

August Newsletter

Get ready for spring!

Welcome to another issue of the Designer Diet newsletter! Spring is nearly here and with flowers blossoming and the sun shining, it is time to come out of the cave and get some Vitamin D. It is time to get out and get active!

I have included some spring cleaning tips, to blitz off those extra kilograms, that most seem to put on during the winter months. But don't forget, it is not only food that is the key ingredient to success but also exercise.

I also want to bring you to the attention of a new program that has come to light. The Government's Preventative Health Task Force has been established to ensure that all FAD diets are backed up by scientific evidence. Interestingly enough, popular diets like the lemon detox or liver cleansing diet have no back up of scientific evidence to prove that they actually work. So this will be a great achievement for dietitian's to ensure that people are receiving the right information and not just going for the quick fix.

Tips for spring:

- Make sure you include plenty of fresh fruit and vegetables into your diet as they are rich in antioxidants
- Sources of lean protein like seafood, non-fatty red meat, chicken, pork, eggs, and foods with a low glycemic index (GI) like wholegrain bread and pulses are also on great choices.
- Coordinate different techniques of cooking make sure you get plenty of use of the barbeque.
- Keep your fluids up include plenty of water (approximately eight glasses a day)
- Get out into the sunlight and exercise by walking or running and even throwing a ball around at the park, but don't forget to Slip, Slop, Slap.

DESIGNER DIETS RECIPE OF THE MONTH

Vegetarian Frittata

Serves 4

Preparation time 15 minutes Cooking time 25 minutes

Ingredients:

- Extra Virgin Olive oil (use small amount to adequately oil pan)
- ½ large leek (pale part only), trimmed
- 2/3 large carrot, diced
- 1/3 bunch asparagus, trimmed, cut into 1cm lengths
- 120g button mushrooms, peeled, roughly chopped
- 4 garlic cloves, crushed
- 1½ tbs chopped basil leaves
- 5 free-range eggs
- 50ml Pura light start milk
- 1 heaped tsp parmesan cheese, grated
- ½ medium tomato, sliced
- Salt and pepper to season
- Basil leaves to garnish

Directions:

- 1. Preheat oven to 200°C. Lightly oil a rectangular baking dish.
- 2. Heat extra virgin olive oil in a pan over medium heat. Cook carrots, leak, asparagus, garlic and mushrooms for 5 minutes, stirring until lightly softened. Stir in basil, and then remove from heat.
- 3. Beat eggs and milk in a bowl, season with salt and pepper. Stir in vegetable mixture.
- 4. Pour into baking dish and layer with sliced tomatoes on top. Sprinkle with parmesan cheese and bake for 20 minutes or until firm in centre. Cool.
- 5. Garnish with basil leaves.

Kilojoules: 637.02KJ

Protein: 12g Total Fat: 9g Carbohydrate: 4g

Serve and enjoy a nutritious, well balanced meal providing a good variety of vegetables to meet your requirements!



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

Warm regards,
Geraldine Georgeou and the Designer Diet Team

"Food is an important part of a balanced diet"
Fran Lebowitz

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