



Welcome to our monthly Newsletter...

All fats are not considered equal!

You may have noticed there are many new “diet” or “low fat” products advertised and readily available in supermarkets. Many of these products make claims about their fat content, which can be confusing and misleading. This newsletter aims to clarify the misconception that all fats are bad, and provide some guidelines for selecting products in the supermarket.

Firstly, knowing the types of fats that are present in foods is important:

- **Saturated:** This type of fat can clog our arteries, which can lead to heart attacks or strokes.

Food sources: meats and animal products (red meat, white meat, milk, yogurt butter)

- **Mono and polyunsaturated fats:** This type of fat can unclog our arteries, which can help prevent heart attacks or strokes.

Food sources: olive oil, sunflower oil, peanuts and peanut oil, sesame oil, safflower oil, canola oil, almonds.

- **Trans fats:** This type of fat behaves like saturated fats.

Food sources: bakery foods labeled with “hydrogenated vegetable oil/fat”

- **Omega 3:** This type of fat behaves like unsaturated fats and can help thin the blood.

Food sources: Oily fish including salmon, trout, herring, sardines, walnuts, flaxseed, tofu.

Completely eliminating fat from the diet is not recommended as it is required by our bodies not only as an energy source, but for hormone production and absorbing vitamins.

Limiting the amount of fat we consume is important for weight control, however the type of fat we select is important too. Choosing unsaturated fats over saturated fats can be beneficial in preventing chronic disease, especially heart disease.

Putting it into practice:

- Swap frying in butter for grilling with olive or canola oil.
- Swap fatty meats for trimmed chicken breast. Trimming the visible fat off your meats can reduce the fat content by a whopping 75%!
- Choose chicken breast instead of thigh as it contains less saturated fat.
- Use avocado as a spread on sandwiches instead of butter.
- Use mono and polyunsaturated margarines instead of butter.
- Try dairy products (especially yogurts) which are low in fat and contain inulin as this can give products a creamy mouth feel which mimics that of fat.
- Eat a small handful of almonds as a snack to include good fats in your diet and omega 3 in your diet.
- When possible, select foods that contain 2 gram or less of saturated fat per 100 grams.

DESIGNER DIETS RECIPE OF THE MONTH

Chicken and Quinoa Salad

Serves 4

Ingredients

- 4 medium chicken breast fillets (~500g)
- ½ tsp paprika
- ½ tsp all spice
- Salt and pepper
- ½ cup quinoa, rinsed and drained
- 2 cups water
- 2 tomatoes, chopped
- 2 cups baby spinach leaves
- 1 tb lemon juice
- 1 tb extra virgin olive oil

Method

1. Pour two cups water into a small saucepan and bring to the boil over medium-high heat. Reduce the heat to a medium and add the quinoa. Cook stirring regularly, for 10-15 minutes or until all the water has been absorbed and quinoa is tender. Set aside to cool to room temperature.
2. In a mixing bowl, combine the paprika, all spice and seasoning. Add the chicken. With your hands or a fork, toss well to coat all the pieces with seasoning.
3. Spray pan with canola oil. Place chicken breasts onto the hot pan and cook, turning, until golden brown and cooked through. Transfer to a cutting board. Set aside and slice once cooled.

4. Combine the quinoa, tomato, spinach, olive oil and lemon juice in a bowl. Divide amongst four bowls and serve with sliced chicken.

We hope you have enjoyed our monthly newsletter and look forward to hearing from you in the near future.

Warm regards,

Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team