



Welcome to our monthly Newsletter...

September Newsletter

Top tips to manage weight!

Welcome to another issue of the Designer Diet newsletter! With Spring and Summer on the way, we sometimes concentrate on losing weight rather than maintaining weight. It's all about preparation and planning to ensure you have the right balance between a hectic lifestyle and food.

Although there are a number of products on the market which help in weight loss, they don't necessarily support those that want to maintain the same weight. It is all about moderation and ensuring that you exercise as well! Choose the right product for you and make sure you check out those food labels.

What to look out for when reading a food label:

Strawberry Yoghurt

Serve Size
Compare this with your usual serve size

Fat
Aim for less than 3g per serve or up to 10g/100g

Fibre
Aim for more than 3g/100g or 30g per day

NUTRITION INFORMATION		
Servings per package:		
Serving size: 150g		
	Quantity Per Serving	Quantity Per 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, total	7.4g	4.9g
- saturated	4.5g	3.0g
Carbohydrate, total	18.6g	12.4g
- sugars	18.6g	12.4g
Sodium	90mg	60mg
Calcium	300mg (38%)*	200mg
* Percentage of recommended dietary intake		
Ingredients: Whole milk, concentrated skim milk, sugar, strawberries (9%), gelatine, culture, thickener (1442).		

100g
When comparing products use per 100g

Sodium
Aim for less than 120mg/100gm

Tips to manage weight:

- Try eating every 3-5 hours to prevent hunger and bingeing.
- Each meal should include lean protein such as lean red meat, poultry (no skin), seafood such as salmon or tuna (no oil), eggs, a few nuts or low-fat dairy to keep you satisfied and energised.
- Don't forget to incorporate low glycaemic index carbohydrates which not only allow for long lasting energy but are also usually good sources of fibre to maintain good healthy digestion and regular bowel health.
- Avoid juices, cordials and soft drink. As they are high in sugar and kilojoules.
- Be wary - other names for fat are; toasted, creamed, butter, milk solids, coconut, nuts, oils, copha, monoglycerides, diglycerides and mayonnaise. Look out for them on labels.
- Limit alcohol - no more than 2 standard drinks in a sitting, up to 2-3 times per week maximum.
- Aim for less fat than 10g of fat per 100g, or less than 10g per serve.
- Watch out for hidden sugars. Other names for sugar on ingredient lists include glucose, maltose (in fact anything with 'ose' on the end); honey and high sugar foods such as dried fruit or juice.
- Exercise for at least 30 – 60 minutes, a minimum of 3 times per week.
- Don't fall for the "all-natural tag". Sugar, oil and cream are all natural, but that doesn't make them good for you.
- Light or lite? This doesn't always relate to fat, sugar or kilojoules, it could refer to taste or texture. Light olive oil is light in taste but high in fat.
- Avoid overly processed and deep fried foods.
- Listen to your hunger signals. Don't just eat food because it is there or for something to do.

DESIGNER DIETS RECIPE OF THE MONTH

Salmon and Ricotta Rigatoni

Serves 6

Preparation time 10 minutes

Cooking time 20 minutes

Ingredients:

- 500g rigatoni pasta
- 3 small salmon fillets or 420g canned salmon
- canola or olive oil spray
- small onion
- 3 sticks celery
- 3 medium zucchini
- 200g low-fat ricotta
- chopped dill
- fresh lemon juice
- seasoning as desired



Directions:

1. Boil 500 g rigatoni in large saucepan until al'dente.
2. Meanwhile, take 3 small salmon fillets, place in a fry pan and cover with water.
3. Bring to simmer and poach for 5 minutes and remove. (Or substitute with canned salmon).
4. Spray pan with oil and gently fry onion, diced celery and sliced zucchini until tender.
5. Drain pasta and add vegetables along with flaked salmon.
6. Crumble 200g low-fat ricotta over pasta and sprinkle with chopped dill and lemon juice.
7. Season as desired and serve.

Kilojoules: 1969.12kJ

Protein: 31.17g

Total Fat: 10.24g

Carbohydrate: 60.69g

Serve and enjoy a nutritious, well balanced meal which provides a good source of fibre!

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

Warm regards,

Geraldine Georgeou, Maria Manoli and the Designer Diet Team

"There are four basic foundations of achieving and maintaining good health. These are diet, exercise, adequate rest and relaxation, and a good mental attitude."

Bob Flaws

Head Office: Suite 201, Level 2, 22 Belgrave Street, Kogarah NSW 2217 Kogarah • Randwick • Sydney
Ph: (02) 9588 3211 Fax: (02) 9588 3255 Email: kogarah.office@bigpond.com