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MAGAZINE

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We know that spring has well and truly sprung because we're launching the spring edition of our Healthy Living Magazine! And if you're anything like me then you're ready for longer days and warmer weather.

This edition, we are exploring the theme of salt - how salt can affect our health, and how we can be salt-savvy as consumers and parents. I hope you'll enjoy the informative and practical articles written by accredited dietitians from a diverse range of backgrounds.

As usual, we've included a heap of delicious and healthy (low salt) recipes. Along with our seasonal eating tips, in this issue we also bring you ideas for staying healthy when you're holidaying. Also be sure to look out for our feature on training and eating to build muscle mass, from an exercise physiologist who is also a qualified dietitian.

I hope you'll find our spring issue both engaging and enlightening.



Richard Quail

RICHARD QUAIL
YMCA Nutrition
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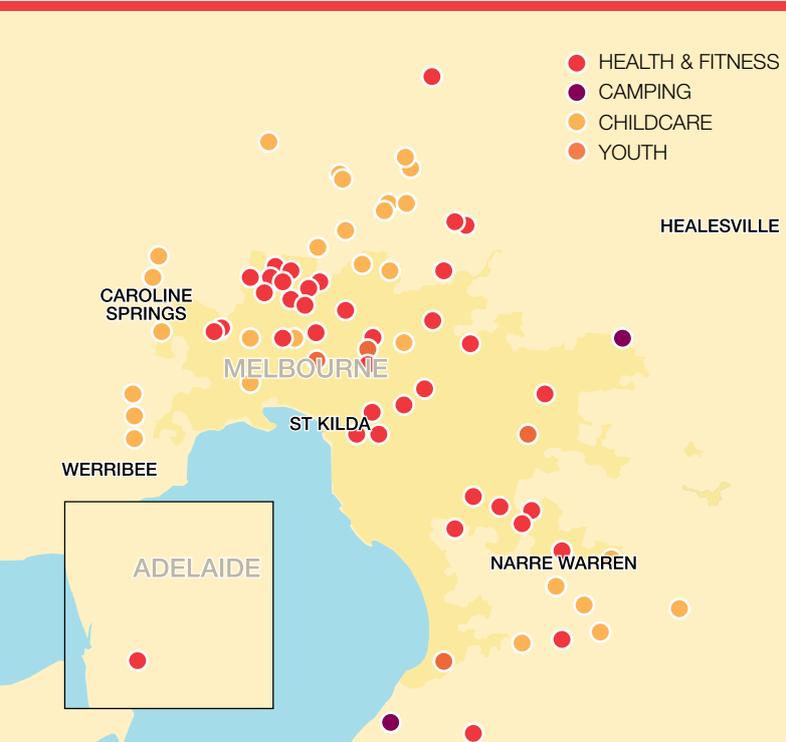
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ANIKA ROUF

Anika Rouf is an Accredited Practising Dietitian and PhD Candidate, researching social media use to improve the eating habits of young adults. She is passionate about healthy home cooking and working towards small sustainable behaviour changes. Follow Anika at anikarouf.com and on Twitter: [anika_rouf](https://twitter.com/anika_rouf) and Instagram: [shenanigansofadietitian](https://www.instagram.com/shenanigansofadietitian)

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UNDERSTANDING SALT AND HOW IT IMPACTS OUR HEALTH

Dietitian and social media dynamo **Anika Rouf** gives us the lowdown on salt and our health.

Salt (sodium) is a natural substance that is actually made up of about 40% sodium and 60% chloride. Our body requires a small dietary intake of salt, to maintain vital bodily functions, like conduction of nerve impulses, muscle contractions and maintenance body fluids and electrolytes. The estimated requirement for sodium is 500mg per day – or about 1/8 of a teaspoon. Fortunately, salt deficiency is not an issue in our food supply, as many of the foods we eat naturally contain small levels of sodium and processed foods contain large amounts of salt. However, we need to be mindful of salt intake, as eating too much can increase your risk of high blood pressure, cardiovascular disease and other chronic diseases.

Salt intake and recommendations: How do Australians stack up?

In Australia, the recommendations for sodium intake were last revised in 2017, and the suggested dietary target (SDT) was determined as 2000mg (5g salt) per day for adults. This is in line with the World Health Organisation's (WHO) recommendation to limit sodium intake to no more than 5g of salt per day.

The current dietary intake in Australia and New Zealand is about 3600mg or 9g per day – almost double the recommended limit. It is estimated that 80% of the intake comes from processed foods and only 20% is from salt used at the table or in home cooking.

A recent systematic review published in the Medical Journal of Australia found that on average, men eat 10.1g salt per day, while women eat 7.34g per day. While there is no nationally representative study of salt intake in Australia, it is clear that Australians are eating far more salt than our bodies need.

The link between salt, hypertension and kidney disease

High salt intake over a long period of time can certainly have a detrimental effect on our bodies. Excessive intake of salt increases our risk of developing hypertension (high blood pressure). While it is normal for our blood pressure to rise and fall during the day – such as when we sit versus stand, or when we experience a stressful situation – hypertension is when our blood pressure is persistently higher than normal. The problem is, we usually can't feel high blood pressure, and this is why it is often called a 'silent killer'.

According to the WHO, hypertension is the number one risk factor for mortality (early death) worldwide. A high salt intake puts a lot of pressure on kidneys – which are working overtime to remove the excess sodium in our blood. Our bodies try to fix the problem by diluting the sodium in our blood with extra fluid. This increases the overall blood volume, placing more strain on the heart, blood vessels and the kidneys. Over time, the extra strain on the kidneys can cause irreversible damage and eventually lead to kidney failure (when the kidneys are no longer able to filter the blood adequately and keep us healthy).

Salt, heart disease and stroke

Another health concern associated with excessive salt intake is that chronic hypertension increases our risk of cardiovascular disease (both heart attack and stroke). The extra blood

GENETICS MAY PLAY A ROLE IN OUR BODY'S RESPONSE TO SALT

SALT INTAKE OVER TIME

In paleolithic times, salt intake was estimated to be less than 1g/day – which came from natural sources (predominantly meat). The earliest evidence of salt processing dates back to around 6,000 years ago, and it has now been used to preserve and flavour food for thousands of years. With the spread of civilisation, salt became a major trading commodity. These days, our heavy reliance on processed foods (which are often deceptively high in salt) has seen our intake skyrocketing – back toward levels in the 19th century before refrigeration was invented!

volume and pressure caused by hypertension causes the tiny muscles in our artery walls to become stronger and thicker, which means they become less elastic and more narrowed over time.

This narrowing of blood vessels further increases hypertension and puts extra pressure on our heart (which now has to work harder to pump blood around our bodies). Heart disease and heart attacks can be due to the heart muscles or valves becoming stiff, or due to blockages in major coronary arteries. Strokes happen when major blood vessels to the brain are either blocked or burst, causing what can be irreversible damage to the brain.

Is salt a problem for everyone?

Recent research suggests genetics may play a role in our body's response to salt. This essentially means that people respond differently to salt intake. Those who are 'salt sensitive' will experience great reductions in blood pressure after following a low sodium diet, while those who are 'salt resistant' may not find that increasing or reducing salt affects their blood pressure much at all.

However, there is not enough evidence yet to make strong conclusions about specific groups, and to know who is salt sensitive and who is not. Therefore, the current evidence 'supports' the benefits of limiting salt intake for everyone.

You'll find more information on salt and how to reduce your intake throughout this edition, and you can also head to heartfoundation.org.au for fact sheets, recipes and tips. 

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ANNA DEBENHAM & ALEX PARKER

Anna and Alex are the Co-Founders of The Biting Truth and are dietitians, food bloggers and speakers. This duo has a no-nonsense, science-based approach to nutrition and wellness. www.thebitingtruth.com

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WONDERFUL SPRING RECIPES

APPLE CINNAMON BREAKFAST BARS

Serves: 9 | **Prep time:** 10 minutes | **Cook time:** 25 minutes

SDA is Australia's peak professional body for dietitians specialising in sports nutrition, whose members help active Australians maximise their exercise goals with credible nutrition.

Ingredients:

- 1½ cups rolled oats
- ½ cup almond butter
- 2 tablespoons sunflower seeds
- 75g dark chocolate (>70%), roughly chopped
- 1 tsp vanilla extract
- ¼ cup apple sauce
- ¼ cup honey (use maple syrup if fructose intolerant)
- 2 egg whites
- ¼ cup wholemeal flour
- 1 tsp baking soda
- 1 tsp cinnamon
- Pinch nutmeg

Method:

- 1 Preheat oven to 180°C. Grease and line a 15 x 25cm baking pan with baking paper.
- 2 In a food processor, blitz the oats until they are fine, then place in a mixing bowl.
- 3 Add the almond butter, sunflower seeds, chocolate, vanilla, apple sauce and honey to the mixing bowl, and stir until the mixture is well combined.
- 4 Add the egg whites, flour, baking soda and spices, stir to combine. If mixture is too dry, add a teaspoon of water (or more if required).
- 5 Pour into the lined baking tray, pressing down with the back of a spoon (tip: moisten the back of the spoon with water) to ensure firm packing and a smooth, even surface.
- 6 Bake for 20-25 minutes until lightly golden and the surface feels firm to touch. Let cool in the pan for 15 minutes, then remove from the baking tray by lifting the baking paper and allow to cool on a wire rack.
- 7 Slice into bars when completely cool and then store in an airtight container, or wrap individually in plastic wrap and store in the freezer. ✓



FLAVOURED ROASTED CHICKPEAS

Serves: 4-6 | **Prep time:** 10 minutes | **Cooking time:** 30 minutes

A fabulous idea for a low salt, high fibre (and super tasty) snack idea from Anna and Alex at The Biting Truth.

Ingredients

- 2 cans of salt-reduced chickpeas, rinsed and drained
- 3 tbsp extra virgin olive oil
- 1 tbsp coriander
- 1 tsp garam masala
- 1 tbsp paprika or finely chopped chilli
- 2 tbsp cumin seeds
- Pepper, to taste

Method

- 1 Preheat oven to 180°C.
- 2 Open and strain chickpeas into a sieve. Rinse thoroughly with water, place on a clean towel and pat dry.
- 3 Add chickpeas to a medium-sized bowl with the extra virgin olive oil, spices, and herbs of your choice. Toss well and spoon onto a lined baking tray.
- 4 Bake for 30 minutes, turning every 10 minutes to allow the chickpeas to crisp.
- 5 Remove and allow to cool. ✓





MARNIE NITSCHKE, APD

Marnie is an Accredited Practising Dietitian at www.n4foodandhealth.com. She also works in clinical nutrition at Epworth Healthcare, and in private practice at Everyday Nutrition in Glen Iris. www.everydaynutrition.com.au



SEASONAL EATING IN SPRING



We give you some seasonal inspiration to get you enthused in the kitchen, this spring.

Congratulations! You've made it through another chilly winter. The weather is finally starting to warm up, and the days are getting a little bit longer. Another great thing about the change of season, is that it brings with it new seasonal produce. And that means shaking things up a bit in the kitchen.

- ▶ With the milder weather, salads are back on the menu. Check out your local greengrocer and take your inspiration from the vibrant colours of seasonal produce. Roast up a big tray of in-season vegetables to go with dinner, and then use the leftovers in your salads or frittatas. Asparagus and cauliflower work wonderfully here.
- ▶ Stir fries are another great crossover dish during spring, when the evenings are still chilly. There's a lot of new produce in season to throw in the wok – like snow peas, capsicum and beans. You might also like to try these in a veggie-rich fried rice or curry.
- ▶ Spring is also still a great time for soup. You might like to try

your hand at pho (a Vietnamese-style broth noodle soup - see page 17) or put your spin on a spring minestrone featuring peas and asparagus (see page 9).

- ▶ What about playing around with seasonal veggies like zucchini, spinach or broccoli on a homemade pizza, or sautéing them in a simple pasta sauce made with extra virgin olive oil?

It's time to get excited about this season's fruit and vegetables

Bananas are in season all year round, as are grapefruit. In spring, we've still got lemons, limes and mandarins carrying through. But let's give a warm welcome to berries, which we love for their amazing antioxidant content, health properties and, of course, how delicious they are!

Other all year-round veggies to love include beetroot, carrots, leek, lettuce, onions, parsley, potatoes, rhubarb, silverbeet and spring onion. And during spring we've still got beans, broccoli, cauliflower, parsnip and spinach. Spring newcomers we haven't seen in a while include artichoke, beans, broad beans, capsicum, chillies, cucumber, peas, squash and zucchini. Enjoy! 🍷

Look out for the following delicious recipes starring seasonal ingredients in this edition:



Green Spring Minestrone soup

PAGE 9



Salmon, Asparagus and Pea Frittata

PAGE 9



Carrot Cake Bircher

PAGE 16



Chicken Vietnamese Pho

PAGE 17



Quinoa, Cranberry, Parsley and Cucumber Salad

PAGE 16



SKYE SWANEY, APD

Skye is a dietitian and recipe developer. She started Shift Nutrition so that she could spread her love of food and help people to be as happy and healthy as possible. www.shiftnutrition.com.au



WONDERFUL SPRING RECIPES

SALMON, ASPARAGUS AND PEA FRITTATA

Serves: 2-4 | **Prep time:** 5 minutes | **Cooking time:** 15 minutes

Unlike other frittata recipes, this salmon, asparagus and pea frittata is cooked entirely in the oven, which means there's no standing over the stove wondering if it's burning on the bottom! Just pop it in the oven and forget about it for 15 minutes, then wonder at the golden brown, puffed up beauty before you!

Ingredients

- 6 eggs
- 2 tbsp natural yoghurt
- 50g smoked salmon, roughly chopped
- 4 asparagus spears, sliced into 2cm pieces
- 1/3 cup frozen peas

Instructions

- 1 Preheat oven to 180°C.
- 2 Place eggs and yoghurt in a bowl, then beat until well combined using a fork or whisk.
- 3 Add asparagus, smoked salmon and peas to egg mixture and stir through.
- 4 Spray a medium-sized baking dish or oven-proof frying pan with oil and pour in the mixture.
- 5 Bake for 15 minutes or until golden brown and just cooked through.
- 6 Serve with salad, or crusty wholemeal or sourdough bread. **Y**



GREEN SPRING MINISTRONE SOUP

Serves: 4 | **Cooking time:** 15-20 minutes

We love this fresh, seasonal take on a minestrone soup from the Heart Foundation. The use of salt-reduced stock and 'no added salt' tinned legumes is a great example of reducing salt while keeping great flavours.

Ingredients:

- 1 tbsp olive oil
- 1 brown onion, finely chopped
- 3 cloves garlic, crushed
- 1 leek, white part only, finely chopped
- 4 sticks celery, finely chopped
- 1 small fennel bulb, trimmed and finely sliced
- 2 cups frozen peas
- 1 cup peeled broad beans
- 1 bunch asparagus, trimmed, and cut into bite sized pieces
- 500mL salt reduced vegetable stock

- 500mL water
- 600g no added salt cannellini beans, drained and rinsed
- 1/2 bunch parsley, chopped
- 4 teaspoons store-bought basil pesto, to serve

Method

- 1 Heat the oil in a large wide-based pot. Add the garlic, onion, leek and celery and cook, stirring for 5-7 minutes or until softened.
- 2 Add the fennel, peas, broad beans and asparagus and cook for a further 5 minutes.
- 3 Add the vegetable stock, water and cannellini beans and bring to the boil. Cook until the vegetables are tender. Add parsley, stir to combine and remove from the heat.
- 4 Divide between serving bowls and top with pesto to serve. **Y**



Green Spring Minestrone Soup recipe and image reproduced with permission from the Heart Foundation website. © 2018 National Heart Foundation of Australia. For more healthy recipes visit www.heartfoundation.org.au/recipes or speak to the Heart Foundation's Helpline on 13 11 12.



JUHI BHAMBHANEY, APD

Juhi is an Accredited Practising Dietitian working across three clinics in Sydney. She believes in helping her clients improve their health through lifestyle changes rather than restrictive diets. www.entwellbeing.com.au @dontliketodiet



HOW TO SPOT THE SALT



Dietitian **Juhi Bhambhaney** helps us understand labels and make the best choices to reduce dietary sodium intake.

Many people are aware of the effect of salt on blood pressure and make conscious efforts to avoid cooking with salt or adding too much at the table. These are great steps, but hidden salt in processed and packaged foods is where most of our salt intake comes from. Salt is added during processing because it's cheap, extends shelf life and acts as a natural flavour enhancer. Since we have been consuming processed foods with added salt for so long now, our tastebuds have acclimatised to foods high in salt.

Firstly, let's get the terminology right. Many people use the terms 'salt' and 'sodium' interchangeably, but technically, salt is made up of 40% sodium and 60% chloride.

The Heart Foundation recommends that adults eat less than 5g of salt (2000mg of sodium) a day, to reduce the risk of hypertension (high blood pressure) and heart disease. For someone who suffers from hypertension, it is recommended that total salt intake be reduced to 4g (1600mg sodium) per day.

Here, we outline five steps that will help you reduce your salt intake:

1. Identify foods that commonly contain added salt

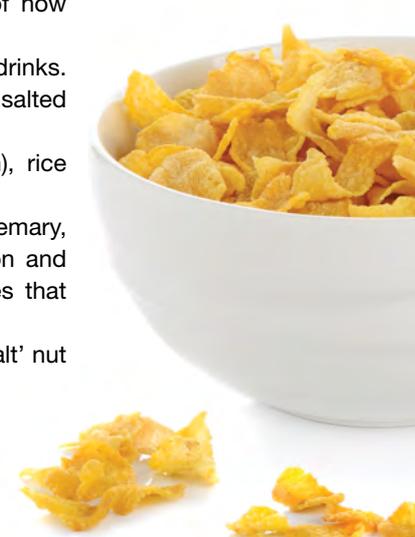
The first step is to identify which of the foods in our supermarket trolley (or on the menu) are likely to contain high amounts of added salt. Here are some

of the most common offenders, many of which may not taste particularly salty:

- ▶ Processed meats (e.g. sausages, smallgoods, tinned meat and fish, frozen/crumbed products and commercially marinated meats / vegetarian alternatives).
- ▶ Commercial stocks, soups, condiments (e.g. pickles) and sauces.
- ▶ Many kinds of cheese, dips and spreads (butter, margarine, Vegemite®, peanut butter).
- ▶ Ready-made meals (e.g. from food courts, frozen, tinned and many restaurant and takeaway meals).
- ▶ Chips (both the frozen and the crisps variety), salted nuts and other savoury snacks.
- ▶ Bread, pizza bases, crackers and some muffins/cakes and breakfast cereals (yes, sweet foods can still be seriously salty!)

2. After those examples, it makes sense that we want to identify foods that are naturally low in salt. The following low salt foods will not break your daily sodium budget:

- ▶ All fresh fruits and vegetables and most frozen varieties.
- ▶ Unprocessed meat, fish, chicken, eggs and tofu – preparing these from scratch means that you're in charge of how much salt is added.
- ▶ Dairy products like milk, yoghurt and fermented milk drinks.
- ▶ Dried legumes (or no added salt tinned varieties), unsalted nuts, seeds and trail mix.
- ▶ Whole grains (e.g. rice, oats, barley, quinoa, corn), rice noodles and pasta.
- ▶ All fresh and dried herbs and spices such as rosemary, parsley, oregano, ginger, pepper, nutmeg, cinnamon and cayenne pepper (careful of commercial spice mixes that can be high in added salt).
- ▶ Cooking oils and fats like avocado and 'no added salt' nut butter.
- ▶ Coffee, tea and most beverages.





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|--|-------------|--------------|
| NUTRITION | PER SERVING | PER 100g |
| Energy | 498KJ | 1790KJ |
| Protein | 2.9g | 10.4g |
| Total Fat | 2.8g | 10.0g |
| Saturated | 0.3g | 1.2g |
| Carbohydrate | 19.9g | 71.5g |
| Sugar | 0.1g | 0.4g |
| Sodium | 270mg | 970mg |

| ARNOTTS Vita-Wheat 9 Grain AVG QTY PER SERVING (4 BISCUITS 23.2g) | | |
|--|-------------|--------------|
| NUTRITION | PER SERVING | PER 100g |
| Energy | 394KJ | 1700KJ |
| Protein | 2.8g | 12.1g |
| Total Fat | 2.2g | 9.4g |
| Saturated | 0.3g | 1.1g |
| Carbohydrate | 14.4g | 61.9g |
| Sugar | 0.4g | 1.7g |
| Sodium | 104mg | 450mg |

HERE ARE A FEW EYE-OPENING EXAMPLES:

Breakfast cereal generally doesn't taste salty, so you might be surprised to find that a standard serve of corn flakes (30g), contains the same amount of sodium as 15 potato crisps.

Next, we give you a popular brand of pasta sauce - in this case Dolmio® - which will cost you around 400mg of sodium per serve (or 20% of your daily sodium budget).

Have you ever thought of sandwiches as salty? Probably not, but two slices of regular bread can contain between 300-500mg of sodium, which is more than double the content of a standard serve of Doritos® corn chips - and that's before you even add your filling!

3. Knowledge is power, so brush up on your label reading skills, and make the smart choice. Here's how to read a food label:

Front of pack label: The following terms or claims can help us determine the salt content of the food:

- ▶ 'NO ADDED SALT' confirms a low salt food as there is no added salt.
- ▶ 'LOW IN SALT' refers to a sodium level of 120mg/100g or less.
- ▶ 'SALT REDUCED' refers to a sodium level of 400mg/100g or less.
- ▶ You can also refer to the Health Star Rating, which reflects a number of nutritional considerations, including the salt content of packaged foods.

Back of label: check the Nutrition Information Panel (NIP):

You'll find the sodium content per 100g and per serve - this is a mandatory nutrient that must be shown in the NIP.

Tip: The sodium level per 100g allows you to compare the content of different products and choose the lower salt option. The sodium content 'per serve' gives you an indication of how much sodium you'll get from a standard serve of this food.

The following tables illustrate the NIP and salt content of two different dry biscuit options, and how reading labels can help you halve your salt intake in this instance.

4. Check the ingredient list, and be savvy about other ingredients that mean salt:

- ▶ Rock salt
- ▶ Sea salt
- ▶ Seasonings
- ▶ Onion, garlic, celery or chicken salt
- ▶ Baking powder and sodium bicarbonate

5. Swap this for that

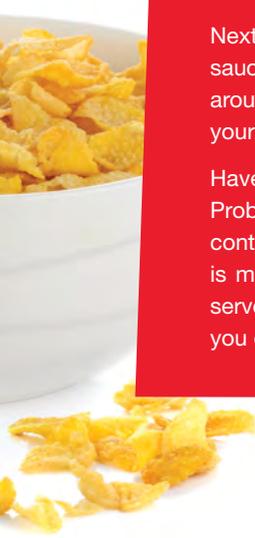
Simple swaps can make a big difference to your sodium intake at the end of the day. You can do this by reading labels and choosing the lower salt alternative, and by choosing the lower salt alternative when you're eating away from home.

Make use of today's technology, with apps such as Foodswitch® (available free in mobile app stores). Foodswitch® makes it easier to make the healthier choice between two products.

The 'salt switch' function allows you to scan the barcode of a food product and find lower salt foods which are similar.

For example, if you were to look up Kelloggs® Corn Flakes (550mg/100g salt), the salt switch options inform you that Freedom Foods® Low Salt Corn Flakes are a much better choice (210 mg/100g salt).

Head to unpакthesalt.com.au for lots of fabulous resources like a downloadable wallet-sized label reading guides and 'Salt Swaps' lists. 🍷





MARNIE NITSCHKE, APD

Marnie is an Accredited Practising Dietitian at www.n4foodandhealth.com. She also works in clinical nutrition at Epworth Healthcare, and in private practice at Everyday Nutrition in Glen Iris. www.everydaynutrition.com.au



FIVE THINGS YOU DIDN'T KNOW YOU COULD MAKE IN A RICE COOKER

Dietitian and avid home cook **Marnie Nitschke** shows us that rice cookers can make a lot more than just rice!

Most of us have a rice cooker stashed away in the cupboard. They're indispensable when it comes to 'set and forget', perfectly cooked rice. They save stovetop space, and their non-stick surface makes for a quicker, easier clean up. But did you know that even the simplest models have a myriad of other uses? Here are five rice cooker dishes you can try at home.

Stewed apples

Have you ever ruined a saucepan in the process of stewing apples? That won't happen anymore in a rice cooker! Just peel, core and chop your apples, and place them into the rice cooker with any flavourings and enough water to cover the pan (about 1/4 cup for 4-6 apples). Replace the lid, wait until it comes to the boil, then check every 5 minutes, until your desired consistency is reached. If you leave the lid open, evaporation will result in less moisture in the final dish – so play around to suit your preferences.

Porridge

You can give porridge the old 'set and forget' treatment too. This one is great for families where everyone's up and leaving at different times because the machine will keep it warm and ready to serve. You can experiment and adjust to your liking, but the ratio for cooking rolled oats in a rice cooker is the same as on the stovetop - 1 cup of oats to 2 cups of water (or a water and milk mixture if you like your porridge a little creamier).

A NOTE ON COOKING TIMES

Rice cookers stop cooking and click over to 'warm' function when they sense all the moisture has been removed, so you'll often need to intervene when cooking steamed and stewed dishes in your rice cooker. For example, for the stewed fruit or the fish, you'll need to stop the cooking early, when the food reaches your desired texture.

Polenta

Polenta would have to be one of the messiest dishes to cook on the stovetop (as seasoned polenta cooks will attest to), and it's also a really easy way to burn yourself! So this recipe is one of my favourite new and lesser-known ways to use a rice cooker.

Add 1 cup of polenta (not the instant variety) to 4 cups of low salt liquid stock, close the lid, and switch on. Once it clicks off, add 2 tablespoons of grated, salt-reduced cheese and stir, for a deliciously creamy polenta, without the usual arm strain or splatter burns!

Steamed fish

This is a great way to cook fish, without going anywhere near the oven or stovetop! If you've still got your rice cooker instructions, it might be a good time to refer to their suggested cooking techniques and times.

Add around 3 cups of water to the pan, place the fish on the steamer rack with lemon slices, sliced spring onion and a drizzle of extra virgin olive oil, and cook for around 10-12 minutes.

Frittata

Frittata is another dish you'd never think to try in a rice cooker, but this is an excellent idea, especially if you're travelling or camping and have access to a power supply.

You can use your favourite basic frittata recipe but I use 4-6 beaten eggs, a few tablespoons of cream or evaporated milk, a few tablespoons of salt-reduced cheese, herbs, spices, and whatever vegetables I have on hand. I also add a heaped tablespoon of self-raising flour, for a fluffier, lighter end-product.

Then, simply whisk and combine all ingredients, tip it all into the rice cooker and activate. You'll need to check on your frittata once the cooker clicks off, and you may need to wait a minute before clicking it back on to continue until the top is cooked. When it is cooked your frittata will spring back lightly upon touching it. **Y**

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KATE BENNETT, APD & EP

Kate is a dietitian and exercise physiologist based in Sydney. She loves working with clients to help them achieve their health goal through practical tips and evidence-based advice. Kate also loves exercising herself and spending time outdoors with her family. www.kbnutrition.com.au



TRAINING TO BUILD LEAN BODY MASS

Accredited dietitian and exercise physiologist **Kate Bennett** gives us her top training tips for building muscle mass.

‘Do I just need to train harder to build more muscle?’ is a question frequently asked in the fitness industry.

Yes, having a good training program is important, but nutrition also plays a significant role when trying to increase lean muscle mass. You can gain strength by exercising, but to build size you need to eat more calories.

Muscle hypertrophy or increasing muscle size, occurs through a muscle breakdown phase followed by muscle protein synthesis. The breakdown phase occurs after a training session – specifically, after a resistance training session.

- ▶ Aim to lift heavier weights for fewer repetitions.
- ▶ Pushing the muscle by lifting heavier weights causes muscle fibre breakage, which is repaired during recovery, resulting in larger and stronger muscles.
- ▶ It is important to complete exercises that target specific muscles as well as those that work multiple muscle groups at a time.
- ▶ Complete at least 3 resistance sessions per week, but don't overdo it and allow your muscles enough time to recover between sessions.

Muscle protein synthesis is the next phase of muscle hypertrophy, and where what you eat comes in to play. Protein is the most important nutrient involved in muscle growth. What type of protein, the timing of intake, and your total protein intake all need to be considered when trying to build muscle.

- ▶ To build muscle or lean tissue, you need to increase your overall energy intake. Eating an extra 500 calories (2000 kilojoules) per day is often advised, but remember this can't be any food, it needs to be good quality food; protein, wholegrain carbohydrates, vegetables and fruit.

- ▶ Timing the extra energy intake is important to ensure it is used for muscle gains, rather than just gaining weight or fat. Having a meal 1-2 hours before a training session will give your body the energy it needs to work hard during a training session. This meal should include both protein and carbohydrates (e.g. it could be a banana or mango smoothie with high protein yoghurt, or a chicken breast and salad sandwich on wholegrain bread).
- ▶ Peak muscle protein synthesis occurs within 30 minutes of a resistance training session, so this is the time for a recovery snack. Aim for around 20g of good quality protein.
- ▶ Whey protein (derived from dairy products) is believed to be number one for stimulating muscle protein synthesis. This is because whey protein contains large amounts of the amino acid leucine, which is vital for muscle growth. Meat, chicken, eggs, seafood, yoghurt, milk and cheese are all excellent sources of whey protein and, therefore, leucine.

In summary

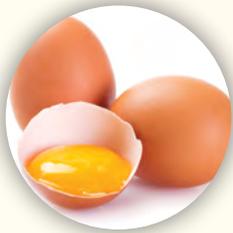
- ▶ Lift heavier weights for fewer repetitions during training.
- ▶ Consume an additional 500 calories/2092 kilojoules per day with good quality food.
- ▶ Aim for 4-6 nutritious meals and snacks per day.
- ▶ Ensure you are well energised for training with a meal 1-2 hours before, and a recovery snack or meal within 30 minutes after.
- ▶ Make sure meals and snacks contain around 20g protein, ideally high quality protein from sources listed.





FIVE QUICK HIGH-PROTEIN FOODS FOR BUILDING MUSCLE MASS

Kate Bennett gives us the secret to building muscle mass with her five favourite high-protein foods.



If gaining weight and muscle mass is your goal, it's vital to fuel up on the right foods. You should be looking for foods that are nutrient-dense and high in protein, to help you make the most of every mouthful.

Check out these five high-protein foods:

Eggs

Eggs are one of the most nutritious foods with each egg having around 7g of protein, as well as being a good source of riboflavin, selenium and vitamin D. They are also super versatile!

- ▶ Scramble, poach or serve your eggs as an omelette with wholegrain toast and seasonal veggies.
- ▶ Boil eggs whole and add them to salads or crispbread.
- ▶ For even more energy, good fats and antioxidants, add a spread of avocado.
- ▶ For another new way to use eggs, check out Marnie's rice cooker frittata recipe on page 12.

Greek or natural yoghurt and nuts

Rich in calcium, protein and potassium, yoghurt is a simple and inexpensive protein source, with the benefits of probiotics for gut health.

- ▶ Add crushed nuts and seeds for extra flavour, fibre, good fats, nutrients, and additional protein.
- ▶ As the weather warms up, make icy poles with a blend of Greek yoghurt and frozen fruit.

Cottage cheese

Cottage cheese is a nutrient powerhouse! It is high in protein, but also calcium, phosphorus, vitamin B12, vitamin D and vitamin K2 - perfect for improving bone health and cardiac function.

- ▶ Cottage cheese can be added to a slice of wholegrain bread, crackers or baked potato with avocado and tomato for a delicious breakfast, lunch or a quick high protein snack.
- ▶ For something a little sweeter, drizzle cheese with honey, cinnamon and crushed nuts.

Banana smoothie – made with milk and yoghurt

Whizzing up a smoothie is quicker and easier than prepping, cooking and eating a meal. Plus, it's a great way to consume extra energy, micro and macronutrients, as milk and yoghurt are rich sources of calcium, vitamin D, protein, phosphorus, magnesium, potassium and zinc.

- ▶ Banana is rich in potassium, which is great for muscle recovery.
- ▶ With just a few tablespoons of LSA (linseed, sunflower and almond meal) you can add extra fibre, protein and gut health properties to your smoothie.
- ▶ If milk is not for you, give lactose-free milk a try. Note that almond and rice milk are low in protein and made of mostly water.

Tuna

All meat and fish are excellent sources of protein, but oily fish, like tuna, have the added health benefits of omega-3 fatty acids.

- ▶ A tin of tuna on crackers is a quick snack – choose the salt-reduced version.
- ▶ A tuna melt or tuna salad wrap is a great, protein-rich lunch.
- ▶ Tuna or salmon rissoles are ideal for light meals and snacks! 🍷



CATHERINE SAXELBY, APD

Catherine is an accredited dietitian and nutritionist who has researched and written on almost all aspects of healthy eating. Her skill lies in translating scientific research into real nutrition terms. Catherine is the author of 12 books including her Complete Food and Nutrition Companion (Hardie Grant). She also runs the Foodwatch website, offering nutrition information for consumers. www.foodwatch.com.au.



LAUREN ATKINS AND ELISE DEN (ONCORE NUTRITION)

Lauren Atkins and Elise Den are Accredited Practising Dietitians and Co-Founders of OnCore Nutrition. They have expertise in oncology nutrition to support people in managing and overcoming cancer, and are passionate about using preventative nutrition to help optimise health potential. For more recipes, information and support visit www.oncorenutrition.com



WONDERFUL SPRING RECIPES

QUINOA, CRANBERRY, PARSLEY AND CUCUMBER SALAD

Serves: 8 as a side

This tasty salad uses quinoa as the base, enlivened with the stronger flavours of cranberries, mint, parsley, onion and pistachio nuts. It's a winner, and only has 20mg sodium per serve!

Ingredients

- ¾ cup quinoa
- ½ cup (100g) dried cranberries
- 1 small Lebanese cucumber, cut lengthwise, deseeded and diced
- 1 cup fresh parsley leaves
- 1 cup fresh mint leaves roughly chopped
- ½ cup pistachio, roughly chopped

For the dressing:

- 1 lemon, juiced
- ¼ cup extra virgin olive oil
- 1 garlic clove, crushed
- Freshly-ground black pepper

Directions

- 1 Place quinoa and 1½ cups cold water in a saucepan over high heat. Cover and bring to the boil. Reduce heat to low. Simmer for 10-12 minutes or until water has absorbed. Drain and rinse, transfer to a large bowl.
- 2 Add in cranberries, diced cucumber, parsley, mint and pistachios.
- 3 To make dressing, place lemon juice and oil in a screw-top jar, season with pepper. Secure lid and shake to combine.



- 4 Before serving, pour over dressing and toss well to combine.

Variations

If you don't have cranberries, use currants or sultanas.

Instead of pistachios, other nuts can be used – almonds or pecans are nice. Sunflower seeds also work well.

CARROT CAKE BIRCHER MUESLI

Serves: 2

Carrot cake bircher is delicious and super simple to prepare for a high fibre breakfast on the go. This recipe is low in kilojoules making it suitable for those

Ingredients:

- 40g rolled oats
- 2 small carrots, grated
- 1 medium apple, grated
- 2 tsp slivered almonds (dry roasted for extra flavour)
- 2 tsp pepitas (dry roasted for extra flavour)
- 2 tsp raisins
- 2 tsp coconut
- 400ml almond milk (unsweetened)
- Cinnamon and turmeric, to taste

Method:

- 1 Mix all ingredients together, cover and leave in the fridge to soak overnight.
- 2 In the morning, stir and add extra almond milk if needed to moisten. Serve with a dollop of natural or Greek yoghurt if desired.

See? We told you it was simple!





KATE WENGIER

Kate is the founder of Foost, which is the creator of Positive Food Education - inspiring healthier families by creating happier family mealtimes. Empowering children to become colourful and adventurous eaters. www.foost.com.au



WONDERFUL SPRING RECIPES

HOMEMADE BAKED BEANS

Serves: 4 | **Prep time:** 5 minutes | **Cooking time:** 40 minutes

Baked beans on toast is a famous family favourite. Here's how you can make and enjoy baked beans from scratch, without having to worry about the high salt content of the tinned variety. You can enjoy it as part of breakfast, lunch, dinner or as a snack.

Ingredients

- 2 cups dried cannellini or borlotti beans OR
- 2 x 400g cans of salt-reduced cannellini or borlotti beans
- 2 tablespoons olive oil
- 1 onion finely diced
- 1 clove garlic, crushed (or one teaspoon crushed garlic)
- 2 tablespoons brown sugar
- 2 x 400g cans tinned, crushed tomatoes (no added salt)
- 1 teaspoon mixed herbs (dried or fresh)
- 1 tablespoon no added salt tomato paste
- Pinch of salt

Directions

- 1 Prepare dry beans as per packet instructions or if using canned beans, drain and rinse under cold water.
- 2 Heat olive oil in a large frypan then fry onion and garlic on medium heat for 5 minutes until softened.
- 3 Add sugar and stir, cook for 2 minutes.
- 4 Add tinned tomatoes, herbs, tomato paste, salt and beans.
- 5 Mix and cook for a further 30 minutes.
- 6 Serve on roasted sweet potatoes, rice or toast with a side salad.

Notes: You can easily add in extra vegetables, for example, we like to add freshly diced tomatoes or red capsicum or zucchini (after step 4).

Spice your beans up by adding some chilli or black pepper to taste.

These beans can be frozen for future meals or snacks.



CHICKEN VIETNAMESE PHO

Serves: 4 | **Prep time:** 10 minutes | **Cooking time:** 20 minutes

Ingredients:

- 500ml salt-reduced chicken stock (see Tip)
- 1.5L water
- 1 brown onion, halved, thinly sliced
- 2 cloves garlic, peeled
- 10cm-piece ginger, peeled, sliced
- 2 star anise
- 1 teaspoon black peppercorns
- 1 teaspoon salt-reduced soy sauce
- 2 teaspoons fish sauce
- 2 tablespoons lime juice
- 4 x 100-120g lean chicken breast fillets
- 2 bunches bok choy, roughly chopped
- 150g rice noodles
- 150g bean shoots
- ½ cup Vietnamese mint leaves
- ½ cup coriander leaves
- 2 spring onions, chopped
- 2 teaspoons sliced red chilli
- 4 lemon wedges

Method

- 1 Combine stock, water, onion, garlic, ginger, star anise, black peppercorns, soy sauce and fish sauce in a large saucepan over medium-high heat. Cover and bring to the boil. Add chicken breast and simmer for 15-17 minutes or until chicken is cooked through. For the last 3 minutes of cooking, add bok choy.
- 2 Remove garlic, peppercorns, star anise and ginger and discard. Transfer chicken to a plate, and shred when cooled.
- 3 Prepare noodles according to packet instructions. Drain.
- 4 Divide chicken, noodles, bok choy and stock between 4 bowls. Top each bowl with bean shoots, Vietnamese mint, coriander, spring onion, chilli and a lemon wedge.

Tip: For a healthier alternative to store-bought stock, use our homemade chicken stock recipe instead. This recipe can also be made with green prawns, tofu or sliced beef.

Chicken Vietnamese Pho recipe and image reproduced with permission from the Heart Foundation website. ©2018 National Heart Foundation of Australia. For more healthy recipes visit www.heartfoundation.org.au/recipes or speak to the Heart Foundation's Helpline on 13 11 12.





NICKIE HURSTHOUSE, APD

Nickie is a registered dietitian, born in New Zealand and currently living and working in London, UK. Wherever Nickie's travels take her it is always about the food, the culture and the people. Good nutrition, simple yet delicious meals and cooking with friends and family are what Nickie believes integral to leading a healthy life.



EATING WELL ON HOLIDAY

A dietitian's top tips for feeling your best and keeping well on holidays.

Holidays are a time for relaxation, exploring, no routine and indulgence. It's a shakeup to routine, and we return relaxed and refreshed. But how often have you come back from your time away pledging to kickstart a healthier routine? Instead, look to maintain some of your everyday healthy habits whilst you are away on holiday.

Start the day right: Breakfast could fall at 7am or midday, but you're on holiday so it doesn't really matter. Or does it? Your breakfast sets the tone for the rest of the day. Kickstart the day with a high-fibre meal like whole grain toast, oats or muesli, include a portion of fruit, and keep yourself hydrated with plenty of water.

Explore the local markets: Every country has so much to offer when it comes to celebrating their food culture. The diversity we see around the world when looking through local markets is mindblowing. Spend some time looking for fresh produce like local fruits or nuts to keep on hand as healthy snacks whilst you are out exploring.

Keep an eye on portion sizes: Routine can creep away from us - one of the perks of a relaxing holiday; but it can also be one of the downsides when it comes to food. Meals can fall

at different times, breakfast can merge into lunch and lunch into cocktails, and cocktails into dinner. When this happens we can start to lose the cues of when we are hungry and when we are full. Looking at how much we are eating throughout the day can also be difficult. Moderating portion sizes takes just a little effort each time you dine out. Look to split your plate to have half of it vegetables and salad, just as you would aim for at home. Avoid that extra side of chips and ask for the bread bowl to be put to the side after your meal arrives.

Find accommodation that has some form of kitchen: Having access to a fridge, a stovetop or even just a kettle, opens up a plethora of opportunities to eat well - while also helping out the budget. Picking up some local ingredients at the market or supermarket and putting them together for a simple meal at home can be a nice change from eating out every meal.

All things in moderation: Unless you are travelling long term, your holiday is going to be a short, temporary, break from your normal life. Despite the lack of routine and other aspects that can lead you off track, it's important to remember that staying healthy can be as simple as keeping food and





SIAN ARMSTRONG APD

Accredited Practising Dietitian, Sian Armstrong, works as a Food and Nutrition Advisor at the **Heart Foundation**. For the past few years Sian has been working on **Unpack the Salt** - a large scale salt reduction project involving consumer awareness, food industry liaison and Government advocacy.



BUSTING SALT MYTHS

Busting salt myths with the Heart Foundation’s dietitian **Sian Armstrong**.

Salt has been part of the human diet for thousands of years, and yet for something so small, it can be hugely controversial. This is most likely due to conflicting information in the media, which has led to many myths and misconceptions. With Australians consuming nearly double the recommended maximum daily salt intake, it’s time to bust these myths once and for all.

Are gourmet salts healthy?

This is without a doubt the number one question asked about salt. Gourmet salts like pink Himalayan, rock, and charcoal are frequently marketed as healthier alternatives to regular table salt, but in reality, all types of salt contain the same amount of sodium.

It is the sodium in salt that can be damaging to health, so too much of ANY type of salt can lead to high blood pressure, increasing the risk of heart attack and stroke. While gourmet salts do contain some minerals that table salt doesn’t, these minerals are present in tiny amounts. It’s much better to eat fresh vegetables to get these minerals rather than sourcing them from salt.

Salt is natural and reducing it will hurt my body.

The body certainly does need some salt to function, but only a very small amount – about 1-2g per day. To put this in context,

most Australians are consuming a whopping 9g of salt every day – that’s nearly double the recommended daily maximum of 5g! So even if you do reduce your salt intake, it is highly unlikely you will be consuming too little. By basing your diet on fresh unprocessed food, your body will get enough naturally-occurring salt, without overdoing it and putting your health at risk.

I need more salt after I exercise to replace the loss.

You only lose a small amount of salt in sweat. Unless you are an elite athlete or exercising in extreme heat for more than an hour, drinking water and eating a regular meal is a perfectly adequate way to rehydrate.

Food has no taste without salt.

This is a misconception many people are adamant about, but it couldn’t be further from the truth. Your tastebuds may have become accustomed to the taste of salt, but it only takes a few weeks for them to adapt to a reduced intake. In the meantime, there are so many delicious ‘saltalternatives’ you can use to flavour your food. Think herbs and spices like lemon, chilli, garlic, rosemary, or cardamom – the list is endless!

Visit unpackthesalt.com.au for recipes, saltalternatives and more information about salt. **Y**



WIN ONE OF THREE COPIES OF *EAT LIKE AN ATHLETE!*

ABOUT THE AUTHOR

Simone Austin is an Advanced Sports Dietitian who is passionate about making nutritious food the easy choices, to maximise health and performance. She is widely recognised for her expertise and accessible approach to nutrition.

Simone has a proven track record of success as an Advanced Sports Dietitian with a range of teams and individuals. Currently, she is working as the dietitian for the Hawthorn Football Club.

Find out more about Simone at:

www.simoneaustin.com

Facebook: @SimoneAustinDietitian

Instagram: @simone_austin

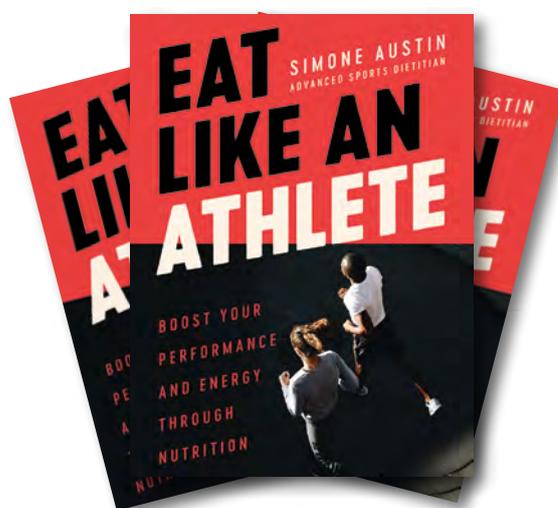
Twitter: @simonejaustin

ABOUT THE BOOK

Eat Like an Athlete is Simone Austin's hands-on manual which allows people of all ages - from weekend warriors to professional players to those just starting out - to give their body optimal nourishment for training, competition and recovery.

In Eat Like an Athlete, Simone demonstrates that healthy eating shouldn't mean dieting; it should mean making food and eating choices that will enable you to live a full and healthy life.

Simone provides key nutritional information to help you establish a healthy diet that meets your physical activity requirements, and offers practical suggestions like what to eat before exercise,



keep in the pantry, take for lunch and cook for dinner. It covers the role of the important nutrients in the body, discusses the impact of the immune system, and addresses questions around fluid intake, food pre- and post-training, and nutritional requirements for different age groups.

Healthy eating doesn't have to be complicated, hard work or expensive. It simply means fuelling your body, rather than depriving it, and examining your food intake and health with a positive outlook. Athletes use nutrition as a tool to maximise peak performance and with Eat Like an Athlete, you can too.

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