

# Eat With Me Train With Me

## Week 6: Recipe Makeovers & Food Labels

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Julie Markoska  
Accredited Practising Dietitian & Nutritionist



# Week 6 mission

- ▶ Recipe makeovers
- ▶ Food label reading
- ▶ Weekly measurements
- ▶ Continue improving your diet

# Recipe Makeovers

- ▶ Make your favourite recipes healthier
- ▶ Substituting ingredients
- ▶ Adding extra vegetables
- ▶ Cutting down on sugar, salt & fats
- ▶ Trial and error!

# Modifying recipes

Ingredient	Healthier alternative
Milk, yoghurt, cream	Reduced fat varieties, evaporated skim milk , whipped ricotta cheese
Butter, lard, copha	Poly or mono unsaturated margarine/oil
Meat/poultry	remove fat from meat & skin from poultry before cooking
Puff or shortcrust pastry/savoury	filo pastry

# Healthier cooking methods

- ▶ Stir frying
- ▶ Roasting or baking with healthy oils (use baking paper, roasting bags, spray oil)
- ▶ Grilling
- ▶ Steaming
- ▶ Microwaving
- ▶ BBQ – letting the fat drip off





# Food labels: Calories / kJ

- ▶ 1 calorie = 4.18 kilo Joules
- ▶ This is how much energy you'll burn each day just living (without exercise)
  - Men: 2500–2700 calories per day
  - Women: 1600–1800 calories per day
- ▶ Aims for weight loss:
  - Men = 1800 calories
  - Women = 1200 calories

# Food labels: Calories / kJ

- ▶ Snacks should be around:
  - 100–150 calories
  - 400–600 kJ



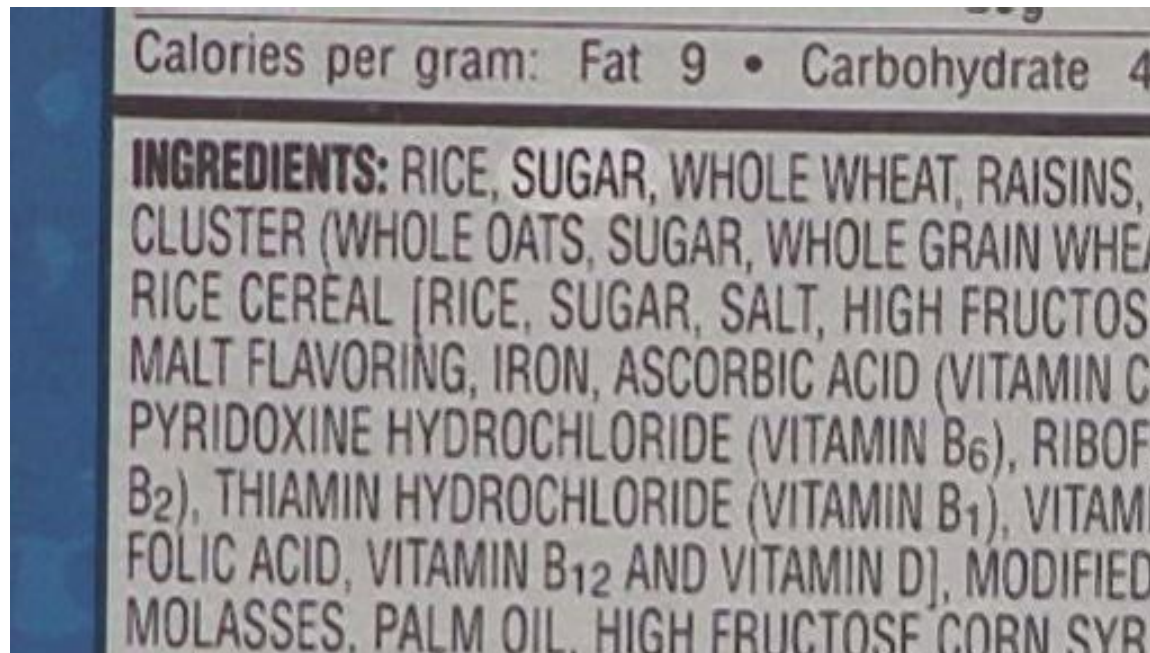
# Food labels: Calories / kJ

Snack	Calories	Kj
Apple	80	350
Berries (1 cup)	70	300
200g full fat yoghurt	175	730
200g low fat yoghurt	120	500
1 cup full fat milk	170	700
1 cup skim milk	90	370
1 cup raw nuts	765	3200
10 raw nuts	80	340
Air popped popcorn – 4 cups	110	450



# Food labels: Ingredients

- ▶ Listed in order of quantity from highest to lowest



# Food labels: Ingredients

## Ingredients – Uncle Toby's Yoghurt Topps Muesli Bar

WHOLEGRAIN CEREALS (33%) [UNCLE TOBYS ROLLED OATS (24%), WHOLE WHEAT (9%)], **YOGHURT COMPOUND** [**SUGAR**, **VEGETABLE FAT**, SKIM YOGHURT POWDER (4%), **WHEY POWDER**, EMULSIFIERS (SOY LECITHIN, 492), FOOD ACID (CITRIC)], **GLUCOSE** (WHEAT), **SUGAR**, DRIED APPLE, MAIZE STARCH, **VEGETABLE OIL** [EMULSIFIER(SOY LECITHIN), ANTIOXIDANTS (304, 306)], HUMECTANT (SORBITOL), COCONUT, **ALMONDS**, HONEY, **STRAWBERRY JUICE CONCENTRATE** (0.5%), **ELDERBERRY JUICE CONCENTRATE**, OAT FLOUR, RICE FLOUR, SKIM MILK POWDER, EMULSIFIER (SOYLECITHIN), FOOD ACID (CITRIC), NATURAL FLAVOUR, **PRESERVATIVE (220)\***.

# Food labels: Ingredients

- ▶ Weet-Bix ingredient list
- ▶ Wholegrain wheat (97%), raw sugar, salt, barley malt extract, minerals (zinc gluconate, iron), vitamins (niacin, thiamin, riboflavin, folate)
- ▶ Simple, real ingredients = better for you product

# Food Labels: Fat

- ▶ Fat is disguised in the ingredients list as:
  - Coconut, milk solids, palm oil, copha, cream, dripping, butter, mayonnaise, sour cream, vegetable fat, vegetable oil
- ▶ Hydrogenated vegetable oil = trans fat
- ▶ Hydrogenated 'any' oil/fat = trans fat

# Food Labels: Fat

- ▶ Low fat means
  - less than 3.5g per 100g if solid food
  - less than 1.5g per 100g if it is a drink
- ▶ Reduced fat means:
  - That the amount of fat has been reduced eg reduced fat cheese
  - That the food could still have quite a bit of fat in it!
- ▶ Also look at the type of fat – how much is saturated fat or trans fat?



# Food Labels: Sugar

- ▶ Sugar → 15g or less sugars per 100g



# Food Labels: Sugar

- ▶ Agave Nectar
- ▶ Barley Malt Syrup
- ▶ Corn sweetener
- ▶ Corn syrup
- ▶ Dehydrated Cane Juice
- ▶ Dextrin
- ▶ Dextrose
- ▶ Fructose
- ▶ Fruit juice concentrate
- ▶ Glucose
- ▶ High-fructose corn syrup
- ▶ Honey
- ▶ Invert sugar
- ▶ Lactose
- ▶ Maltodextrin
- ▶ Malt syrup
- ▶ Maltose
- ▶ Maple syrup
- ▶ Molasses
- ▶ Raw sugar
- ▶ Rice Syrup
- ▶ Saccharose
- ▶ Sorghum
- ▶ Sucrose
- ▶ Syrup
- ▶ Treacle
- ▶ Turbinado Sugar
- ▶ Xylose

# Food Labels: Fibre

- ▶ Low fibre is less than 2g fibre per serve
- ▶ Medium fibre is 2–6g per serve
- ▶ High fibre is 6 grams or more per serve
  
- ▶ Aim for 30 grams per day
  - Increase slowly, or else you'll upset your digestive system!

# Where does our salt come from?

Processed foods

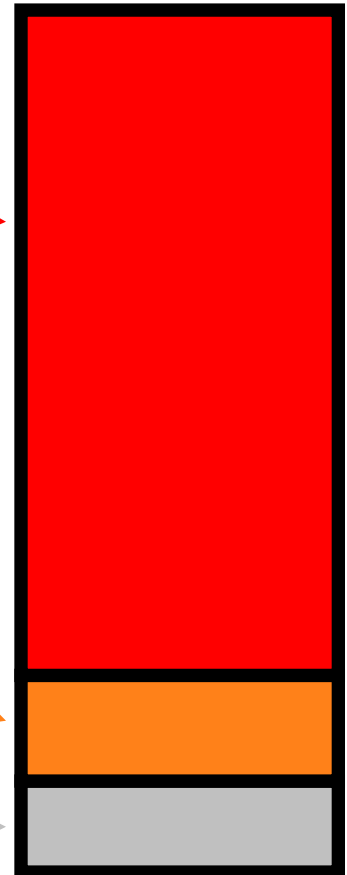
**75%**

Found naturally in foods

**15%**

Added at table/cooking

**10%**



Department of Clinical Nutrition  
Port Kembla Hospital

Julie Markoska  
Accredited Practising Dietitian & Nutritionist

# Food Labels: Salt

- ▶ Salt is disguised in the ingredients list as:
  - rock salt
  - sea salt
  - celery salt
  - garlic salt
  - onion salt
  - baking powder
  - yeast extract
  - MSG
  - ‘sodium–something’ eg sodium lactate



# Food Labels: Salt

- ▶ Choose foods “Low in Salt” or “No Added Salt”
- ▶ Be aware of “Salt Reduced”
- ▶ low salt is  $\leq 120\text{mg}$  per 100g
- ▶ medium salt 120–450mg per 100g
- ▶ high salt 450–1000mg per 100g
- ▶ very high salt 1000mg<sup>+</sup> per 100g

# Food Labels: Salt

NUTRITION INFORMATION		
Servings per package: 3		
Serving size: 150 g		
	Quantity per serving	Quantity per 100 g
Energy	608 kJ	405 kJ
Protein	4.2 g	2.8 g
Fat, total	7.4 g	4.9 g
– saturated	4.5 g	3.0 g
Carbohydrate, total	18.6 g	12.4 g
– sugars	18.6 g	12.4 g
Sodium	90 mg	60 mg
Calcium	300 mg (38%)*	200 mg
* Percentage of recommended dietary intake		
Ingredients: Whole milk, concentrated skim milk sugar, strawberries (9%), gelatine, culture, thickener (1442).		

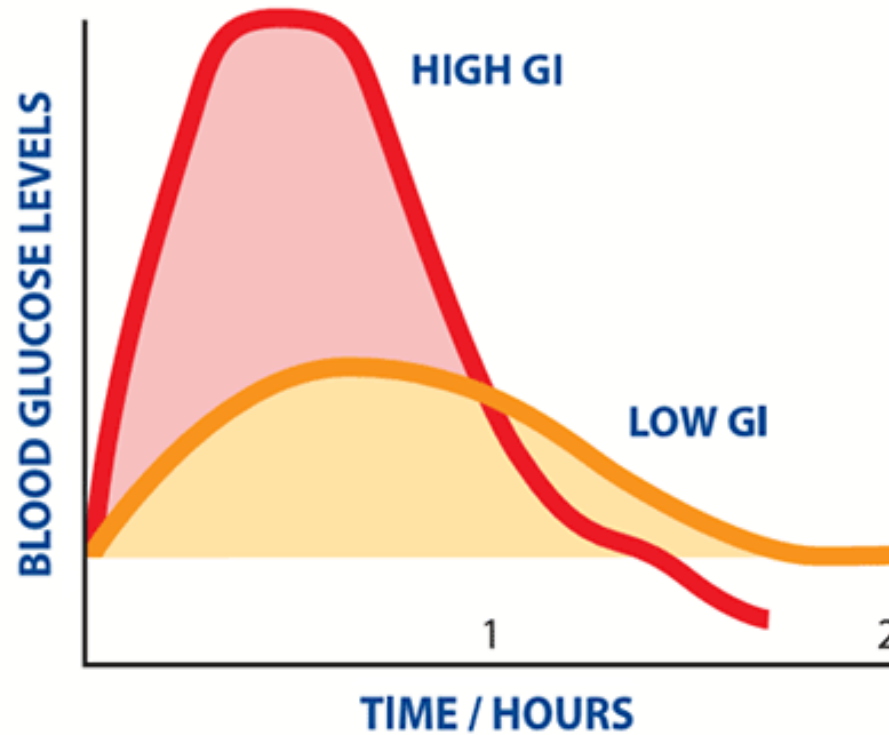
# Claims: Light & Lite

- ▶ Can refer to texture, colour, flavour...
- ▶ Be careful: light/lite doesn't always mean less calories, fat or sugar!

# Claims: Low GI

- ▶ The glycemic index (GI) is a ranking of carbohydrates on a scale from 0 to 100 according to the extent to which they raise blood sugar levels after eating.
- ▶ **High GI foods** are rapidly digested and result in marked fluctuations in blood sugar levels.
- ▶ **Low-GI foods** are slowly digested and produce gradual rises in blood sugar.

# Claims: Low GI



The amount of carbohydrate in the reference and test food must be the same.



# Confused??...



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# The healthiest foods don't have a label...



# Weekly Measurements

- ▶ REMINDER: Have you measured yourself this week?
- ▶ **Waist & weight & food diary**
- ▶ Weekly measurements keep you motivated and on track
- ▶ Use your measurements to check your progress
- ▶ If you're not improving – think about why??



# Next week

- ▶ **Nutrition MythBusters!**
- ▶ Continue with
  - Improving your diet
  - Weekly measurements
- ▶ Webinar
  - Focus on sports nutrition & some mythbusting

# How are you going?

- ▶ I want to know:
  - What's been good / bad?
  - What you've liked about this week?
  - What you've struggled with?
  - Do you have any questions??
- ▶ Use the message bar to send me a message or ask a question.
- ▶ I will do my best to answer everyone!