

## Food swap: bacon sandwich



*Fried bacon (untrimmed) made with white bread and butter*

Energy = 2374kj  
Fat = 21g (> 5 tsp butter)

*compared with...*

*Grilled rindless bacon made with wholemeal bread, salad and no butter*

Energy = 1150kj  
Fat = 10g (> 2 tsp butter)



**TOTAL SAVED** 1224kj,  
and fat = 11g (> 2 tsp butter)

**Nikki's tip of the week**



When a recipe calls for pastry, consider using fillo pastry – it still gives a light and crusty consistency but has a lower fat content.

### Dear Nikki

I am totally confused about how much protein I should eat a day. It seems like my gym trainer is telling me to eat more, yet a recent article I read in a food magazine said we get enough. How much is enough?



The acceptable range of protein intake is between 15-25 per cent of the total daily energy.

The mean level for New Zealand women is between 0.9-1.2g/kg body weight/day (or about 71g a day) and for New Zealand men the mean is between 1.1-1.5g/kg body weight/day (or about 105g).

It should be noted that protein is found not just in obvious foods such as lean meat, fish, chicken, eggs, nuts, pulses and dairy foods, but good amounts of protein is found in breads and cereals, so that is why most Kiwis get enough daily protein.

### Dear Nikki

I know that unsaturated fat is better for me than saturated fat but can you tell me a little about a new oil I have seen on the market called hempseed oil?

Hemega 3 or hempseed oil is made from GE-free hemp seeds. The oil is a good source of omega 3 and omega 6 fatty acids (and contains up to 5 per cent GLA – gamma-linolenic acid – a fat that is not normally present in other foods we eat).

The essential fatty acids contained in hempseed oil are present in a 3:1 ratio which is considered essential for nutritional balance. Hempseed oil is not suitable for frying and should be used for salads and dipping.



### Do you need Nikki's help?

Do you have a health-related question to ask Nikki? Write to Hart to heart, c/- New Idea, CPO Box 1467, Auckland or email [newidea@pacificmags.co.nz](mailto:newidea@pacificmags.co.nz).



# NIKKI'S SUPERFOOD OF THE WEEK

Yoghurt is a fermented dairy product made by adding bacterial cultures to milk. This changes the milk sugar lactose to lactic acid. Yoghurt should have millions of live lactic acid cultures in every spoonful.

The yoghurt-making process produces a tart flavour and pudding-like texture. The original Turkish name for yoghurt 'Yogurtmak' means 'to thicken'. The French call yoghurt 'le lait de la vie eternelle', which means the milk of eternal life, because of its many health benefits.

Although yoghurt contains high levels of protein, calcium and vitamin B2 (riboflavin) as well as other nutrients needed for many important metabolic processes of the body, it's the presence of 'friendly' bacteria that could be more important for the body.

It has been reported that an elderly population that ate yoghurt and milk more than three times a week was 38 per cent less likely to die from immune-related diseases.

*Yoghurt*



**BIG NEWS!**

## EATING YOGHURT WILL INCREASE FAT LOSS

Sixteen obese men and women on a reduced calorie diet that included yoghurt three times a day lost 61 per cent more fat and 81 per cent more abdominal fat when compared with 18 obese men and women on the same diet who did not eat yoghurt.

The fresher the yoghurt, the more live bacteria it contains. Eating fresh yoghurt daily can help boost the 'helpful' bacteria in your digestive tract. Making your own yoghurt ensures you have the greatest opportunity to ingest the most bacteria compared with buying a processed yoghurt which may have declining numbers of 'helpful' bacteria by the time you eat it.

## 4 WAYS TO:

# cut calories from your diet



### *Stick to non-stick*

Use a non-stick pan as this will mean using less oil. If adding fat when pan-frying, always drain food on a paper towel before serving to blot any excess fat.



### *Reduce the juice*

Ditch the juice for other drinks! A small glass of juice can have up to 80 calories but mineral water has negligible amounts.



### *Make yourself at home*

Make your own food. Making your own lunches can reduce daily calories by hundreds if you select low-fat cheeses and spreads when compared with standard fare in bakeries and lunchbars.



### *Go mellow on yellow*

When using a yellow spread, scrape it on thinly to save you hundreds of calories a week.