



HEALTHY LIVING MAGAZINE

SPRING 2018

FREE FOR MEMBERS

POWERED BY N4 FOOD AND HEALTH

FAMILY-FRIENDLY
FOOD SWAPS

.....
HOW TO BE
BODY POSITIVE
.....

FOOD AS A
REWARD?
YAY OR NAY?



WIN

A 24K GOLD-INFUSED
BEAUTY BAR





NEVER MISS AN ISSUE!

You can subscribe to receive this magazine simply by sending your name and email address to nutrition.vic@ymca.org.au

PLUS when you subscribe (for free) you will also go into the draw to win a 24K Gold-Infused Beauty Cleansing Bar. See page 20 for full details.

W

elcome to our special youth-themed edition, which has been designed to help you encourage optimum health in the young people in your life!

The wonderful news is, it's never too early to inspire healthy habits in children, so we've collated information from some of the country's leading nutrition and lifestyle experts to help.

As always, we invite your suggestions for future editions, so if you have any ideas, feedback or requests, please use the form on page 20 to send them directly to us.

For now, please enjoy our Spring 2018 issue.

Yours in health

Richard Quail

RICHARD QUAIL
YMCA Nutrition
Program Sponsor
nutrition.vic@ymca.org.au



TO ADVERTISE IN THIS MAGAZINE...

Email: nutrition.vic@ymca.org.au

YMCA HEALTHY LIVING MAGAZINE IS PUBLISHED BY:



n4 food and health

The nutrition experts delivering innovative nutrition solutions to improve the health of Australians.

Web: www.n4foodandhealth.com

Email: info@n4foodandhealth.com

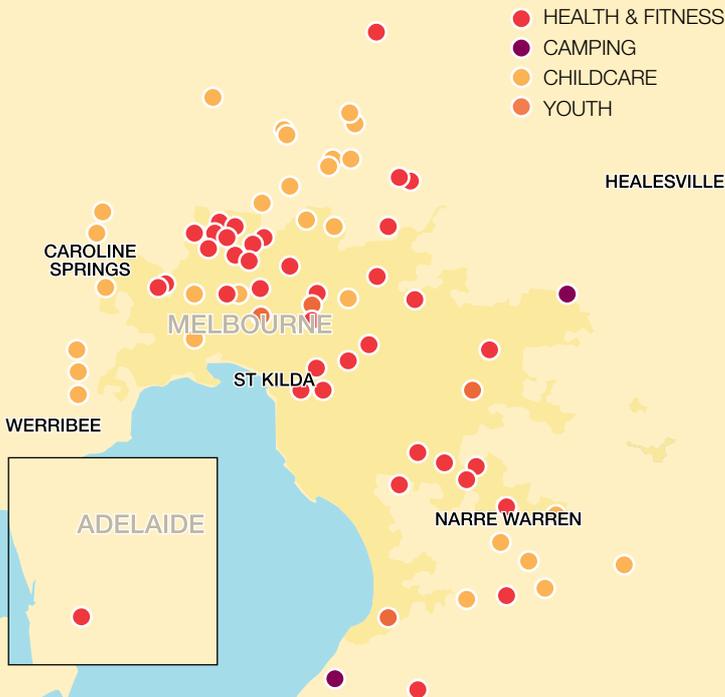
CONTENTS

- 3 **Swimming: Not just a summer activity** YMCA Victoria
- 4 **The secret to healthy kids** Dr Tim Crowe
- 5 **Body positive lessons for kids** Fiona Sutherland
- 6 **Family-friendly food swaps** Paula Norris
- 8 **5 ways to add more veg to your day** Nutrition Australia
- 9 **Should food be used as a reward?** Renae Reid
- 10 **How to pack a healthy lunchbox** Alexandra Parker & Anna-Jane Debenham
- 12 **Recipe: 'Okinomiyaki' Japanese vegetable pancake** Caroline Trickey
- 12 **Recipe: Asian chicken salad** Emily Greenfield
- 13 **Recipe: Salmon poke bowl** Sophie Feng
- 14 **Recipe: Quinoa and brown rice sushi rolls** Caroline Trickey
- 15 **YMCA Evolve** YMCA Victoria
- 16 **5 tips to fuel your kids for school** Joel Feren
- 18 **How to stop the 'hangry' in active kids** Sports Dietitians Australia
- 19 **Fit for life: Helping young people to get moving** YMCA Victoria
- 20 **Enter to win Sassou Japan 24K Gold-Infused Cleansing Bar**

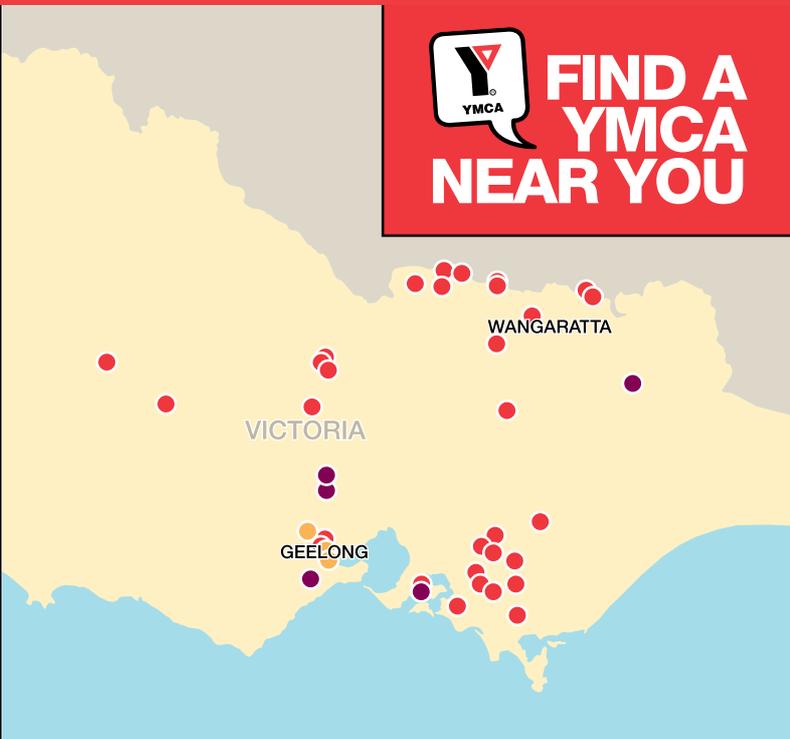
The information contained in this publication is intended only to serve as a general overview. It is not intended to be comprehensive, nor does it constitute advice in any way. As the reader it is your responsibility to safely determine what does or does not work for you and we strongly recommend that you carry out your own research and/or seek your own advice from a suitably qualified physician or fitness professional as appropriate before acting on or relying on any of the information contained in this publication. All prices stated are the recommended retail prices in Australian currency and may be subject to change. We attempt to ensure that the content in this publication is current and accurate but we do not guarantee this, and all parties associated with the production and publishing of this magazine accept no responsibility for the currency and accuracy of any content. The copyright responsibility of all articles and content lies with individual contributors. Opinions expressed by the authors in this magazine do not necessarily reflect those of the publisher or any of its production or publishing team. No material in this magazine may be reproduced without written consent from the publisher. Copyright ©2018 All rights reserved. **COMPETITION TERMS & CONDITIONS:** Unless otherwise specified, all competitions/giveaways contained in this issue commence on 1 September 2018 and conclude on 3 November 2018. Each competition is a game of skill and chance plays no part in determining the winner. The judge's decision is final and no correspondence will be entered into. Winners will be selected by YMCA Nutrition Program Sponsor, at 582 Heidelberg Road, Fairfield VIC 3078 and will be notified by email no later than 30 November 2018. These terms and conditions apply to all competitions/giveaways contained in this issue, unless otherwise stated. Full terms and conditions can be obtained by writing to YMCA Nutrition Program Sponsor, at Unit 502, 990 Whitehorse Road, Box Hill VIC 3128 Australia, or by visiting www.monash.ymca.org.au/about/competition-terms-and-conditions.html

Proudly printed by M&M Printworks
www.mmprintworks.com.au

m&mprintworks
DESIGN • PRINT



FIND A YMCA NEAR YOU





SWIMMING

NOT JUST A SUMMER ACTIVITY

Here's why it's important to swim all year round.

A love for the water is a typical part of the Australian identity, and swimming is one of the most popular recreational activities that people of all ages can enjoy. There's a serious side to this activity though, as teaching children to swim is not just a great way for them to get fit – it's also a crucial skill that could one day even save their life.

While for many, swimming is seen as a summer activity, swimming indoors through the colder months can also be a fantastic way to escape miserable weather and help your child get the recommended 60 minutes of exercise a day, in a warm and welcoming environment.

Swimming has many benefits as it develops strength, flexibility and stamina, while also improving posture and balance. Swimming can also be good for your mental wellbeing, as water can block out external stimuli and have a meditative effect. In addition, regular exercise – regardless of the chosen activity – has been shown to reduce the symptoms of depression and anxiety.

When learning any task, repetition is important for skill retention, and this applies especially in young children who are developing their muscle memory. For this reason, continuing swimming lessons regardless of the season, means your child will continue to build their confidence and independence in the water, without suffering a lapse in their swimming ability.

Studies have even shown that children who learn to swim from a young age also reach many developmental milestones earlier than their non-swimming peers.

At the Y, our lessons go beyond learning freestyle and backstroke. We understand that swimming often takes place



in different locations and environments, where even competent stroke swimmers can still find themselves in trouble while in the water. Our instructors teach essential water safety, personal survival, and open water techniques that will prepare you and your child for a range of different situations.

So don't wait until summer to get into your bathers... dive into swimming this spring. **Y**

To enquire about swimming lessons or to find your local Y visit victoria.ymca.org.au



DR TIM CROWE, PHD, ADVAPD, BSC(HONS), MNUTRDIET

Tim is a career research scientist and educator, and an Advanced Accredited Practising Dietitian. Find out more at www.thinkingnutrition.com.au



THE SECRET TO HEALTHY KIDS

If you want healthy kids, then eat well and feed them the same as what you eat. **Dr Tim Crowe** explains.

The routine of eating family meals together rubs off as healthy eating habit for children, yet it's not clear what the key reasons for this are. Social bonding and positive reinforcement of good nutrition are two plausible reasons.

Exploring the link between family meals and eating habits in children, researchers from Scotland looked at the eating habits of 2,332 children aged around five years. What they wanted to explore was the extent to which family meal occurrence, meal patterns and perceived meal enjoyment could predict the quality of children's diets.

Eating the same as parents came out on top

The clear predictor of healthy eating among children was eating the same food as the rest of the family, and it didn't matter if it was together or even at different times. Children were more likely to eat more fruit and vegetables, and less fatty and salt-laden foods and fewer snacks – just like their older family members – than children fed 'child-friendly' alternatives that the rest of family didn't eat.

Other meal habits the researchers looked at such as infrequent

meal times, frequent snacking between meals, eating in the living room or bedroom, and an unpleasant atmosphere during mealtimes, only had a minor influence on the quality of children's diets. It was eating the same food as the parents that counted most.

When children refuse to eat adult food during the family meal, it is a common coping strategy for parents to create separate and different child-friendly food alternatives. These alternative meals can often be of inferior nutritional value to the family meal. An example of this is the widespread phenomenon of 'children's menus' at restaurants, which are typically of poorer nutritional quality than adult equivalents.

What it all means

Eating meals together as a family has many benefits for your family unit. For young children though, they are nutritionally better off eating the same food as everyone else at the table, rather than reverting to a dedicated children's menu – assuming the older family members are making healthy choices!

The take-home message for parents here is, eating healthier not only benefits you, but your kids as well. 





FIONA SUTHERLAND, APD

Fiona is the Co-Founder of Body Positive Australia, which supports individuals and professionals to achieve and promote wellbeing and optimal health, by turning away from dietary restriction and unsustainable ways of eating. Learn more at bodypositiveaustralia.com.au

BODY POSITIVE LESSONS FOR KIDS

It's never too early to encourage self-esteem in kids, as **Fiona Sutherland** explains.

A positive attitude to food and eating are vital for long-term health and wellbeing, and we learn these attitudes from an early age. You mightn't realise this, but watching your parents and other important people in your life, probably played a key role in the relationship you have with food today. Similarly, your own kids will be equally influenced by your daily approach and attitudes to food and nutrition.

In light of social media and its significant influence on body image, particularly among impressionable young people, positive role modelling by parents has become even more crucial. Here are 10 key messages to discuss with your kids, to help them develop positive self-esteem and a confident self-image.

- 1 All bodies are valuable and worthy just as they are (regardless of shape, size, colour, ability or gender).
- 2 There are no bodies that are better than, or less than others.
- 3 Your body is your business, so you can make your own decisions about your body.
- 4 Other people's bodies are their business – they get to say what's okay, and not okay for them.

- 5 We cannot tell anything about someone else, simply by looking at them. We can't tell what they eat, how they move their body, how healthy they are, how smart they are – anything!
- 6 We speak kindly about our own body. We speak kindly about other people's bodies.
- 7 There are so many things that make people special, unique and valuable. We make an effort to appreciate things about people, which are not about appearance or their body.
- 8 We do not 'call names' about someone else's appearance. Ever.
- 9 Being 'body positive' is not about having, or achieving a certain body shape. It's for everyone – both kids and adults alike!
- 10 Everyone can make a difference in helping people feel good, and making the world a more inclusive place. Yes, you can too! **Y**





PAULA NORRIS, APD

Paula is an Accredited Practising Dietitian working to provide ideas and information to make healthy eating easy. Learn more at www.instagram.com/movingdietitian



FAMILY-FRIENDLY FOOD SWAPS

Enhancing the health of you and your family can be as easy as a few healthy food swaps. So here are some family-friendly ideas from nutrition expert, **Paula Norris**.

Applying simple ingredient swaps can help you produce healthier meals, increase your vegetable, fruit and fibre intake, reduce your salt, sugar and fat consumption, and reduce your overall energy or kilojoules.

Remember also, seasonings and sauces (especially store-bought ones) are often high in kilojoules, and contain hidden salt and sugar, so one simple way to make your meals healthier, is to reduce or limit your intake.

SALMON POKE BOWL (serves 1)



- ▶ Large (220g) salmon fillet (when raw)
- ▶ 2 teaspoons oil for pan frying
- ▶ 1 serve (~200g) soba noodles
- ▶ 1 tablespoon edamame
- ▶ ¼ carrot, julienned
- ▶ ½ cup cooked spinach
- ▶ 2 florets broccoli
- ▶ ½ medium avocado
- ▶ 1 teaspoon lime juice
- ▶ ¼ cup basil
- ▶ ½ teaspoon sesame seeds



- ▶ Small (150g) salmon fillet (when raw) baked without added fat
- ▶ 2 teaspoons extra virgin olive oil for pan frying
- ▶ 1/3 serve soba noodles
- ▶ 2 tablespoons edamame
- ▶ ½ carrot, julienned
- ▶ ¾ cup cooked spinach
- ▶ 2 florets broccoli
- ▶ 2 cherry tomatoes
- ▶ ½ medium avocado
- ▶ 1 teaspoon lime juice
- ▶ ¼ cup basil
- ▶ ½ teaspoon sesame seeds

THE SWAPS

- ▶ Reduce portion size of salmon
- ▶ Opt for extra virgin olive oil for cooking
- ▶ Use less noodles
- ▶ Add more veggies

PAD THAI (serves 1)



- ▶ 200g cooked chicken thigh
- ▶ 2 teaspoons oil for cooking
- ▶ 130g (when dry) rice noodles
- ▶ ¼ red onion
- ▶ ½ carrot, julienned
- ▶ 3 snow peas, chopped
- ▶ 1 tablespoon soy sauce
- ▶ ½ teaspoon fish sauce
- ▶ 1 tablespoon lime juice
- ▶ 1 egg



- ▶ 120g cooked chicken breast
- ▶ 1 teaspoon extra virgin olive oil for cooking
- ▶ 70g (when dry) rice noodles
- ▶ ¼ red onion
- ▶ 1 carrot, julienned
- ▶ 8 snow peas, chopped
- ▶ 1 bunch Chinese spinach
- ▶ 1 tablespoon reduced salt soy sauce
- ▶ ½ teaspoon fish sauce
- ▶ 1 tablespoon lime juice
- ▶ 1 egg

THE SWAPS

- ▶ Use chicken breast instead of thigh
- ▶ Use less oil when cooking, and opt for extra virgin olive oil
- ▶ Include less noodles
- ▶ Add more veggies
- ▶ Opt for reduced salt soy sauce



TACOS (serves 2)



- ▶ 6 small soft shell tacos
- ▶ 2 teaspoons oil, for cooking
- ▶ 1 garlic clove
- ▶ 1 brown onion
- ▶ 400g regular mince

Taco seasoning

- ▶ 1 tin tomatoes
- ▶ ½ punnet cherry tomatoes
- ▶ ½ small corn cob
- ▶ ½ small avocado
- ▶ ⅔ full fat cheddar cheese



THE SWAPS

- ▶ Use lettuce for shells
- ▶ Opt for lean mince
- ▶ Add more veggies
- ▶ Opt for extra virgin olive oil when cooking
- ▶ Use less cheese
- ▶ You can season to taste using cumin, paprika, a dash of salt, perhaps chilli or chipotle



- ▶ 6 large lettuce leaves for shells
- ▶ 2 teaspoons extra virgin olive oil, for cooking
- ▶ 1 garlic clove
- ▶ 1 brown onion
- ▶ 200g lean mince
- ▶ ¾ cup red kidney beans
- ▶ 2 small carrots, grated

Taco seasoning

- ▶ 1 tin tomatoes
- ▶ 1 punnet cherry tomatoes
- ▶ 2 strips capsicum, diced
- ▶ ½ small corn cob
- ▶ ½ small avocado
- ▶ Sprinkle of Parmesan cheese (Parmesan has a much sharper flavour so you can get away with using less)

BEEF AND VEGGIES (serves 1)



- ▶ 175g beef
- ▶ 4 potatoes
- ▶ ½ cup spinach
- ▶ 1 floret cauliflower
- ▶ 1 slice zucchini
- ▶ 1 stalk broccolini



- ▶ 100g lean beef, trimmed of visible fat
- ▶ 3 small potatoes
- ▶ 1 cup spinach
- ▶ 3 florets cauliflower
- ▶ 3 slices zucchini
- ▶ 3 stalks broccolini

THE SWAPS

- ▶ Reduce portion size of beef
- ▶ Use fewer potatoes
- ▶ Add more veggies
- ▶ Opt for lean beef and trim off any visible fat

COOKING TIPS

Depending on your dish of choice the healthiest cooking methods to try include baking without added fat for fish, vegetables and chicken, sautéing with spray oil or water for vegetables and mince meats, vegetables and fish can be steamed and grilling works well for fish, meat, chicken and vegetables. 🍷



NUTRITION AUSTRALIA

Nutrition Australia is an independent, member organisation that aims to promote the health and well-being of all Australians. Find out more at nutritionaustralia.org



5 WAYS TO ADD MORE VEG TO YOUR DAY

Nutrition Australia encourages you to get more veg in your diet.

Developed by Nutrition Australia, Try For 5 is the 2018 National Nutrition Week theme encouraging Australians to increase their vegetable consumption to the recommended five serves per day.

Here are five ways you can include more veg every day.

- 1 To scramble eggs or make an omelette, add diced vegetables, such as capsicum, spring onion, zucchini, mushrooms, spinach or tomato. Serve with rocket or spinach and a drizzle of extra virgin olive oil.
- 2 Grate a carrot or zucchini, finely dice mushrooms or add a tin of kidney beans or other legumes, into any dish involving mince, such as pasta sauces, burritos and tacos. The kids won't even know!
- 3 Snack on veggie sticks such as celery, carrots, capsicum or cucumber, which can also be served with hummus, tzatziki or other vegetable-based dips.
- 4 For a yummy snack on the go, bake some savoury scones or muffins, and include any veggies you have on hand. Grated zucchini and carrot are perfect. Freeze any leftovers to enjoy later.
- 5 Make a delicious green smoothie with spinach, broccoli, cucumber, carrot and ginger.

BONUS TIP: Experiment with produce you don't normally choose or have never heard of before, such as kalette.

Meet the kalette

The kalette is a combination of kale and Brussels sprouts – both from the *brassica oleracea* species, and therefore, very high in nutrients. These cruciferous vegetables are known for their high levels of vitamins A, C, K, carotenoids, folic acid and fibre.

Did you know?

The kalette evolved from a desire to create a versatile and easy to prepare vegetable based around the on-trend food, kale. It has taken 15 years of hard work for a British vegetable seed house to produce this sweet and nutty flavoured veggie by cross pollination through traditional methods. Known as 'flower sprouts' in the UK, kalettes have a more subtle flavour than Brussels sprouts.

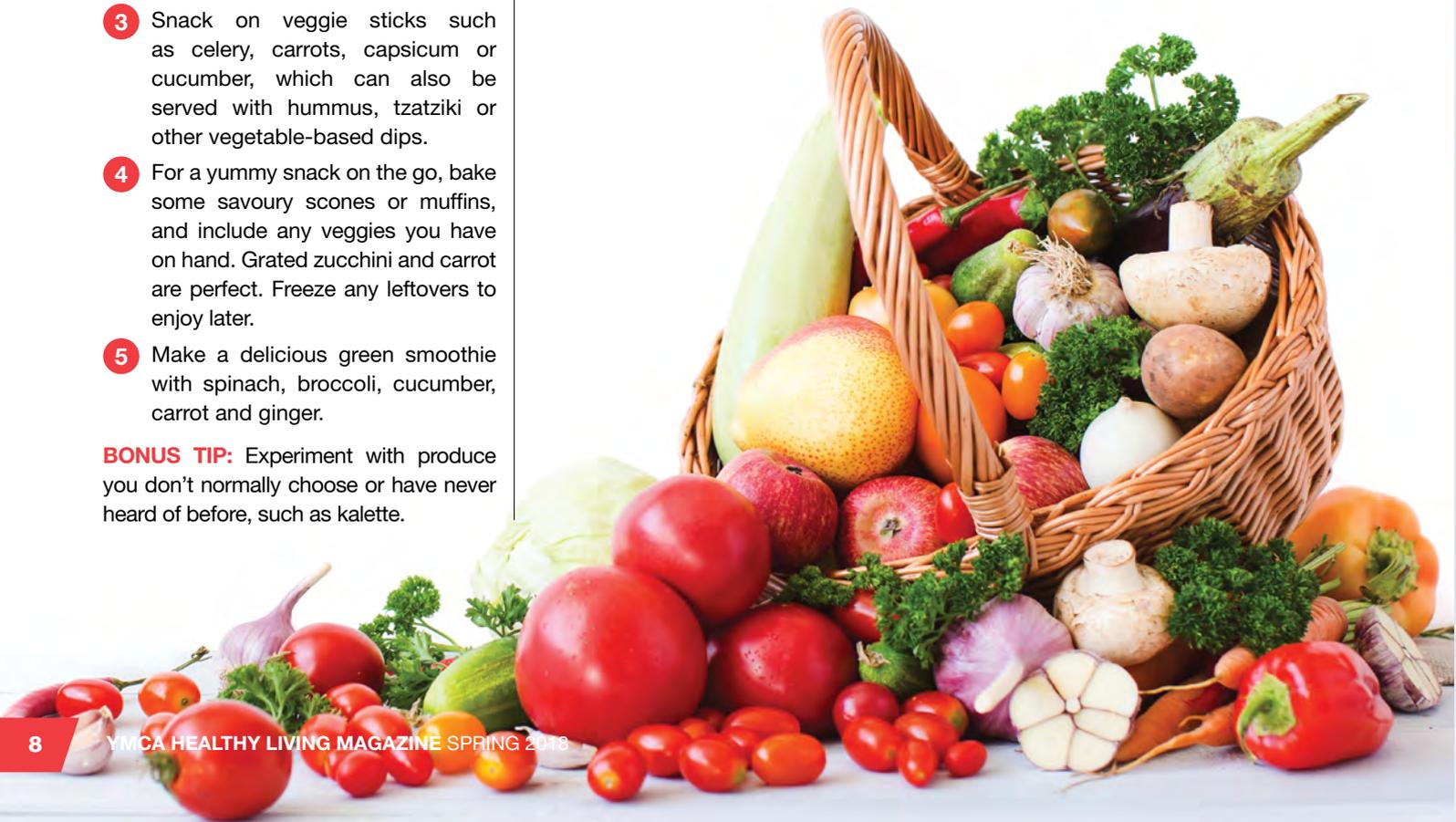


How to cook

Kalettes can be cooked in a variety of ways – roasted, grilled, stir-fried or eaten raw. Try cooking in a pan with small amount of extra virgin olive oil and a sprinkling of seasoning and serve on the side of a dish or stir through a salad. Head to www.tryfor5.org.au/try-it for recipes featuring kalettes.

Learn more!

Visit www.tryfor5.org.au to discover more ways to add extra veg into your day, or to find out more about National Nutrition Week (14 to 20 October 2018) visit www.nutritionaustralia.org





RENAE REID, APD, AN, MNUTRDIET, BAPPSC (NUTRITION & FOOD)

Renae is a Sydney-based Accredited Practising Dietitian and the founder of Ambrosia Dietetics. She specialises in the nutritional care of infants, toddlers, children and people living with a disability. Renae also offers a home visiting service for National Disability Insurance Scheme (NDIS) participants. Learn more at www.ambrosiadiet.com.au



SHOULD FOOD BE USED AS A REWARD?

Nutrition expert **Renae Reid** explores whether food should have a role as a reward at meal times.

Parenting can be challenging. There's often conflicting advice, and what suits one family may not even be right for another.

When it comes to concerns about what a child is (or isn't) eating, it's not uncommon for parents to provide rewards or incentives for eating differently. But unfortunately, these well-meaning efforts often lead to unintentional consequences such as further 'fussy' eating, and childhood confusion about why and how to eat.

Offering a food reward – for example, 'eat your vegetables and you can have some ice cream for dessert' – sends the message that food Y is a better than food X, and that nothing good comes without reward. If you try and think like a three-year-old, you'll soon appreciate that it may be quite confusing as to why eating food X is rewarded by food Y.

Through research we know that pressuring children to consume more fruit and vegetables results in most children eating fewer fruits and vegetables. The same goes when children are rewarded for eating healthy foods; human nature overrides and there becomes a decreased preference for eating these foods in the future.

So how should we approach this?

We know that children do respond well to positive reinforcement and positive exposures to food. At mealtimes this can include carers showing children how to be good eaters, providing them with moderate praise about positive things displayed at mealtime (such as 'I like the way you sat at the table tonight', or 'I like that you had three different

colours on your plate tonight' rather than 'you didn't eat X.')

Try and avoid using incentives or rewards for eating particular foods, as we know this can set up reduced confidence in eating those everyday foods (and could lead to an endless shopping list of rewards to buy).

Here are a few tips to encourage your kids to become confident and competent eaters:

- ▶ 'Do as I do', not 'do as I say'. Meaning, parents need to eat a wide range of healthy foods if that's what you want your kids to do too.
- ▶ Provide regular (but structured) opportunities to eat. Breakfast, morning tea, lunch, afternoon tea, dinner and supper is needed for most kids.
- ▶ Avoid offering food rewards for eating (or not eating). For example, avoid saying 'if you don't eat X you can't have Y', as this can be really confusing for kids and muddles up their hunger/eating cues.

▶ Discuss internal cues to eating, encouraging a recognition of the body's needs, rather than what the mind may want. 'I'm starting to feel a little bit tired. My tummy is rumbling. I'm feeling hungry because it is lunch time soon'.

Having mealtime routines will act as 'cues' to eating. This is often something as simple as washing hands before going to the table to eat. This transition from one activity to a mealtime signals to the brain and tummy that it is time to eat.

Consistency is key in learning any activity. Be sure to acknowledge your kids' successes, and don't feel disheartened if each meal doesn't resemble a 'made-in-the-movies' style of family dinner. Instead, just come back at the next meal and try again to take another step towards success. **Y**





ALEXANDRA PARKER, APD AND ANNA-JANE DEBENHAM, APD

Co-founders of The Biting Truth, Alex and Anna are Accredited Practising Dietitians and also the authors of eBook, *The School Lunchbox: Everything You Need to Know*. Learn more at www.thebitingtruth.com

HOW TO PACK A HEALTHY LUNCHBOX

Take the stress out of lunchbox packing with these nutrition tips from co-founders of **The Biting Truth**.

You've probably been inundated with advice to create lunchboxes that are 'nude' – free from potential allergens, and healthy – while also trying to make them taste good! On top of this you're probably aware that childhood obesity is at an all time high and what kids eat at school is a significant contributor to this. Our philosophy around food for kids is all about inclusion (not exclusion). We believe in eating healthy most of the time, but that it is also perfectly okay to include a few treats in the lunchbox every now and then. We do not believe any foods should be off limits, which is a really important message to send to young children who are in the process of developing their food and eating habits.

Building a healthy lunchbox that your child will actually eat is no small feat, especially when you might be packing up to 200 lunchboxes each year (and that's just for one child). So here are some quick and simple lunchbox tips and tricks to help keep you sane and your kids healthy, for the rest of the year!

1. Little hands need little serves and containers

You may be familiar with the range of bento style lunchboxes that have slowly

been making their way into the market. Packing school lunches into compartmentalised lunchboxes or in an assortment of little containers can make it easier for children as they can choose to eat one thing at a time. Using compartmentalised lunchboxes and containers will also help you to cut down on packaging and prevent the food from being squished. Primary school kids typically have smaller tummies, so smaller meals and snacks that are packed with nutrition are ideal choices. Kids also love bite-sized foods, so try and keep things small and tidy to make it as easy as possible for them.

2. Get your kids involved

Ask your child to list their top 10 sandwich fillings. This will help you if you are stuck one morning and need to make something in a hurry. Always try and have a variety of fruit and vegetables available at home and let them pick which ones they would like included in their lunchbox. This way they have been involved in the decision-making process and are more likely to eat what's provided. Life is busy so try to make the most of any spare time to get prepared – boil eggs, chop up veggies, make bliss balls beforehand – this will help reduce





the time you need for food prep in the morning rush. Kids love getting involved in the kitchen, so hand over appropriate jobs to them.

3. Choose smart snacks

Children tend to have smaller appetites and fill up easily so snacks can make up a valuable part of their daily nutritional requirement. Keep in mind that offering your child processed, sugary snacks that contain minimal fibre and protein are going to spike their blood sugar levels, leaving them feeling tired and unable to concentrate in class. So instead, pack smart snacks such as fresh fruit, veggie sticks, cheese and wholegrain crackers, air-popped plain salt popcorn, yoghurt, nuts and seeds, homemade fruit or veggie muffins, and boiled eggs.

4. Offer water as the drink

Water should be the primary drink of choice for children. In summer, you can freeze your child's water bottles, which will also help to keep their food fresh and cold. You can also jazz up water by adding pieces of fruit or vegetables to make it look attractive and to give it a flavour pop. Try and limit the amount of fruit juice that you give your children. Whole fruit is a great source of fibre and is essential for a healthy digestive system. Fruit juice often contains very

little fibre and more sugar, therefore fruit juice should not regularly be a replacement for fresh fruit.

5. Mix it up

A sandwich can be an easy throw together option for the school lunchbox but it is important to mix it up so that your child stays interested. Try wraps, frittatas or even pack leftovers in a cold lunchbox. If you are looking for some different options, try healthy fried rice, pasta salads or even a poke bowl. 🍎



For even more healthy lunchbox ideas check out the online 'Lunchbox Builder' from Cancer Council NSW at <https://healthylunchbox.com.au> and the 'Pick'n'Mix 1-6' guide from the Healthy Eating Advisory Service at tinyurl.com/healthy-lunchboxes



CAROLINE TRICKEY, APD

Caroline is a culinary nutritionist and dietitian. She is also the author of *Veggie-licious: How to cook with lentils, chickpeas, beans, tofu and eat more plant-based foods*. Find out more at healthyhomecafe.com



EMILY GREENFIELD

To help families make better food choices, Emily interprets current nutritional research, guidelines and news into practical advice and delicious healthy recipe ideas. Find out more at www.fadfreetkitchen.com



SUPER SPRING RECIPES

'OKONOMIYAKI' JAPANESE (VEGETABLE) PANCAKE

Serves: 8

Ingredients

- 3 cups (300g) cabbage, shredded
- 1 cup (110g) green beans, sliced into 3cm lengths
- ½ small red capsicum, sliced
- 1 medium zucchini (150g), halved lengthways and sliced thinly
- 1 medium carrot (130g), grated
- ½ cup fresh parsley, finely chopped
- 3 eggs
- 1 cup wholemeal flour
- Pepper
- 1 cup reduced sodium vegetable or chicken stock
- 1 to 2 tablespoons extra virgin olive oil
- 150g tofu, mince or seafood, optional
- Salt, to taste

To serve:

Sweet chilli sauce

Instructions

- 1 Prepare the vegetables and set aside.
- 2 In a large bowl, whisk together eggs, then gradually add flour.

- 3 Add the stock slowly and when fully mixed in and smooth, add the pepper.
- 4 Add vegetables into the batter and using a large spoon, mix well (and add tofu, mince or seafood if using).
- 5 Heat a medium fry pan (with a lid) over medium heat.
- 6 When hot, add a drizzle of oil and swish around to spread across base of pan.
- 7 Using a large spoon, place about three-quarters of a cup of mixture into pan and flatten slightly with the back of a spatula. If you can fit more into the pan, do so, but leave some room between them so you can get a spatula under to flip them.
- 8 Place the lid on the pan and cook over low heat for around three to four minutes, or until golden brown.
- 9 Carefully flip pancake over and cook other side for three to four more minutes.
- 10 Repeat with remaining batter.
- 11 Eat while still warm.



ASIAN CHICKEN SALAD

Serves: 2

Ingredients

- 400g roast chicken, meat shredded
- ½ red capsicum
- 1 carrot (you can use purple carrots)
- Handful of green beans
- ½ cucumber
- Large handful of shredded Chinese cabbage (wombok)
- Handful of roughly chopped mint

For the dressing:

- ½ lime, juiced
- 2 teaspoons agave syrup
- ½ teaspoon fish sauce*
- 1 teaspoon sesame oil
- ½ teaspoon tamari sauce*
- 1 red chilli, chopped finely

**opt for low sodium variety where possible*

Method

- 1 Cut all the vegetables into matchsticks and toss with the mint, shredded wombok and chicken.
- 2 Mix together the dressing ingredients, and toss through the salad.
- 3 Serve immediately. ✓



SOPHIE FENG, APD

Sophie is a Sydney based diabetes dietitian. She also loves to cook, develop and photograph recipes using simple fresh produce and ultimately, would love for everyone to give healthy cooking a go. Learn more at www.sophiesfoodfeast.com.au



SUPER SPRING RECIPE

SALMON POKE BOWLS

Serves: 2

Ingredients

For the salmon:

- 2 x 125g cooked salmon fillets
- 1 tablespoon salt reduced soy sauce
- 2 teaspoon sesame oil
- 1 teaspoon rice wine vinegar
- 1 teaspoon red chilli flakes (optional)

For the salad:

- 1 cup cooked brown rice
- 1 carrot
- 1 cucumber
- ½ cup edamame beans (cook as per instructions on packet)
- 2 to 3 red cabbage leaves
- ½ avocado
- 1 small container (about 60g) seaweed salad

To serve:

- Sesame seeds
- Pickled ginger and wasabi



Method

Prepare the salmon:

- 1 Pre-heat oven to 180°C (fan-forced) and line a 30cm x 20cm oven tray with baking paper.
- 2 Place salmon fillets on the oven tray and spoon half the marinade over the salmon. Bake in the oven for 12 to 15 minutes or until just cooked. Allow to cool.
- 3 Just before you are ready to serve, prepare your vegetables. To do so, dice the cucumber, grate the carrot, finely slice the red cabbage and slice the avocado.

To assemble your poke bowl:

- 1 Divide the brown rice between two bowls. Top each bowl with cucumber, carrot, red cabbage, seaweed salad and edamame beans (these may need to be cooked as per instructions on the packet).
- 2 Remove the marinated salmon from fridge and divide the salmon between bowls OR flake the cooked salmon fillets into each bowl.

- 3 Drizzle any left over marinade over each bowl as a dressing.
- 4 Sprinkle each bowl with sesame seeds, serve with pickled ginger and/or wasabi and enjoy!

Sourcing ingredients:

- ▶ Seaweed salad is typically available from your local sushi outlet or Asian supermarkets.
- ▶ Edamame beans can be found in the frozen section of your local supermarket.
- ▶ Some people prefer raw, sushi-grade salmon instead of cooked salmon (as pictured). You can buy boxes of raw salmon from your local sushi outlet or you can ask your local fish market for fresh, raw, sushi-grade salmon. **Y**



CAROLINE TRICKEY, APD

Caroline is a culinary nutritionist and dietitian. She is also the author of *Veggie-licious: How to cook with lentils, chickpeas, beans, tofu and eat more plant-based foods*. Find out more at healthyhomecafe.com



SUPER SPRING RECIPE

QUINOA AND BROWN RICE SUSHI ROLLS

Makes: 4 vegetable rolls

Ingredients

- 1/2 cup long grain brown rice
- 1/3 cup quinoa (any colour)
- 2 tablespoons rice vinegar*
- 1 teaspoon sugar
- 3 nori sheets
- 1 teaspoon wasabi, optional
- 1 small Lebanese cucumber, sliced
- 3/4 medium avocado, sliced
- 1 carrot, peeled and grated
- 1 medium beetroot (120g), peeled and grated
- 1 1/2 tablespoons toasted sesame seeds

**You'll need a bamboo mat to roll your sushi on. Rice vinegar and sushi bamboo mats are available in the Asian section of most supermarkets.*



Method

- 1 Start by cooking both the quinoa and brown rice.
- 2 To cook brown rice, measure out, put into a sieve and rinse. Transfer into a small saucepan with two cups of water. Place lid on saucepan and bring to the boil. Lower the heat to a simmer and cook for 30 to 40 minutes (check packet for cooking time, as it varies greatly with brown rice from 25 to 50 minutes).
- 3 To cook quinoa, measure out and place in a sieve and rinse well. Transfer into a small saucepan with 2/3 cup of water, place lid on saucepan and bring to the boil. Lower the heat to a simmer and cook for 15 to 18 minutes. When cooked, fluff with a fork.
- 4 Mix together hot rice, hot quinoa, rice vinegar and sugar. Set aside to cool.
- 5 While you are waiting for the rice mixture to cool, prepare the fillings.
- 6 Place a sushi bamboo mat* down on your bench with the slats running horizontally. Have a small bowl of water close by.
- 7 Place a nori sheet on the sushi mat with the shiny side down, then using the back of a teaspoon, spread a small amount of wasabi along the front edge of the nori sheet.
- 8 Measure out approximately 3/4 cup of the quinoa and rice mix per sushi roll, and using wet hands, spread it evenly over the front three quarters of the nori sheet, leaving at least a 3cm-wide border along the edge furthest from you.
- 9 Place cucumber along the front edge on top of the quinoa and rice, then follow with avocado, carrot, beetroot and lastly sprinkle with sesame seeds.
- 10 Roll nori sheet up. Use your thumbs and forefingers to pick up the edge of the mat closest to you. Use your other fingers to hold the filling while rolling the mat over, so as to enclose the nori sheet around the filling. Gently pull the mat as you go, to create a firm roll.
- 11 When it is half rolled up, dip one of your hands in water and wet the end of the nori sheet. Continue rolling until all the quinoa is covered with the nori, to create a nice neat roll.
- 12 When complete, you will have two very long veggie rolls. Cut the rolls in half (to make four veggie rolls), or into bite-sized pieces.
- 13 Serve with reduced sodium soy sauce for dipping, and enjoy!

Information from www.nutritionaustralia.org

TIP: Sushi is a great activity that you can get the kids involved with. Have them choose some of their favourite fillings and once you teach them how to roll them properly, you may never have to do it again yourself! **Y**

YMCA EVOLVE

YMCA Evolve is an innovative program supporting young people during a critical time in their lives.



For many young people, the transition from primary school to high school can be a difficult one. Not only does it usually involve going to a different school and having to make new friends, it also often coincides with many physical and emotional changes.

To ease this transition and help prepare them for the changes ahead, the YMCA Youth Services team has developed a leadership and personal development program for Year 6 students, called YMCA Evolve.

YMCA Evolve works in conjunction with the Victorian curriculum, to help primary school students aged between 11 and 12 years, develop the skills, self-awareness and connections they need to grow into young people with resilience, good mental wellbeing, and confidence to express their voice.

Over the last 12 months, YMCA Evolve has been brought to 25 schools across Victoria, with positive results.

For Jim Pumpa, a year 5/6 teacher at Wantirna South Primary school, he can see the difference the program has made in his classroom.

'It really helped students in their preparation for high school, in the way it's broken down the social groups we have within our grade 6 contingent and got them working outside of their comfort zone, and challenging them to work with other groups,' he said.

Ian Boorman, Manager of YMCA Youth Services is thrilled with the initial outcomes, with participants reporting an increased connection with their fellow classmates as well as an improvement in their confidence, communication and teamwork.



'The feedback we've received from teachers and students is the program is having such an impact. We want to share it with all Victorian students – not just ones living in metropolitan areas,' he said.

One student remarked after a session, 'I feel like we learnt something new and I feel like in the week that we haven't been with you guys, I've used some of the skills you taught.'

YMCA Evolve is delivered using money from YMCA Open Doors. This year, the program will also be funded using money raised from the YMCA's annual Father's Day Fun Run, which will enable the program to be delivered to another 1,000 young people throughout Victoria. 📍

To find out more about YMCA Evolve, go to www.vicyouth.ymca.org.au



JOEL FEREN, APD, AN

Joel is The Nutrition Guy (TNG), an Accredited Practising Dietitian and Accredited Nutritionist. He regularly consults to the food industry and in private practice, helping clients to achieve improved health with good nutrition. Learn more at thenutritionguy.com.au



FIVE TIPS

TO FUEL YOUR KIDS FOR SCHOOL

Growing bodies and learning minds require the right amount of fuel and nutrients to maximise their potential. Nutrition expert **Joel Feren** explains.

Arrming your little ones with nourishing foods to get them through the school day can be difficult, but there are some guaranteed ways to ensure your child's lunchbox is filled with fun, appealing, tasty and nutritious foods.

Include healthy snacks

Fresh unprocessed foods are the gold standard. Including fresh fruit instead of fruit bars, or cheese and wholegrain crackers rather than pre-packaged cheese dips and white biscuits, are far better nutritional options. Data published in 2005 reported that on average, Australian primary school children had three processed food snacks in their lunchbox every day. Some healthy alternatives might be fruit (no surprises there), vegetable sticks with salsa or hummus dip, low added sugar yoghurt and milk drinks, homemade air-popped popcorn (sprinkle with dry herbs rather than butter and salt), handful of unsalted nuts, baked beans, a hard-boiled egg or tinned fish.

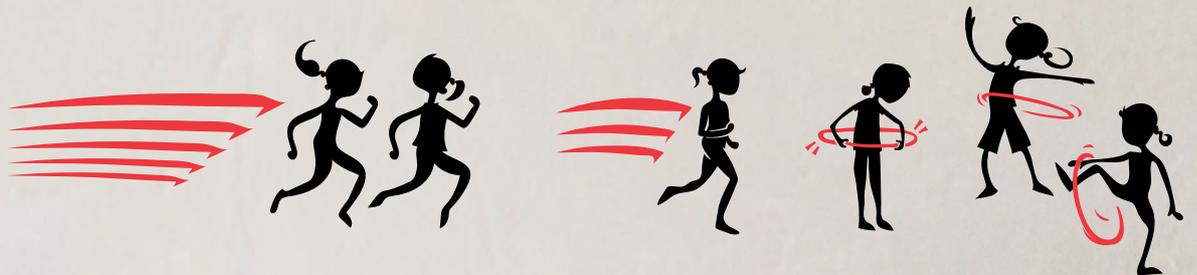
Stay hydrated with H₂O

Water is the gold standard option for school lunches. It hydrates, helps the body maintain its vital functions, supports dental health, and is cheap; so there's no need to go beyond your own tap when filling up your drink bottle each morning.



YOU'LL NEVER HEAR A DIETITIAN REFER TO FOOD AS 'GOOD' OR 'BAD'. THEY PREFER TO USE TERMS LIKE 'SOMETIMES' AND 'EVERYDAY' FOODS.

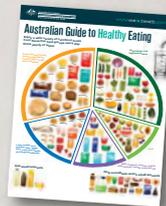




It's okay to have an occasional treat

You'll never hear a dietitian refer to a food as 'good' or 'bad'. We prefer to use terms like 'sometimes' and 'everyday' foods. While an apple is a food that should be enjoyed regularly, a chocolate bar should only be consumed from time to time. It's important to teach kids this philosophy from an early age and how to identify which food and drinks are for 'everyday' and which ones are for 'sometimes'.

The Australian Guide to Healthy Eating provides a simple visual guide to help kids understand this, and can be printed from www.nhmrc.gov.au



Practise good food safety

Young children are more at risk of getting food poisoning as their immune systems are not yet fully developed. The bugs that trigger food-borne illness grow between 5°C and 60°C, so it's vital to keep food cool. Using insulated lunch boxes or cooler bags, placing a frozen drink bottle next to foods that should be kept cool, and ensuring that packed lunches are kept out of direct sunlight will minimise the risk of food poisoning. Also, encourage your kids to consume at-risk foods like cheeses, eggs, dips and milks at morning recess, and to save their fruit, popcorn, crackers and other less vulnerable foods for their mid-afternoon break.

Make time for breakfast

Research shows that Australian kids who skip breakfast are heavier than those who eat breakfast. The evidence also shows that kids who do skip breakfast may struggle to obtain their daily requirements of fibre, iron, calcium, zinc and riboflavin. Eating a nutritious breakfast reduces fatigue, facilitates learning and increases concentration. Some easy-to-prepare breakfast foods include porridge, whole-wheat and wholegrain cereals, multigrain toast with peanut butter or VEGEMITE, fresh

fruit, yoghurt, a glass of milk and baked beans or eggs on toast. Lack of time is a common excuse among those who skip breakfast; however, eating breakfast needn't be a laborious task for you or your kids. Make the extra 5 to 10 minutes needed to consume breakfast quality family time – you may want to tackle the morning crossword together. Win-win.

By sending your kids to school armed with nutritional goodies, as well as ensuring they don't leave home without breakfast, you'll be maximising their potential in the classroom and on the sporting field – now that's something every parent can be proud of. **Y**





SPORTS DIETITIANS AUSTRALIA

Sports Dietitians Australia (SDA) is Australia's peak professional body for dietitians specialising in sports nutrition. Learn more at www.sportsdietitians.com.au

HOW TO STOP THE 'HANGRY' IN ACTIVE KIDS

Sports Dietitians Australia shares these tips to help avoid the little people feeling 'hangry'.

Even kids get 'hangry' and when it hits it can be tough getting the right food in. Active kids are always on the go, have small tummies and can be fickle with a short attention span, so getting in adequate nutrition is a mix of not only tasty foods, but accurate timing and smart delivery.

Active kids require energy for growth as well as extra energy for their physical activity. This energy needs to be obtained from foods that also provide nutrients, instead of just 'empty calories', so take advantage of every snack to make it count nutritionally. You can do this through nutrient-dense foods – like wholegrain breads and cereals, fruits, legumes, nuts, vegetables, fish, and lean meats – and a little preparation ahead of time.

CHOOSING EASY FUEL FOR ACTIVE KIDS

Finger Foods

Bite-sized snacks are easily transportable and easy to eat in the car or on the bench waiting for the next activity. If kids can grab it with their hands and pop it into their mouth straight away, then it's more likely to be eaten. Try:

- ▶ Mixed nuts and seeds with a sprinkle of dried fruit.
- ▶ Sushi hand-rolls.
- ▶ Cut up raw vegetables, cherry tomatoes and hummus or yoghurt dip.
- ▶ Peanut butter sandwiches.
- ▶ Mini homemade sausage rolls, quiches or frittatas.
- ▶ Plain boiled pasta (try wholegrain for an energy lift) with olive oil, tomato and cheese.
- ▶ Bite-sized cold meats or cut up leftovers (e.g. baked chicken, baked tofu strips).
- ▶ Yoghurt and fruit (e.g. banana).
- ▶ Mini muffins.

- ▶ Cut up easy-to-eat fruits such as watermelon wedges with skin on, apple pieces, peeled oranges, banana, grapes, or berries.
- ▶ Cheese and crackers.
- ▶ Crispy baked chickpeas, season lightly with salt and eat like crisps.

Smoothies

Smoothies are quick, highly portable, and provide an excellent opportunity to add in some extra nutrients, where required. They also taste great and are popular among most kids. Using either milk or fruit as a base, a smoothie offers hydration as well as a good mix of carbohydrate and protein, which keeps kids' hunger at bay. Adding high protein foods such as milk and milk alternatives, nuts and seeds (e.g. sunflower, cashews, almonds), or silken tofu also packs an extra nutritional punch. Seasonal fruits add carbs and sweetness, but also some extra fibre too; for example, a frozen banana is a great way to naturally sweeten the flavour while also providing a thick creamy texture.

Blend the following ingredients to make two delicious smoothies, which you can easily adapt to suit individual tastes.

- ▶ 1 cup milk or milk alternative
- ▶ 2 frozen bananas
- ▶ 1 tablespoon flaxseed or almond meal
- ▶ ½ to 1 cup frozen or fresh berries

TOP TIPS FOR BUSY FAMILIES

Having meals on hand upon arriving home can help keep 'hangry' children at bay. You can do this by:

- ▶ Having cut up and washed vegetables stored in the fridge, so they're ready to cook. You can then steam/stir fry/bake/assemble into a salad as required.
- ▶ For those time-poor moments, have portion-friendly foods ready in the pantry or freezer (flat frozen and stacked). For example, baked beans, felafels, frozen fruit for smoothies, minute steaks.
- ▶ Use gadgets such as rice cookers, pressure cookers, thermomixes and slow cookers as these can be time-efficient ways to cook, and in some instances may also keep meals warm until you get home.
- ▶ Marinate/prepare food the night before, and store in the fridge. In the morning before leaving for school/work, pop the ingredients in a slow cooker to cook until you get home.
- ▶ Have pantry staples such as pasta, rice, tortillas, and taco shells in stock at all times.
- ▶ Bulk cook and store foods in ready-to-serve portions in your fridge or freezer. 🍷





FIT FOR LIFE

HELPING YOUNG

PEOPLE TO GET MOVING

Find out how the **YMCA** is supporting the health and wellbeing of young people.

Young people have some of the lowest levels of physical activity, with 80 per cent of 12 to 17-year-olds failing to meet the daily minimum physical activity requirements.

We should all be worried, as sedentary behaviour is associated with obesity and poor-health-related outcomes later in life including diabetes, heart disease, high blood pressure and some cancers. The World Health Organisation lists physical inactivity as the fourth-leading risk factor for death worldwide.

Being active, on the other hand, has been proven to have a significant positive impact on health and wellbeing, and there is evidence that suggests adolescents who are physically active have improved self-esteem and lower levels of stress.

Staying physically active is a lifelong pursuit, and developing healthy exercise habits in adolescence can assist in forming patterns of behaviour that carry through into adulthood. While there are many opportunities available for young people to get active, it's usually in the form of an organised sport such as football, netball or cricket. While sports can help form social connections, not everyone enjoys this environment. Team sports often have designated training nights and the time commitment can be too much for some teens and their families to juggle with school, homework and other after-school activities.

The YMCA Youth Membership was developed to give young people an alternative to traditional sports, help them cultivate healthy habits, and get fit in a safe environment at their local YMCA-managed recreation centre.

Sarah Harrington, Centre Manager at the Ashburton Pool and Recreation Centre, said the Youth Membership helped young people and their families fit exercise into their busy schedules.



'We know how important regular physical activity is. The Youth Memberships means teenagers can engage in regular physical activity in a safe environment and build healthy habits that will help them grow into healthy, happy adults.'

'We make sure the workouts are age appropriate, and they can work out in a solo or group environment. Our qualified instructor also meets regularly with each youth member to make sure they're getting the support they need to reach their health and fitness goals,' she said. 

Youth Memberships are available at select YMCA managed centres. To find out more visit victoria.ymca.org.au



WIN A 24K GOLD-INFUSED BEAUTY CLEANSING BAR FROM SASSOU JAPAN, VALUED AT \$100

With similar qualities to those found in certain Chinese herbal medicines that help effectuate healing and recovery, gold is believed to have the power to magnify the effects of skincare ingredients, by targeting and awakening weakened structures in the skin and promoting a glowing iridescence. You'll add the Midas touch to your beauty routine with this decadent 24K gold-infused beauty bar from Sassou Japan.

To find out more visit www.sassou.com.au



TO ENTER OR SUBSCRIBE

To enter to win this amazing prize, share your thoughts about this issue with us in 50 words or less. Submit your entry before Friday 3 November 2018, using the form on this page, and if your comment is selected as the best, you'll be notified as the winner!

Plus, you can also subscribe to receive future editions of this magazine (for FREE) by adding the words 'SUBSCRIBE ME' in your message.

SUBSCRIBE & FEEDBACK FORM

Placeholder for the subscribe and feedback form.