



health
handbook

diet q&a
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Q I don't like eating red meat. How can I get enough iron?

Chicken and fish both have small amounts of iron, as do eggs, legumes, leafy green vegetables, as well as fortified breakfast cereals and breads. Aim to include chicken, fish, eggs or beans in your diet each day, and eat breakfast cereals and breads with added iron. Consuming iron with foods rich in vitamin C also aids absorption, so try enjoying your breakfast cereal with a small glass of juice each day.



TIP

When you get a sweet craving, particularly after a meal, have a green tea or iced cold water with a slice of lime or lemon. The acidity helps to neutralise the sugar craving.



Q I always check food labels and choose options with less fat – are nuts okay?

Nuts have a high content of unsaturated fat, which make their total fat content appear extremely high on food labels. However, the poly and monounsaturated fat in nuts does not increase blood cholesterol and is more likely to be burnt off as fuel than saturated fat.



3 spinach and cheese triangles = 2100kJ/ 38g fat

SMART SWAP
 Stop those kJs sneaking in

3 sushi rolls = 700kJ/ 4g fat

PARTY TIPS TO AVOID WEIGHT GAIN



- ❶ Never go out hungry, have a light snack beforehand.
- ❷ Avoid any food that is deep fried.
- ❸ Stick to sushi, meat skewers and seafood canapés.
- ❹ Finish each drink before topping up.
- ❺ Alternate each alcoholic drink with a glass of water.
- ❻ Have a more substantial lunch.
- ❼ Keep a protein or nut bar in your bag.
- ❽ After a big night, have a light soup or salad for dinner the next day.
- ❾ Avoid all chips, and roasted, salted nuts completely.

SMARTER BABIES

The journal *Pediatrics* reports, children of mothers who supplemented their own diets with omega 3s during pregnancy showed higher levels of cognitive processing at age seven than children whose mothers did not take fish oil. If you are pregnant, make sure your diet includes enough of these fats.

TRY THIS LEAVE YOUR EMPTY PLATE ON THE TABLE: IF YOU CAN SEE EVIDENCE OF WHAT YOU'VE EATEN, YOU WON'T FEEL LIKE EATING MORE.*