch!

For me the biggest lesson from this edition is that sugar should not be feared. Sugar is found in so many foods and, like everything, it's all about moderation, learning to read and understand the sugar content on packaging, and making informed choices. I am pleased I can continue to enjoy an ice cream at the movies with my wife, as this is a treat we don't do everyday.

So take a read and I'd love to hear what your key takeouts are from this sugar edition or send through any feedback via the email address below.



*Richard Quail*

**RICHARD QUAIL**  
YMCA Nutrition  
Program Sponsor  
[nutrition.vic@ymca.org.au](mailto:nutrition.vic@ymca.org.au)

## TO ADVERTISE IN THIS MAGAZINE...

Email: [nutrition.vic@ymca.org.au](mailto:nutrition.vic@ymca.org.au)

## YMCA HEALTHY LIVING MAGAZINE IS PUBLISHED BY:



### n4 food and health

The nutrition experts delivering innovative nutrition solutions to improve the health of Australians.

Web: [www.n4foodandhealth.com](http://www.n4foodandhealth.com)

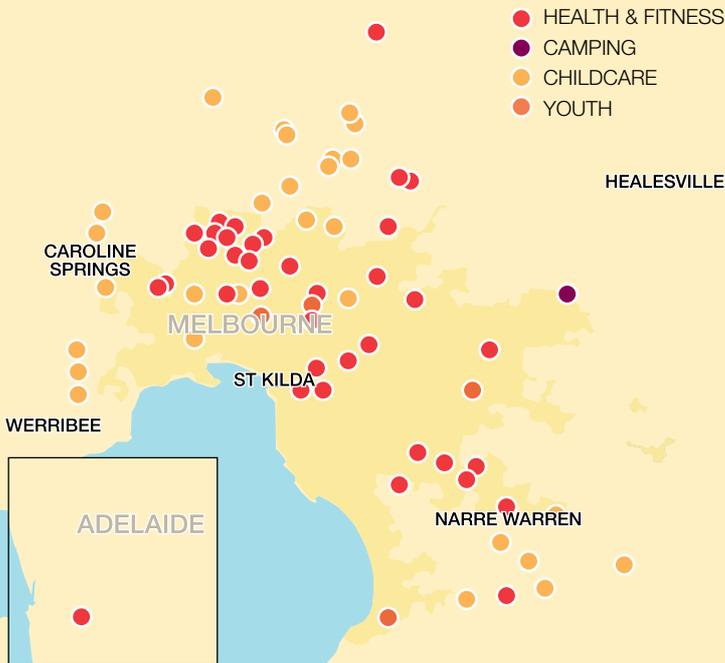
Email: [info@n4foodandhealth.com](mailto:info@n4foodandhealth.com)

# CONTENTS

- 3 **Seasonal Fruit & Vegetables** Marnie Nitschke
- 4 **Demystifying the Glycaemic Index** Lexie Jin
- 6 **Your Personal Success Plan** Amie Higgs
- 7 **Halloumi Shakshouka** Joel Feren
- 7 **Overnight Oats with Walnuts & Seasonal Fruit** Marnie Nitschke
- 8 **Healthy Snacking For Home, Work & Play** Marnie Nitschke
- 9 **Brussels Sprout Crisps** Lyndi Cohen
- 9 **Goji Choc Oat Slice** Kate Freeman
- 10 **Banana & Blueberry Bread** Emily Commerford
- 10 **Power Balls** Lorna Garden
- 11 **Baba Ganoush (Eggplant Dip)** Anna Reeves
- 11 **Beetroot and Chive Dip** Nutrition Australia & Dairy Australia
- 12 **Natural Sweetener Alternatives** Shannon McDonough
- 13 **Top Tips for Sticking to Swimming** Janelle Falkingham
- 14 **Change & Mindfulness** Fiona Kriaris
- 15 **The Benefits of Drinking Tea** Charlotte Miller
- 16 **A Guide to Stretching** Kurt Fittler
- 18 **Reduce Food Waste & Make Magic with Leftovers** Foost
- 19 **Help Kids Go Bananas for Brussels Sprouts** Kate Wengier
- 20 **WIN 1 of 2 Foost prize packs**

The information contained in this publication is intended only to serve as a general overview. It is not intended to be comprehensive, nor does it constitute advice in any way. As the reader it is your responsibility to safely determine what does or does not work for you and we strongly recommend that you carry out your own research and/or seek your own advice from a suitably qualified physician or fitness professional as appropriate before acting on or relying on any of the information contained in this publication. All prices stated are the recommended retail prices in Australian currency and may be subject to change. We attempt to ensure that the content in this publication is current and accurate but we do not guarantee this, and all parties associated with the production and publishing of this magazine accept no responsibility for the currency and accuracy of any content. The copyright responsibility of all articles and content lies with individual contributors. Opinions expressed by the authors in this magazine do not necessarily reflect those of the publisher or any of its production or publishing team. No material in this magazine may be reproduced without written consent from the publisher. Copyright ©2019 All rights reserved. **COMPETITION TERMS & CONDITIONS:** Unless otherwise specified, all competitions/giveaways contained in this issue commence on 1 March 2019 and conclude on 2 May 2019. Each competition is a game of skill and chance plays no part in determining the winner. The judge's decision is final and no correspondence will be entered into. Winners will be selected by YMCA Nutrition Program Sponsor, at 582 Heidelberg Road, Fairfield VIC 3078 and will be notified by email no later than 1 March 2019. These terms and conditions apply to all competitions/giveaways contained in this issue, unless otherwise stated. Full terms and conditions can be obtained by writing to YMCA Nutrition Program Sponsor, at Unit 502, 990 Whitehorse Road, Box Hill VIC 3128 Australia, or by visiting [www.monash.ymca.org.au/about/competition-terms-and-conditions.html](http://www.monash.ymca.org.au/about/competition-terms-and-conditions.html)

Proudly printed by M&M Printworks  
[www.mmprintworks.com.au](http://www.mmprintworks.com.au)



# FIND A YMCA NEAR YOU





**MARNIE NITSCHKE**

Marnie is an Accredited Practising Dietitian at [www.n4foodandhealth.com](http://www.n4foodandhealth.com). She also consults in clinical nutrition at Epworth Healthcare and in private practice at Everyday Nutrition in Glen Iris and Ashburton ([www.everydaynutrition.com.au](http://www.everydaynutrition.com.au)).

# SEASONAL FRUIT & VEGETABLES

...and why it is a good idea to eat them!

**T**hese days, we can find just about any fruit or vegetable we desire in our local supermarket, but let's look at a few really good reasons to seek out produce that's in season where we live.

**Seasonal fruit and vegetables are easier on the wallet**

Because they can be sourced locally, the lower production and transport costs of seasonal produce is then passed on to you – the consumer. It also means you're supporting local farmers, and who doesn't want to be a part of that?

**Fruit and vegetables taste better and last longer when they're in season**

It makes sense that when produce is naturally ripened, picked and sent straight to market, it will have superior flavour and last longer in your fridge. Compare this to produce that is picked when unripe, stored for months in cool rooms (often needing to be ripened artificially) and then reaches the consumer.

**While all fruit and vegetables are good for you, seasonal produce is even better**

Think of nutrients like antioxidants (the 'wellness warriors' that fight damage in our body), folate and vitamin C. These are at their peak when fruits and vegetables are first ripened, and will decrease during storage and transport. So the less time they spend getting to your table, the better.

Armed with these facts, you're probably now wanting to know what is



in season in Victoria this autumn. Let's take a look.

**Fruits:**

Apples, bananas, figs, strawberries, persimmon, pomegranate, grapes, melon, pear (including nashi) and rhubarb.

Citrus fruits - grapefruit, mandarins, and oranges are great autumn choices.

**Vegetables:**

Beans, beetroot, Brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, chillies, corn, cucumbers,

eggplant, leeks, lettuce, onions, parsley, parsnip, peas, potatoes, silverbeet, spinach, spring onion, squash, sweet potato, tomatoes and zucchini.

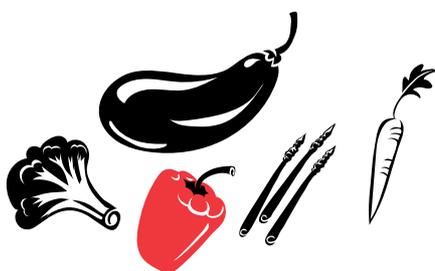
**Look out for these recipes using seasonal fruit and veg in this edition:**

- ▶ Overnight oats give you lots of inspiration for using seasonal fruits (see page 7).
- ▶ Capsicum features in the Halloumi Shakshuka (see page 7).
- ▶ Brussels Sprout Crisps (see page 9).
- ▶ Eggplant and Beetroot Dips (see page 11). 



# DEMYSTIFYING THE GLYCAEMIC INDEX

This article will help you understand the glycaemic index of foods and how it impacts your health.



**C**arbohydrate is an essential part of our diets, found in a variety of foods such as fruits, vegetables, grains, cereals and dairy products. Our body breaks down carbohydrates from food into a simple sugar called glucose, which has been recognised as an important source of fuel for our body, especially our brain. However, not all carbohydrate foods are equal.

The glycaemic index (GI) is a scale that rates carbohydrate foods from 0 to 100, based on how slowly or quickly they affect blood glucose levels. Foods

with a higher GI value raise blood glucose more rapidly. This gives you a quick burst of energy, but can be followed by a crash that leaves you feeling hungry again. Foods with a lower GI take longer to digest, so keep you feeling fuller for longer. Following a low GI diet can help you manage your weight, help to stabilise blood sugar, and reduce your risk of type 2 diabetes, heart disease and some cancers.

**Low GI foods:** 55 or less

**Medium GI foods:** 56 to 69

**High GI foods:** 70 or more.



**LEXIE JIN**

Lexie is an Accredited Practising Dietitian at Diabetes NSW ([www.diabetesnsw.com.au](http://www.diabetesnsw.com.au)) and Diabetes ACT. She is passionate about empowering people to make healthier food choices to best manage their health.

**Easy Low GI swaps:**

- Swap soft white bread, pikelets and crumpets for grainy, wholemeal and/or seeded breads.
- Swap mashed potato and chips for sweet potato or pumpkin.
- Swap medium grain white rice for lower GI varieties like long grain, basmati, wild rice, back/red rice, or rice blended with chia or quinoa.
- Swap cakes and biscuits for fresh fruit, raisin bread and low fat yoghurt.
- Starches like rice or pasta that have been cooked then cooled develop 'resistant starch'. This is a type of fibre resistant to digestion, that can lower the GI of the food.

**Are all low GI foods healthier?**

While many low GI foods are the healthier choice, this is not always the case. Some low GI foods can still be high in saturated fat and low in nutrients, for example, chocolate and ice-cream.

**Understanding the glycaemic load**

How high your blood sugar rises after a meal depends not only on the GI of carbohydrates eaten; the quantity of carbohydrate is also important.

The Glycaemic Load (or GL) concept combines both the quantity and quality of carbohydrates in a meal. To calculate the GL of a particular food or meal the formula is:

**Carbohydrate (grams) x GI rating ÷ 100.**

**GL can be classified as low, medium or high:**

**Low:** 10 or less

**Medium:** 11 to 19

**High:** 20 or more

**SOME LOW GI FOODS CAN STILL BE HIGH IN SATURATED FAT AND LOW IN NUTRIENTS**

For example, an apple has a GI of 38 and contains 13g of carbohydrates, giving it a GL of 5.

A medium potato has a GI of 85 and contains 14g of carbohydrate, giving a GL of 12.

In reality, not many people are going to sit down and calculate these figures for each meal they eat, but it's a great concept to understand.

A simple and practical way to moderate the glycaemic load of each meal is to aim for a quarter of the plate being carbohydrate (ideally incorporating low GI choices), a quarter being protein rich foods (e.g. meat, fish, chicken, eggs, legumes), and ensure plenty of colourful, non-starchy vegetables to make up the remaining half of your plate.

**Should you avoid high GI food completely?**

Not necessarily. For an athlete or for someone who is very active, they can be very useful. Consuming medium to high GI foods during prolonged exercise sessions can help replenish the muscle glycogen stores as a continuous energy supply. On top of this, some high GI foods, such as most potatoes and brown rice, can still be an important source of fibre, vitamins and minerals.

**The bottom line:**

GI value can be a useful guide in choosing nutritious carbohydrate-rich foods and managing blood glucose levels, but it should not be the sole consideration, as the overall nutritional quality of a meal and its serving size, are just as important to take into account. ⚠





**AMIE HIGGS**

Amie Higgs is the Head of Customer Experience and CRM systems for YMCA Victoria. She has an extensive background in Recreation Management spanning more than 22 years. Amie brings her passion for all things health and wellness to her work at the Y, to deliver industry-leading customer experience initiatives for all YMCA customers.



# YOUR PERSONAL SUCCESS PLAN

Set yourself up for success, stay motivated and achieve results.



**A**s the days get shorter and the mornings frostier, our motivation to exercise can start to fade... just like our summer tan. Autumn is the time where for many of us, the challenge of beating the battle of the blankets becomes real.

One of the best ways to stay motivated to exercise is to set yourself short- and long-term goals so you can measure your progress and celebrate milestones. Realistic goal-setting can be a challenge in itself, but your local YMCA is here to help with your Personal Success Plan. The PSP, as we like to call it, has been designed to set you up for success, and give you the support and guidance needed to stay motivated, get results and to win the battle of the blankets.

### How does the Personal Success Plan work?

The PSP consists of three appointments over 12 weeks with one of our qualified trainers.

#### SESSION 1

##### Planning Session (Week 1):

In the planning session your trainer helps you define your goals and takes baseline measurements to develop a plan specific to you. Your trainer guides you through your personalised plan, demonstrating the technique and benefits of each exercise.

#### SESSION 2

##### Program Check (Week 4):

Here to keep you on track, this appointment with a personal trainer helps you consolidate your program and technique, so you feel confident and motivated.

#### SESSION 3

##### Program Review (Week 12 and on-going):

Without change, your results can plateau, and you can lose motivation. So we re-measure, re-test, evaluate your goals, and tweak or change your program to keep you heading in the right direction.

Your program review and update is available every 12 weeks, assisting you with continued motivation, inspiration, confidence and progress.

The PSP is perfect for all members and all experience levels – whether you are new to the gym or have been training for years. By refreshing your program every 12 weeks, you are given incremental challenges that support continued results. Introducing new exercises and elements into your program means you won't get bored or lose motivation; our qualified trainers custom-design an exercise plan that incorporates all the elements you need to reach your goals.

As a member, you'll also have access to ongoing health club appointments throughout the life of your membership\*.

#### Book your PSP at reception next time you're in the centre.

*\*Only Full Access members have access to the health club and the PSP product. If you are an aquatic member and interested in upgrading to a full access membership see reception.*



**JOEL FEREN**

Joel is an Accredited Practising Dietitian, a media spokesperson for the Dietitians Association of Australia and is a keen recipe developer. Learn more at [www.thenutritionguy.com.au](http://www.thenutritionguy.com.au)



**MARNIE NITSCHKE**

Marnie is an Accredited Practising Dietitian at [www.n4foodandhealth.com](http://www.n4foodandhealth.com). She also consults in clinical nutrition at Epworth Healthcare and in private practice at Everyday Nutrition in Glen Iris and Ashburton ([www.everydaynutrition.com.au](http://www.everydaynutrition.com.au)).



**AUTUMN RECIPES**

# HALLOUMI SHAKSHOUKA

Serves: 2

**Ingredients**

- 1 tablespoon extra virgin olive oil
- ¼ diced brown onion
- 70g diced halloumi
- ¼ large red chilli (deseeded if preferred)
- ½ diced red capsicum
- 420g tinned tomatoes
- 2 eggs
- Parsley to garnish
- 2 slices of grainy toast

**Method**

- 1 Heat the oil in a hot pan.
- 2 Add onion, halloumi and chilli and sauté until onions are soft and translucent and halloumi is golden brown.
- 3 Add the capsicum followed by the tomatoes and cook for three minutes.
- 4 Once simmering, add the eggs and cook for 10 minutes or until eggs are cooked to your liking.
- 3 Garnish with parsley and serve with grainy toast.



# OVERNIGHT OATS WITH WALNUTS & SEASONAL FRUIT

Serves: 4

**Ingredients**

- 1½ cups rolled oats
- 1 cup low-fat milk (or calcium fortified milk alternative)
- 1 cup low-fat Greek yoghurt
- 1 teaspoon of honey, maple syrup or a teaspoon of vanilla extract (optional)
- ½ cup of chopped walnuts (if you're not a fan of walnuts, you can use just about any nuts you like here, or substitute for mixed seeds)
- 1 cup of seasonal fruit such as blackberries, figs, passionfruit, pears, raspberries or strawberries

**Method**

- 1 Combine oats, milk, yoghurt, sweetener (if desired) and seeds (if using), then store in an airtight container and refrigerate overnight. \*If using nuts, add these in the morning before serving, to prevent them getting soft and soggy.
- 2 In the morning, simply remove from fridge, stir and add extra milk if needed for desired consistency (sometimes it can get a bit stodgy).
- 3 Serve into bowls or large glass tumblers, then sprinkle each portion with chopped nuts (if using) and seasonal fruit.

*\*This also keeps well in a small thermos, for breakfast on the go.*





**MARNIE NITSCHKE**

Marnie is an Accredited Practising Dietitian at [www.n4foodandhealth.com](http://www.n4foodandhealth.com). She also consults in clinical nutrition at Epworth Healthcare and in private practice at Everyday Nutrition in Glen Iris and Ashburton ([www.everydaynutrition.com.au](http://www.everydaynutrition.com.au)).



# HEALTHY SNACKING

# FOR HOME, WORK & PLAY

Healthy snack tips for optimum energy all day, every day.

**S**nacking is part of balanced eating, and helps us meet our nutrition needs. It's especially important for children (who have smaller tummies and high energy needs), and people who struggle with energy 'dips' and poor concentration. Snacking can become problematic if you're always reaching for energy-dense but nutrient-poor options, or eating when you're not actually hungry.

With a little bit of planning, snacking can mean eating foods you enjoy, that (nutritionally speaking), love you back!

**Top 5 snacking hacks:**

- ▶ Listen and respond to your body's hunger cues, by eating when you feel hungry. Try not to wait until you're absolutely famished (when you're more likely to make rash snacking decisions, eat too quickly,

and end up with snacker's remorse). Need more information on mindful eating? See this fact sheet from Eating Disorders Victoria ([Download here](#)).

- ▶ Invest a little extra time prepping nutritious snacks for the day ahead.
- ▶ Adjust your snack options according to hunger and activity levels. Sometimes you might need something really fortifying. Other days, a simple piece of fresh fruit is enough.
- ▶ Make sure you're drinking enough water through the day (sometimes thirst can be mistaken for hunger).
- ▶ Sometimes foods (like a piece of cake or a sweet biscuit) do have a place in balanced eating. They don't need to be banned completely, but should be eaten occasionally, rather than every day.

## Snack Smart

Read nutrition panels, so you can find tasty pantry staples that don't come with a huge load of salt, sugar or saturated fat. As a guide, aim for:

- less than 15g added sugars per 100g
- less than 3g saturated fat per 100g
- less than 400mg sodium per 100g

Snacks high in fibre (more than 3g per serve) and containing protein (e.g. nuts, legumes or dairy products) will satisfy your hunger and keep you going longer.

Try to avoid using snacks to alleviate boredom or stress. If you need some down time, maybe a herbal tea or hot drink (see page 15), will fit the bill.

## Healthy snack ideas

- A handful (¼ cup) of dried fruit, nut and seed mix, or unsalted nuts.
- Dips with veggies sticks (see page 11).
- Goji Oat Slice (see page 9) or Homemade energy balls (page 10).
- Roasted chickpeas, fava beans or edamame.
- Make your own veggie crisps (see page 9).
- Hard boiled egg with wholegrain crackers.
- Wholegrain crackers with dips, cheese, avocado or nut butter.
- Pre-prepped containers of oats with Greek yoghurt and chopped fruit.
- Small tin of low salt baked beans (approximately 130g).
- Muesli bar – check the nutrition info panel. Aim for at least 3g fibre, and less than 6g added sugars per serve.





### LYNDI COHEN

Lyndi is an Australian dietitian and best-selling author of the book *The Nude Nutritionist*. After a decade of dieting Lyndi realised she didn't want to spend the rest of her life obsessed with food or having to start again every Monday. So she quit diets and over time, lost 20kg. For more free recipes go to [www.lyndicohen.com](http://www.lyndicohen.com)



### KATE FREEMAN

Kate is a registered nutritionist who is passionate about providing honest, simple nutrition advice and doing it in such a way that inspires and motivates you to make positive lifestyle changes to achieve your health and nutritional goals. Find out more about Kate at [www.healthyeatinghub.com.au](http://www.healthyeatinghub.com.au)



## HEALTHY SNACK RECIPES

# BRUSSELS SPROUT CRISPS

Serves: 2

### Ingredients

- 6 to 8 Brussels sprouts
- 1 tablespoons of extra virgin olive oil
- ¼ teaspoon of salt
- 1 teaspoon chilli flakes (optional)

### Method

- 1 Heat oven to 180°C.
- 2 Trim the Brussels sprout stems to separate and remove

the leaves. Place leaves in a small bowl. **Tip:** *As you get closer into the middle, chop a little more stem to get the most leaves. You can also chop up the remaining inner bits and add to the mix. They won't crisp like the leaves but they do still taste delicious.*

- 3 Once you've removed as many leaves as possible, add oil, sprinkle with salt and chilli and toss well. Feel free to use your hands to make sure the leaves are coated.
- 4 Place leaves on lined baking tray. Bake for 10 minutes or until crispy.



# GOJI CHOC OAT SLICE

Serves: 24

### Ingredients

- ½ cup wholemeal self-raising flour
- ½ cup wholemeal flour
- 1 cup rolled oats
- ⅔ cup shredded coconut
- ⅓ cup brown sugar
- ⅓ cup raisins
- ⅓ cup goji berries or additional ⅓ cup raisins
- ½ cup dark choc chips
- ½ cup seeds (sunflower, pumpkin, linseed)
- 1 egg, lightly beaten
- ⅓ cup milk
- 125g butter, melted

### Method

- 1 Preheat oven to 180°C. Line an oven tray with baking paper, allowing it to overhang.
- 2 Add both the flours, oats, coconut, brown sugar, raisins, goji berries, choc chips and seeds to a large mixing bowl and stir to combine.
- 3 Make a well in the centre and add the egg, milk and melted butter. Use a wooden spoon and stir until well combined. Evenly spread and press the mixture into the oven tray and smooth the top.
- 4 Bake in the oven for 18 minutes. Allow to completely cool in the fridge before slicing into 24 portion sizes and serving.





### EMILY COMMERFORD

Emily is an Accredited Practising Dietitian and Accredited Sports Dietitian. As founder of Melbourne Nutrition Services Emily is on a mission to take the fear and confusion out of eating. Learn more at [www.melbournenutrition.com.au](http://www.melbournenutrition.com.au)



### LORNA GARDEN

Lorna is a dietitian, nutritionist, and sports dietitian with a passion for 'fit food' – whole, fresh, sustainably produced food that nourishes, inspires, energises and creates a healthy body and mind. For more fit food go to [www.hippyluxe.com](http://www.hippyluxe.com)



## HEALTHY SNACK RECIPES



# BANANA & BLUEBERRY BREAD

Serves: 16

### Ingredients

- 1 tablespoon butter/margarine to line tin
- 1 tablespoon plain flour
- 3 bananas, mashed
- 2 eggs
- 1 cup low fat natural Greek yoghurt
- 1 teaspoon vanilla bean paste
- 1 3/4 cups plain wholemeal flour
- 1 tablespoon baking powder
- 1/2 cup brown sugar
- 1 tablespoon chia seeds
- 1 tablespoon linseeds
- pinch of salt
- 1 1/2 cups fresh or frozen blueberries, defrosted
- 1 tablespoon rolled oats
- 1 tablespoon shredded coconut

### Method

- 1 Pre-heat the oven to 180°C and line two medium-sized loaf tins with butter/margarine and plain flour.
- 2 In a mixing bowl, add the mashed banana, eggs, yoghurt and vanilla and stir until well combined – don't worry, it's supposed to be lumpy!
- 3 In a separate bowl sift the wholemeal flour and baking powder, then add the sugar, seeds and salt and combine.
- 4 Make a well in the centre then gradually add the wet mixture to the dry mixture, and stir until just combined. Add blueberries.
- 5 Pour mixture into prepared tins and bake in the oven for one hour or until the oats are golden brown and an inserted skewer comes out clean.
- 6 Let stand for 10 to 15 minutes, then turn out onto a wire rack to cool.



# POWER BALLS

Makes: 12

### Ingredients

- 8 fresh dates
- 1/2 cup raw cashews
- 1/2 cup raw pecans
- 1/2 tablespoons raw cacao
- 1 teaspoon vanilla extract
- 1 teaspoon coconut oil
- Desiccated/shredded coconut, finely chopped pistachios or raw cacao to coat

### Method

- 1 Blend all the ingredients in a food processor, except coconut/pistachios, until the mix becomes a breadcrumb-like consistency.
- 2 With damp hands, roll into walnut-sized balls.
- 3 Roll balls in coconut, pistachios or raw cacao.
- 4 Refrigerate until ready to eat.

**Tip:** You can make lots of variations of these using different nuts (e.g. almonds, macadamias, pistachios, walnuts) and dried fruit (raisins, sultanas, apricots, cranberries). Try using chia seed or poppy seeds for a crunchy coating.



### ANNA REEVES

Anna Reeves is a dietitian who provides online consultations. She has a Bachelor in Nutrition and Dietetics (Hons) and is an Accredited Practising Dietitian and Nutritionist. Anna's areas of speciality are in eating disorders and mental health. Learn more at [www.askanapd.com](http://www.askanapd.com)



### NUTRITION AUSTRALIA & DAIRY AUSTRALIA

This Dairy Australia recipe has been reproduced with permission by Nutrition Australia. Nutrition Australia is a national, non-profit, community-based organisation that aims to promote the health and wellbeing of all Australians. For more information and delicious recipes visit [www.nutritionaustralia.org](http://www.nutritionaustralia.org). Dairy Australia is the national services body for the dairy industry. It is an independent, not-for-profit organisation, helping to ensure a sustainable future for dairy farmers. Find out more [www.dairyaustralia.com.au](http://www.dairyaustralia.com.au)



## HEALTHY SNACK RECIPES

# BABA GANOUSH (EGGPLANT DIP)



Serves: 4

### Ingredients

- 1 large eggplant
- 3 tablespoons olive oil
- 3 tablespoons unhulled tahini
- 1 garlic clove
- 1 teaspoon ground cumin
- Juice of 1 lemon
- 1/8 teaspoon cayenne pepper
- 1 tablespoon chopped parsley or chives

### Method

- 1 Prick the eggplant with a fork and roast in the oven at 200°C for 35 minutes. Remove from oven and leave to cool.
- 2 Without removing the eggplant skin (where the majority of the nutrients are) blend the eggplant with all the other ingredients.

*Tip: Enjoy with veggie sticks such as carrots, celery, cucumber, capsicum, snow peas, green beans or broccoli and cauliflower florets.*

# BEETROOT AND CHIVE DIP



Serves: 4

### Ingredients

- 1 medium beetroot
- 2 teaspoons red wine vinegar
- 200g natural low-fat yoghurt
- 1 tablespoons fresh chives, finely chopped
- Pepper to taste

- 1 Do not remove the skin from the beetroot. Trim the leaves and the root. Gently wash to remove all traces of grit and dirt.
- 2 Steam beetroot until tender (30 to 60 minutes depending on the size). Remove from heat and leave to cool; once cool enough to handle, gently rub off the skin and roughly chop into cubes.
- 3 Blend beetroot in a food processor, together with vinegar until smooth in consistency.
- 4 Stir in natural yoghurt, fresh chives and ground pepper.
- 5 Place in serving dish, cover and refrigerate until required.



**SHANNON MCDONOUGH**

Shannon is an Accredited Practising Dietitian with Diabetes Victoria ([www.diabetesvic.org.au](http://www.diabetesvic.org.au)), and she has 30 years' experience living with type 1 diabetes herself. Prior to this role, Shannon worked at the Royal Women's Hospital in the areas of diabetes and oncology. She has also recently completed a Master of Counselling degree at Monash University.



# NATURAL SWEETENER ALTERNATIVES

Are the alternatives to sugar really a healthier option?

**S**ugar substitutes have been around for many years and have traditionally taken the form of what we call 'non-nutritive' or 'artificial sweeteners'. Non-nutritive sweeteners such as aspartame, sucralose and stevia, do not contain carbohydrate and have very few calories. These artificial sweeteners do not add energy (or calories) to our diet and do not have an impact on blood glucose levels. There is some evidence suggesting these artificial sweeteners may negatively impact our gut bacteria when consumed in larger amounts, however more research is required in this area before recommendations are made.

In recent times, there have also been some natural sweetener alternatives gaining popularity because they are thought to be 'healthier' than sugar. Most of these new sweeteners are 'nutritive' sweeteners, meaning that they still contain carbohydrate. Agave nectar, rice malt syrup, coconut sugar and honey for example, contain very similar amounts of carbohydrate per serve as regular white sugar, and are treated by our body in the same way. These natural sweeteners may claim to have a lower glycaemic index (GI), but as they are eaten in small quantities, the GI is irrelevant. They may also claim to contain more nutrients in comparison to sugar, such as small amounts of calcium, potassium and magnesium. Again,

when consuming these products in small amounts we are not going to benefit from the vitamins and minerals they contain. Instead we need to turn our attention to eating the recommended number of serves from each of the five core food groups, including two serves of fruit and five serves of vegetables daily.

There is no rule or reason to choose either a natural sweetener or artificial sweetener over sugar. Any form of sweetener can be used occasionally, it really comes down to personal preference. The key to a nutritious food intake is to include sugary or sweetened foods in smaller amounts and focus on including a wide variety of nutrient-dense whole foods including vegetables, fruit, high fibre wholegrains, lean protein and dairy each day. These are the foods we rely on to meet our requirements for essential nutrients.

**Do we need to quit sugar to be healthy?**

There is no need to avoid sugar altogether. Many of us enjoy a small amount of added sugar as part of a highly nutritious meal – a teaspoon of



honey drizzled over porridge or a thin spread of regular jam on grainy toast, for example.

Many nutritious foods including milk, natural yoghurt and fruit, contain natural sugars together with a variety of essential nutrients and, in the case of fruit, also fibre. The nutritional value of whole foods such as fruit, means they play a vital role in helping our body to function well.

Remember, maintaining good health and wellbeing is not only about nutrition, it is about connecting to community, friends and family, staying active and spending time doing the things we love. So, whether you are walking in the sunshine or out for coffee and cake with friends, savour and enjoy those special moments! **Y**



**JANELLE FALKINGHAM**

Janelle is the Aquatics Project Manager for YMCA Victoria, where she has worked for 17 years as an aquatics specialist, leading our progress in swimming and water safety education. Throughout our 25-year career to-date, Janelle has gained extensive experience in swim school management and program development, and she currently works closely with aquatic industry partners in Victoria around drowning prevention initiatives and advocacy.



# TOP TIPS FOR

# STICKING TO SWIMMING

Adopting a few easy tricks will have your kids swimming and loving the pool all year round.



**Hoodies are hot**

Not only is being wrapped in a hooded towel extra cosy, it helps with drying long hair and stop little heads from getting cold.

**Keep it toasty**

Have something warm your child can quickly change into for the trip from the pool to the car. A beanie will help keep wet heads warm, and a hooded tracksuit or pyjamas and dressing gown will stop the shivers. Don't forget the slippers to keep the toes toasty.

**Snack attack**

Exercise can make kids ravenous, so pack some healthy snacks they can enjoy straight after their lesson. This edition has some great snack ideas, including sweet treats on pages 8, 9 and 10. Swimming can also be thirsty work. Packing an insulated mug of your child's favourite warm drink will keep the chills at bay. If you're feeling adventurous, you could try one of the tea recipes on page 15.

**Presence on the pool deck**

You can't expect your child to love being at the pool when it's cold if you don't. Make sure they know you like watching them swim and that their lesson time is a special time for you too. A wave, a 'thumbs-up' or cheery grin could be all it takes.

**Rashies aren't just forsummer**

If your child gets the shivers in the water, the same rashie they wore in summer to prevent sunburn can help keep them warm in the water. Lots of swimming teachers wear them all year round for that very reason.♥

**I**n summer, it's almost impossible to get the water babies in your life out of the pool. When the weather is hot, swimming and swimming lessons are a wonderful way to cool off. But as the temperatures drop, so too can their enthusiasm for swimming lessons.

As the season changes, it's important your child continues their swimming lessons. It's a great way to keep them

physically active, which can give their immune systems a boost – wet hair doesn't increase their risk of catching a cold. It also helps consolidate what they learned in the warmer months, meaning their skills and confidence in the water won't follow the falling temperatures.

Swimming lessons run all year round, so how do we keep our kids in swim school and loving the water? Here are our top tips to help you.



**FIONA KRIARIS**

Fiona is a health and fitness professional with YMCA Victoria, who is pioneering mindfulness and meditation at the YMCA, to bring a more holistic approach to health and fitness. A graduate of the UCLA Mindful Awareness Research Centre in Los Angeles, Fiona's studies in this field extend internationally, and she brings global leading trends to a local environment with compassion and integrity.

.....

# MINDFULNESS & CHANGE

Discover three key tips to help you thrive through times of change.

**C**hange is the only constant. In a world that is rapidly evolving, and with all the challenges we face in our daily lives, how can mindfulness help? Here are three steps to a mindful practice to enhance your ability to make and use it as a tool to help you thrive.

**THE FIRST STEP:**

**Bring awareness**

Take a pause every so often in your day to notice something about the present moment. It doesn't have to be anything of great significance; just this small attention to the present begins the practice of awareness. Then, begin to notice your awareness to your thoughts, without judging them or creating a story. Something that is common in this modern world is bringing awareness to 'distractions'. How often do you notice that you have to be stimulated by social media, picking up your phone, texting a friend, watching TV, or eating food when you are not even hungry? Just that awareness is a start.

**THE SECOND STEP:**

**Create space**

Once you have this awareness, it's like a light bulb you can't switch off. Here lies an opportunity to change your response to a thought, emotion, or even behaviour. Say, for example,

your awareness brought insight that you tend to eat food when bored. The next time you are bored, the awareness has now created some space between the feeling of boredom and the response to eat, which means you now have a choice to either proceed with the old habit of eating or decide not to. Don't underestimate just how powerful this really is. Each time you reinforce the new habit (in this case of not eating food when bored), you are creating a stronger connection to re-wiring the brain to keep this new, healthier habit.

**THE THIRD STEP:**

**Allow for non-judgement**

This process isn't about being perfect, it's important to let go of any judgements. Potentially, this could be the most challenging step, because as a society we are conditioned to evaluate, label, analyse, and judge most things. Maybe your awareness is spent in this 'judging' versus 'non-judging mind'. Whatever your experience, be kind to yourself as this can be a diffuser to judgement. Through this change process you may feel uncomfortable, but this is where the magic happens, this is where growth takes place.

May you bring awareness and create space, with a non-judgmental manner, to allow for and to embrace change. **Y**



**CHARLOTTE MILLER**

Charlotte is an experienced chef and dietitian who connects the science of cooking with the art of eating well. She is a co-owner and director of [www.wefeedyou.com.au](http://www.wefeedyou.com.au) that offers ready-made, nutritious meals for busy people whilst also catering for a range of food intolerances. Charlotte is also the Nutrition Lead for the Essendon Football Club.

# THE BENEFITS OF DRINKING TEA

Tea has many health benefits and can be a great way to practise mindfulness. Enjoy these recipes.

**A**side from its calming effect, did you know tea is actually good for us? Tea leaves are naturally high in antioxidant compounds that reduce inflammation, and may protect against chronic diseases such as cancer and cardiovascular disease. Tea is much lower in caffeine than coffee, and just like water, it hydrates our body.

## CHAI TEA RECIPE

This style of tea originated in India and is best made from scratch rather than the powdered versions which often contain countless processed ingredients and a lot of sugar. If you really love your chai, the ceremony of making it can be a mindfulness exercise in itself.

**Makes:** 1 cup

### Ingredients

- 1 cup milk
- 1 heaped tablespoon of loose leaf tea
- 5cm piece of cinnamon stick
- 2 cloves
- 4 cardamom pods, crushed with the side of a knife
- 1 slice of ginger root (size and width of a 20c coin)
- A pinch of fennel seeds (about 10)
- A pinch of pepper
- Small drizzle of honey (approximately ½ teaspoon)

### Instructions:

- 1 Add milk and spices to a saucepan, bring to a simmer and steep for up to 10 minutes. The stronger the brew, and the longer it steeps, the more intense the flavour will be.
- 2 Strain into a mug and serve with a small drizzle of honey to taste.

## LEMON, GINGER AND TURMERIC TEA RECIPE

**Makes:** 4 to 5 cups

### Ingredients

- 5 cups of water
- 4 teaspoons of black tea leaves or 4 tea bags
- 1 lemon (½ sliced and ½ juiced)
- 3 slices of ginger root (size and width of a 20c coin)
- ½ teaspoon of turmeric powder
- ¼ teaspoon cinnamon powder or 1 stick of cinnamon
- Small drizzle of honey or maple syrup (approximately 1 to 2 teaspoons)
- Ice cubes

### Instructions:

- 1 Add 5 cups of water to saucepan, with lemon juice (not slices), ginger, turmeric, and cinnamon. Bring to the boil, then reduce heat and simmer for 5 minutes.
- 2 Remove from the heat, add the tea/tea bags, stir in the honey/maple syrup and let steep for three to five minutes. Strain into heat-proof jug.
- 3 Serve hot or place jug in the fridge and chill until cold. Serve with slices of lemon, and ice cubes for extra chill. **Y**

## Mistaking thirst for hunger

Mistaking thirst for hunger is really quite common. If you find yourself often snacking between meals, it may actually be your body asking to be hydrated. Try drinking a large glass of water first, then after 10 minutes, decide if you are still hungry. To satisfy cravings between meals and avoid dehydration, tea makes for a wonderful replacement to eating sugar-laden snacks. Explore the wide variety of teas available in supermarkets and specialty tea stores, or have a go at making your own iced or hot teas with fresh seasonal ingredients, herbs and spices.





### KURT FITTLER

Kurt is the Founder and CEO of Health Solutions ([www.healthsolutionsgroup.com.au](http://www.healthsolutionsgroup.com.au)), which provides services in chronic disease management, injury rehabilitation, occupational health, performance and wellness initiatives that assist clients to improve their health and achieve optimal wellbeing.



# A GUIDE TO STRETCHING

'Improve flexibility' remains one of the top three goals for many new and returning gym goers. Rightly so, as flexibility and mobility work is an important aspect for all levels of fitness training.

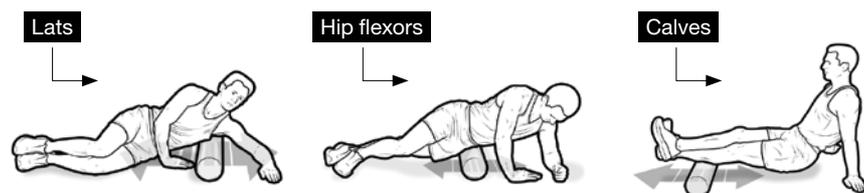
**W**hen we work our muscles, they contract and get shorter in a process called adaptive shortening. Cold muscles, similar to a cold elastic band, under strain are more likely to 'snap'. Stretching the muscle helps with pliability which prevents tightness, allowing it to withstand more strain.

### Mobility and Stretching Guide

This guide to mobility and stretching will open up your muscles and joints promoting easier lifts, improved performance and the ability to move safer with less risk of injury.

## 1 Foam Rolling

There is a great range of benefits from releasing tight, strong muscles. Lie with the foam roller positioned under the area to be released (e.g. lats, hip flexors and calves). Use your legs and arms to roll the target muscles back and forth over the roller, concentrating on any tight and tender areas for up to 90 seconds.



## 3 Chest Stretch

With your elbow against a door frame and your shoulder and elbow bent to 90°, slowly rotate your body away until you feel a stretch in the front of the shoulder and down into the chest. Hold for 30 seconds on each side.



## 4 Hip Flexor Stretch

Assume a lunge position with your front foot on the foam roller. Rotate your pelvis backwards as you move your hips forwards until you feel a stretch in the front of your hip. Hold for 30 seconds. If balance is an issue for you remove the foam roller and complete the exercise with your front foot on the floor.



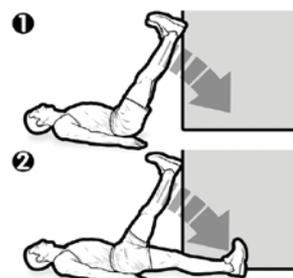
## 2 Thoracic Extension

Lie on your back with your knees bent, feet flat on the floor and the foam roller placed under your shoulder blades. With your hands unclasped behind your head, breathe out as you gently arch over the roller. Relax and hold before repeating for eight breathes, then move the roller slightly higher and repeat.



## 5 Single Leg Lowering

Lie on your back with your legs straight and arms by your side. Raise one leg up until you feel the hamstring stretch and rest the heel against a door frame. Slowly raise the unsupported leg with knee straight until it meets the supported leg (1). Slowly lower to the floor (2) and repeat 12 times before changing sides. **Y**





# Gymnastics



## GYMNASTICS

### MOVEMENT FOR LIFE

#### Develops:

- Fine Motor Skills
- Confidence
- Coordination
- Body Awareness
- Strength
- Balance
- Spatial Awareness
- Gross Motor Skills

### ENQUIRE TODAY!

- MacLeod YMCA : 9459 9022
- Wangaratta YMCA : 5722 1723
- Phillip Island YMCA : 5952 2811
- RecWest Braybrook : 9311 3400
- Boroondara Sports Complex : 9851 0444
- Moonee Valley Gymnastics Cub : 9337 4488
- Casey Gymnastics - Berwick : 9707 3371
- Casey Gymnastics - Cranbourne : 5996 6052
- Casey Gymnastics - Endeavour Hills : 9213 1400





**FOOST**

Foost are a team of dietitians, nutritionists, mums and educators who love food and love living and eating colourfully. For more tips about raising colourful and adventurous eaters visit [www.foost.com.au](http://www.foost.com.au)



# HOW TO REDUCE FOOD WASTE & MAKE MAGIC WITH LEFTOVERS

Practical tips to minimise waste and get the best bang for your fruit and veg buck.

**W**e are all guilty of forgetting about those veggies at the bottom of the fridge, or the fruit that got a bit squishy in the fruit bowl. But did you know that in Australia, the average household produces 345kg of food wastage every year? That equates to \$1036, which could easily be saved with a bit of extra thought. So here are a few ideas:

### Rescue your fruit before they get the mushies

- ▶ Try making fruit purees (either raw or cooked, depending on the fruit) and add them to yoghurt or porridge. Fruit puree can also be dried in the oven to make fruit leather.

- ▶ Another easy trick is cutting fruit up into small pieces and freezing them in bags. These frozen fruit bits can then be used to make smoothies, ice cream and frozen treats.
- ▶ If you're a keen baker, use over-ripe fruits in recipes like banana bread, muesli cookies, or fruit and chia muffins.

### Don't throw out your limp or leftover veggies

- ▶ Throw out the rule book for vegetable soup – use what you have, and add tinned or dried lentils, chick peas or other legumes, herbs and spices for a quick, satisfying meal.
- ▶ Use tired veggie scraps to make stock for your soups and casseroles (which can be frozen in ice cube trays for later use).
- ▶ Use leftover roast vegetables to make fritters, frittata, mini quiche or hearty salads.

### When it's not enough for a meal, but too good for the bin

- ▶ Leftover bolognese? Add a tin of tomatoes, and bulk it out with whatever vegetables and legumes you have on hand for another quick and satisfying meal.
- ▶ Leftover rice? If you've got eggs, vegetables (fresh or frozen), and a few condiments, you can make fried rice.
- ▶ Leftover pasta? Make a white sauce, then add tinned tuna and corn for tuna pasta bake (or whatever veggies you have on hand, for a vegetarian version).

### And let's not forget the age old 'bits and pieces' meal, which – when plated up prettily – can become a colourful mezze platter

- ▶ Cut up vegetable sticks, avocado slices, cheese, hard boiled eggs, olives, leftover rissoles / meatballs / roast meat and team with warmed pita or toasted sourdough, dips, and whatever else needs using up.
- ▶ Follow the same principle but start with brown rice in a bowl (microwave pouches are a great pantry staple), to build your own Hawaiian-inspired poke bowl or Mexican-style burrito bowl.

The bottom line is there are no rules when it comes to leftovers. But one thing we can all agree on is that using the food we have, rather than tossing it in the bin, is a pretty good feeling! 





**KATE WENGIER**

Kate is dietitian and the creator of Positive Food Education and founder of Foost. Kate has a passion for teaching children how to have a positive relationship with food and make family mealtimes more joyful. Learn more at [www.foost.com.au](http://www.foost.com.au)



# HELP KIDS GO BANANAS FOR

# BRUSSELS SPROUTS

Five tips to encourage all family members to love fruit and veggies for life!

**W**e all know veggies are good for us... so how do we inspire our families to enjoy them more?

**1 Eat as a family**

Whenever possible, enjoy meals together as a family with limited distractions. Aim to turn off devices and screens whilst eating so your family can enjoy real-life interactions. Eating as a family means at least one adult with as many children that are home at the time. Focus more on creating a nice relaxed environment and less on how much food is being eaten. Family mealtimes not only help children eat more colourful fruit and veggies (because you are role modelling to them), they also help children's mental health and academic performance.

**2 Give kids the tongs**

Try serving meals family style; with food in the middle of the table and let children serve themselves. Your role as a parent is to choose what foods to serve, where they are eaten, and to serve meals at regular intervals. If you want your children to eat more fruits and vegetables, you have to serve these foods often. Remember to serve new foods alongside food that children are already comfortable with eating, such as pasta or bread. Always have on the table foods you know they will eat, alongside foods they are still learning to like. Trust your children to choose what foods to put on their plates and into their bellies. Let children be internally motivated to eat, rather than

eating for parental praise or from pressure. This will have long-term results, which is ideal if you want your children to love veggies for life.

**3 Keep offering (without pressure)**

Learning to like fruit and vegetables is like learning anything. It takes continued positive exposures and time. Encourage children to explore new foods without pressure to eat them. Have patience, as it can take 15 to 30 exposures before a child may accept a new food. It's often more successful if you let children try new foods in their own time; children don't hate zucchini, they just haven't learned to like it yet. Serve veggies in different ways –

carrots can be raw (cut into sticks or circles), roasted, steamed or grated.

**4 Build exposures away from the table**

Build familiarity with new foods away from the table to help children on their food acceptance journey. Cooking, gardening, berry picking and shopping ('can you pick me three carrots please?') are all great activities.

**5 Don't wait until dinner time**

Children can be tired come dinner time, which can make trying not-yet-loved veggies a little tricky. Offer fruit and veggies at meal and snack times all throughout the day. **Y**





# WIN 1 OF 2 FOOST PRIZE PACKS!

Foost are a team of dietitians, nutritionists, mums and educators with a passion for helping others. They love food and we love living and eating colourfully. The Foost team have a knack for making anything food-related seem simple.

Foost products are designed to help people at work, at home or in social situations integrate positive food choices into their daily life, so they can create simple and enjoyable ways to improve their relationship with food.

## FIRST PRIZE:

- ▶ 2 everyday bamboo plates
- ▶ 3 rainbow bamboo plates
- ▶ 5 bamboo bowls
- ▶ 5 bamboo cups
- ▶ 2 first knives

VALUE: \$175.00

## SECOND PRIZE:

Book set with first knife

VALUE: \$50.00



## TO ENTER OR SUBSCRIBE

To enter to win the the above prize simply share your thoughts about this issue with us in 50 words or less. Submit your entry before Saturday 4 May 2019, using the form on this page, and if your comment is selected as the best, you'll be notified as the winner!

Plus, you can also subscribe to receive future editions of this magazine (for FREE) by adding the words "SUBSCRIBE ME" in your message.

## SUBSCRIBE & FEEDBACK FORM