

Healthwatch

Edited by FAY BURSTIN

OZFACT

Obesity has almost doubled in the last 17 years, from 9 per cent in 1989 to 17 per cent in 2001, with the greatest prevalence among the 45-64 age group

Back to the future

1 LOVE those vegies

Vegetables, salads and fruit carry an abundance of vitamins, minerals and natural antioxidants all for very few kilojoules.

2 KEEP hydrated

Most of us don't drink enough. Carry a bottle of water with you and sip regularly.

3 FOCUS on good fats

Use mono-unsaturated and polyunsaturated fats and oils found in nuts, seeds and avocado instead of unhealthy saturated fats.

4 EAT less of the bad fats

Limit saturated and trans fats in fast food, butter, cream, sausages, fatty meats and deli meats that put you at risk of heart disease. And think twice about pies, pastries, sweets and cakes.

5 HAVE some good carbs

Go for wholemeal breads, brown rice, oats, fibre-enriched and wholegrain cereals that offer more fibre, vitamins and minerals and have a lower Glycaemic Index than refined carbohydrates such as white bread and rice.

6 WATCH the sugar

Too much sugar adds unwanted kilojoules. A spread of jam on your toast or flavoured yoghurt and milk are OK, but limit soft drinks, fruit juices, lollies, chocolate, cakes, pastries and ice creams.

alcohol is associated with cirrhosis, high blood pressure and cancers of the digestive system. Too much alcohol also adds weight easily.

9 AIM for balance

If 90 per cent of your food intake is nutritious, then the other 10 per cent can be a treat or indulgence.



7 WATCH the salt

We eat twice as much salt as we should. Stop sprinkling salt over your food and start buying salt-reduced foods when you shop.

8 DON'T overdo the alcohol

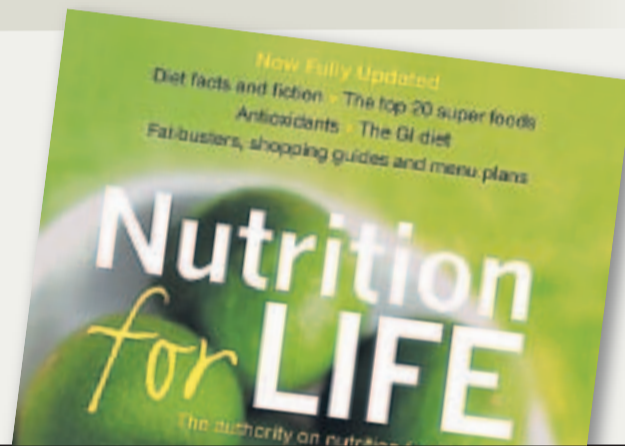
Moderate-to-heavy intake of

10 AIM for a healthy weight,

neither too fat nor too thin. The right food and regular exercise will ensure healthy weight. Steer clear of fad diets, once you go off them, you usually put all the weight back on.

WHAT WE TALKED ABOUT ..

Then (1986)	Now
Low-calorie	97 per cent fat-free
Being on a diet	Detoxing
Feeding kids correctly	Childhood obesity
Vegetarian	Organic and genetically modified
Vitamins	Functional foods
Meat and three veg	Omega-3s, protein
Diet pyramid	Two serves of fruit and five vegetables a day
Fibre	Whole grains
Complex carbohydrates	Glycaemic Index
Cholesterol	Saturated fat
Polyunsaturated margarine	Sterol spreads to lower cholesterol
Oat bran	Soy, linseeds, multigrain
Yoghurt	Probiotics



LdS/Herald Sun 9/3/06

Source: Catherine Saxelby, Nutrition for Life (Hardie Grant, \$29.95)

If the words muesli, vitamins or fibre featured in your vocabulary 20 years ago, you were probably labelled a health nut.

These days, sophisticated discussions about carbs, the glycaemic index, organic vegies and food allergies are the stuff of everyday chatter among both sexes and all age groups.

But while our language has evolved and our understanding of nutrition has grown, has our health improved?

Sadly, not really, according to Catherine Saxelby,

Fay Burstin

one of Australia's leading nutrition authorities for the past three decades.

"People are far more aware about health and lifestyle issues today. It's all over the media and kids learn about it at school," she said. "But whether they put it into practice is another thing."

"All the surveys show a growing incidence of obesity, diabetes and high cholesterol, so the tide's not really turning."

When the Sydney-based health guru wrote the first



Catherine Saxelby

edition of *Nutrition for Life* in 1986, it was the first book of its kind in Australia.

A handy volume of healthy eating advice modelled on the *Women's Weekly* magazine cookbooks sold in supermarkets and newsagents, it cost \$5.95 and became an instant bestseller.

This year, the publishers have rolled out the 20th anniversary edition — the Aussie health bible's fifth incarnation — and we've never needed it more.

The book covers all the latest food issues and current thinking, from the obesity epidemic to antioxidants, irritable bowel syndrome, superfoods, organic and genetically

modified foods, food scares such as mercury levels in fish and the rise in food allergies.

But it's still Ms Saxelby's basic commonsense advice, easy-to-read tips, facts, tables, shopping lists and recipes that can help make a difference to a family's nutrition, health and longevity.

"It's important to make good nutrition easy and achievable for people," she said.

"And you only need to make a few small changes, such as swapping the type of bread in your sandwich and eating a salad a day to make significant progress."

CHECK UP

Bigger bill

THE cost of treating diabetes in Australia is predicted to almost quadruple from \$636 million to \$2.4 billion by 2051. West Australian researchers also estimated the number of diabetics would more than triple and their life expectancy would drop by 13 years unless more preventative measures were taken.

Suicidal

CHILDREN who take antidepressants may be at higher risk of suicidal thoughts and behaviour. The US Food and Drug Administration analysed data from studies involving almost 5000 children taking one of nine antidepressants, and found a higher risk of suicide among those taking the drugs compared with those who were not. The research shows no such risk in adults.

Alternative

MIDDLE-aged people are more likely to use complementary and alternative medicine (CAM) than younger or older people. US researchers found middle-aged adults were more likely to use CAM for prevention than treating specific conditions.

MEDIWEB

www.foodwatch.com.au

Catherine Saxelby's healthy eating club

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