

# Kilojoules COUNT

WHEN IT COMES TO MANAGING YOUR FOOD CHOICES THE MAGIC NUMBER IS 8700

It seems that only five per cent of us know how many kilojoules we need – the recommended daily intake for the average adult is 8700kJ. As a result, the NSW Food Authority has launched a campaign, called '8700kJ', aimed at helping us make more informed choices regarding the energy content of the fast food we eat, before we buy it. "Weight control ultimately comes down to how many kilojoules you're eating," says nutritionist Dr Joanna McMillan, an ambassador for the campaign.

## What does an 8700kJ day look like?

You can pack more nutritionally dense foods into your day and feel fuller for longer by making better choices:

### ■ Breakfast

Small 250ml skim-milk cappuccino (536kJ), two slices wholegrain toast with two boiled eggs and a 12.5g slice of avocado (1372kJ) – **1908kJ**

### ■ Morning tea

A large apple (441kJ) and a cup of green tea (0kJ) – **441kJ**

### ■ Lunch

Three salmon sushi rolls (1875kJ) and one 240ml miso soup (149kJ) – **2024kJ**

### ■ Afternoon snack

One 200g tub of low-fat vanilla yoghurt (734kJ) – **734kJ**

### ■ Dinner

Quarter BBQ chicken (2030kJ), one 100g baked potato (373kJ), garden salad and dressing (240kJ), one 160ml glass red wine (456kJ) – **3099kJ**

### ■ After-dinner snack

Two squares of dark chocolate (156kJ) and 10 almonds (300kJ) – **456kJ**

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**TOTAL 8662KJ**



## Healthy pickings

KEEP THE DOCTOR AWAY BY EATING TWO APPLES AND SOME CITRUS A DAY, THANKS TO ANTIOXIDANTS CALLED FLAVONOIDS



**Hearty apples:** Researchers at the University of Western Australia found that eating two apples a day significantly improved blood vessel elasticity, a risk factor for high blood pressure and heart disease. **Their pick of the bunch:** Pink Lady apples have the highest levels of flavonoids.



**Cool citrus:** Women with the highest intake of flavanones, a subclass of flavonoids, from citrus fruit and juices, had a 19 per cent lower risk of ischaemic or blood clot-related stroke than women with the least amount in their diets, a UK study found. **Their ripest tip:** Choose whole fruit rather than juices.

### DID YOU KNOW?

Broccoli can help soothe a sensitive gut, say New Zealand experts, who found the leafy green reduces bowel inflammation in mice. Enjoy now, as its peak season runs from May to September.



### TRYING TO GET PREGNANT?

Take a closer look at your partner's fat intake. Men who consumed the most dietary fats had a 43 per cent lower total sperm count than those who consumed the least, a US study found. Saturated fat, it seems, is the main culprit. But men consuming the most omega-3 fats had more sperm that were correctly formed.



### Magnesium matters

It's an essential mineral needed to keep bones strong, relax muscles, maintain healthy blood pressure and regulate calcium levels and blood sugar. A deficiency can lead to muscle cramps, poor sleep, headaches, agitation and anxiety.

**Good sources:** spinach, pumpkin and sunflower seeds, halibut, tofu, cashews and almonds, green beans, soybeans.

**You need:** RDI for adult women is 310 to 320mg.

**You should know:** it can be lost in food through cooking and in your body by taking diuretics or drinking too much alcohol.

**Do this:** If your diet is deficient, **try:** Nature's Way High Strength Magnesium; Swisse Ultiboost Magnesium; Ethical Nutrients Mega Magnesium.



### Bringing greens back to your kids

Hiding vegetables in other foods might seem like a canny way to make sure your children are eating their daily quota, but it may be doing them more harm than good in the long run, say US experts. The reason? Children are not aware they're eating vegetables and are unlikely to continue eating them as adults. *Try these 'out in the open' ideas to boost your child's veggie-toire:* ■ Involve them in making veggie-packed meals like tacos and pizza ■ Have a must-try rule to train tastebuds – or no dessert.

# Can't stop eating? **Get more sleep**

Not getting enough shut-eye could be making it harder for you to control your weight. People who were deprived of sleep ate 2305kJ more a day, on average, than those who slept normally, a US study reports.

**Do this:** If you're tired and hungry, eating **low-GI or slow-release carbs** will provide you with longer-lasting energy – and fewer kilojoules – than high-sugar or high-fat comfort food. **Wholegrain breads, brown rice, sweet potatoes, rolled oats, apples and pears are good choices.** Adding some protein to each meal will help you stay fuller longer, too.



THE WEIGHT IS OVER.



Looking for a scientifically formulated, weight-loss option? The Cambridge Weight Plan has hit Australia. Developed in 1984 by a medical professor in the UK, this very low-energy diet (VLED) replaces meals with shakes, soups and bars designed to meet all your daily nutritional needs. You can't buy it over the counter – part of the plan's long-term success is that a trained consultant will support your weight loss and maintenance journey. Visit [www.cambridgeweightplan.com.au](http://www.cambridgeweightplan.com.au).



*Invest in some red dishes. A Swiss study found that people ate less savoury snack food from red plates than from blue or white plates, and drank 44 per cent less soft drink from red cups. It works because our brain associates red with 'prohibition' or 'danger', the researchers conclude.*

## MATHS FOR SLIMMERS

**OLD EQUATION:** Eat 2000kJ less a day, or burn it off with exercise, and you'll lose half a kilogram each week until you reach your goal weight. US researchers claim this has one major downfall – it doesn't account for how metabolism slows as kilos are lost. **NEW SOLUTION:** The same experts have developed a body weight simulator at <http://bwsimulator.niddk.nih.gov>. It's a research tool for health professionals, but "it's a good reality check for how long weight-loss takes, and what changes in eating and exercise are required to achieve and maintain goal weight," says researcher Kevin Hall.

## **Eat Slim:** SUGAR SAVINGS

If you're watching your sweet tooth, retrain your tastebuds with these sugar-free alternatives to traditional treats.

- **Well, Naturally Sugar Free Dark Chocolate, \$2.69.** Sweetened with stevia, this 70 per cent cocoa bar comes in four flavours – mint crisp, almond chip, Valencia orange, and caramel crisp. **Sugar-saved:** 23.3g in one (45g) bar.
- **Sugarless Confectionery Sugar-Free Marshmallows,**

- \$2.99.** These soft favourites are fat-free and gluten-free. **Sugar-saved:** 9.9g in a 15g serve.
- **Double "D" Sugar-Free Gummy Bears, \$2.39.** No artificial flavours or colours and sweetened with isomalt, so they're tooth friendly. **Sugar-saved:** 10.8g in a 20g serve. ☺



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