



*Nutrition Guru is a quarterly newsletter developed by the Nutrition Department designed for people working in Health Services. It aims to provide you with information to assist you with ensuring you have the best possible nutrition for yourself and/or people you care for.*

*This issue focuses on Healthy Cooking.*

### Healthy Home Cooking

Home cooked meals can be a cheaper and healthier way to enjoy the foods that we love, however sometimes added unnecessary fats sneak it without us even noticing. Try these tips to reduce the fat in your meals:

#### Meat

- ✓ Chose lean cuts of meat and trim all visible fat and skin before cooking
- ✓ Grill or bake on a rack to drain fat
- ✓ Dry – fry in a non-stick pan
- ✓ Use spray oil to lightly coat pan prior to frying

#### Dairy

- ✓ Use low fat or reduced fat dairy products
- ✓ Try low fat evaporated milk in sauces instead of cream
- ✓ Use low fat yoghurt or lite sour cream
- ✓ Use a little grated parmesan cheese for a rich flavour
- ✓ Instead of coconut cream try reduced fat evaporated milk with a little coconut essence or reduced fat coconut milk.

#### Dressings and Gravies

- ✓ Try lemon juice, vinegar and herbs or low fat natural yoghurt in place of commercial dressings
- ✓ Limit gravies and add flavour by using herbs, spices, lemon or tomato juice or apricot nectar.

#### WHAT'S ON...

##### World Health Day (7<sup>th</sup> April)

For more information go to [www.who.int/world-health-day](http://www.who.int/world-health-day)

##### Heart Week (2<sup>nd</sup>-8<sup>th</sup> May)

Look out for the displays at Frankston and Rosebud hospitals.

For extra information visit [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

##### International No Diet Day (6<sup>th</sup> May)

##### Australia's Biggest Morning Tea (27<sup>th</sup> May)

Host a morning tea in the fight against cancer. To register go to [www.biggestmorningtea.com.au](http://www.biggestmorningtea.com.au)

Did you know?

**Grilled fish has about a third of the amount of fat in it than it's battered and fried counterpart. So next time you're at the fish and chip shop, why not give grilled a go.**



## Modifying Your Favourite Recipes

Many of your favourite recipes need only small changes to make them healthier.

The two main changes are:

1. Change ingredients by reducing, removing or using something else
2. Try healthier cooking methods

Example of a modifying a recipe:

Steak and Mushroom Pie (Serves 4)

760g braising steak → Reduce meat to 500g and add 200g canned kidney beans

50g butter → Use 1 tablespoon of margarine spread

100g mushrooms, sliced

1 onion, sliced

600ml stock → Use salt reduced stock

Salt and Pepper → Remove added salt

210g pkt frozen puff pastry → Use filo pastry

Oil → Brush water or milk between filo sheets rather than oil

Beaten egg to glaze → Use only the egg white



1. Cut the steak into neat pieces. Dip into seasoned flour and fry lightly until browned
2. Add mushrooms and onion and once they are fried, add stock and seasonings. Cover and cook gently for 2 hours or until meat is tender
3. Put into pie dish and cool. Cover with pastry and brush with oil between pastry layers before covering pie
4. Glaze top layer of pastry with egg and bake at 220°C for approximately 30 minutes or until pastry is browned

Coeliac Awareness Week: 13th - 20th March

Coeliac disease is an autoimmune disease characterised by a permanent intestinal intolerance to dietary gluten. As such the immune system reacts abnormally to gluten, causing small bowel inflammation and damage. Gluten is a protein found in wheat, rye, barley and oats.

For more information visit The Coeliac Society at [www.coeliac.org.au](http://www.coeliac.org.au)

Approximately 1 in 100 Australians are affected by coeliac disease and 75% currently remain undiagnosed. If the condition is not treated properly a number of serious health problems can occur as a result including bowel cancer and osteoporosis.

People with coeliac disease remain sensitive to gluten throughout their life, however can prevent the long term consequences by adhering to a diet free of gluten.

## Healthy Tasty Sausage Rolls

### Ingredients

2 Slices wholemeal bread	1 onion
2 medium carrots	2 medium zucchinis
450g extra-lean beef mince	2 tbs tomato chutney
4 sheets ready-rolled reduced fat puff pastry (partially thawed)	
1 teaspoon mixed herbs	Reduced fat milk



### Directions

1. Preheat oven to 220<sup>0</sup>C and line 2 trays with baking paper
2. Place bread in a bowl, cover with warm water and stand for 5 minutes.  
Drain and remove excess moisture.
3. Peel and finely chop onion.
4. Peel and grate carrot and zucchini's.
5. Place grated carrot, zucchini, onion, bread, mince, chutney and herbs in bowl.
6. Mix ingredients together thoroughly.
7. Spread the pastry sheets out on a clean bench. Cut each sheet in half.
8. Place meat mixture along one long edge of each pastry sheet.
9. Brush opposite edge with milk.
10. Carefully roll the pastry sheet to enclose filling
11. Cut each roll into 5.
12. Lightly brush top of sausage rolls with milk.
13. Bake for 20 – 25 minutes, until golden brown on top.

### Readers Question

**Q:** *I've got diabetes and want to know if artificial sweeteners bad for me?*

**A:** Artificial Sweeteners have been deemed safe for consumption by food standards Australia and New Zealand and are up to ten times as sweet as sugar, therefore you don't need as much! They are also useful to help control weight, as they provide very little or no energy. For example 1 can of coke has the same amount of energy as 139 cans of diet coke or coke zero!

Some diabetics don't enjoy the taste of artificial sweetener, and prefer sugar, which is ok in small amounts. For example you may enjoy a teaspoon of sugar in your tea or jam on your wholegrain toast. These are fine, as long as they are small amounts and you are monitoring your blood sugar readings.

## Mini Quiches

Makes 24

### Ingredients

#### PASTRY:

1 ¼ cups plain flour  
½ cup self raising flour  
1/3 cup skim milk  
1 egg white  
2 tablespoons margarine melted

#### FILLING:

Cooking spray  
¾ cup (110g) bacon short cuts diced  
2 whole eggs plus 2 egg whites  
1 cup skim milk  
3 tablespoons grated parmesan cheese  
¼ cup fresh parsley finely chopped  
½ teaspoon crushed garlic (in jar)  
½ cup low fat grated cheese

### Directions

Preheat oven 180°C

#### PASTRY:

- In a large mixing bowl sift self raising flour and plain flour
- In a separate bowl combine milk and egg white and beat with a fork. Add melted margarine.
- Add milk mixture to flour and fold together

#### FILLING:

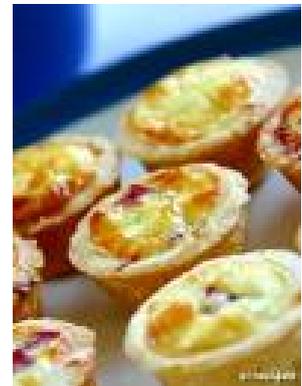
- Coat small non-stick frypan with cooking spray and fry bacon until browned.
- In a medium sized mixing bowl beat eggs and egg whites for 1 minute using an electric beater
- Add milk and beat until blended
- Add parmesan cheese, parley, garlic, grated cheese and cooked bacon.

#### QUICHES:

- Flour surface of board and roll out pastry until thin
- Using scone cutter cut 24 circles
- Spray muffin tray with cooking spray and place pastry bases into tray
- Pour egg mixture in until just below top of pastry
- Bake 20-25 minutes or until egg mixture is firm in centre.

Serve hot or cold

These quiches are low in fat and kilojoules and are a great party snack.  
They have a moderate GI rating.



Do you have a nutrition related question?  
Are you interested in finding out more  
about a certain topic? Would you like to  
share with us your feed back about  
Nutrition Guru?  
Please send us an email at  
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