



# Active Nutrition

## Newsletter April 2012



### Fat – Good Fats and Bad Fats – Do you Know the Difference?



Not all fats are made the same – there are two main “families” of fat – saturated fats and the unsaturated fats.



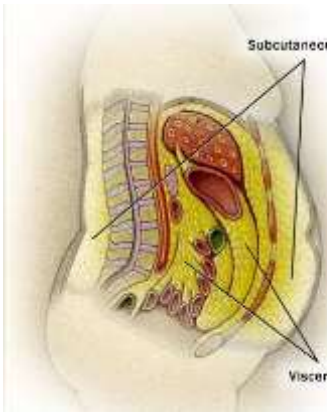
Unsaturated fats are the “good fats” and come in the form of monounsaturated fats and polyunsaturated fats. They are responsible for lowering blood cholesterol, lowering inflammation diseases (heart, bowel, and lung) as well as being responsible for insulating nerve cells that helps with mental and physical function. At least 2/3 of our daily fat intake needs to be unsaturated fats. Eat more cold water fish, oils high in unsaturated fats, nuts and seeds.



Saturated fat is used to build cell membranes, store fat-soluble vitamins (A, E, D & K) and is a component of important hormones. However, saturated fat is converted into cholesterol and can be very damaging to our health. We only require between 15-20g of saturated fat per day. The saturated fats we consume are mainly from animal sources (in meat, dairy, eggs, chicken, etc.) as well as from plant sources (peanuts, coconut oil and milk, palm oil and cocoa butter).



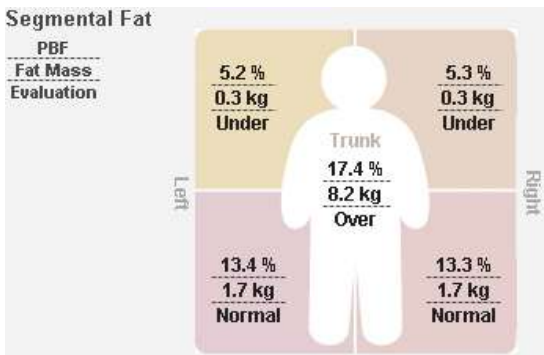
Trans fat is the unhealthiest fat of all and eating even a small amount increases your risk of heart disease – avoid it at all cost! Read product labels and if there is even a trace of trans fat listed discard the product.



Fat is stored in the body in two different ways, either as subcutaneous fat (under the skin) or surrounding the organs (visceral fat). It is the excess of the visceral fat rather than the excess of upper body subcutaneous fat that is associated with increased risk of health problems such as heart disease, high blood pressure and type II diabetes.

A quick way to test your risk is to calculate your waist-to-hip ratio. Measure your waist circumference and your hip ratio. Divide the waist measurement by the hip measurement. Women are at risk if the ratio exceeds 0.85 and men if the ratio exceeds 0.90.

How to know what your body fat percentage is? Government statistics only consider BMI (body mass index) as a way of determining if the population is “normal”; “over weight” or “obese”. BMI does not take into consideration body composition (large muscle mass, total fat mass, athletes etc.). Skin fold measurements only show what the subcutaneous fat percentage is. Some people are thin on the outside, but fat on the inside.



Alternative assessments are able to identify the full body fat mass. DEXTA assessment is the “gold standard” method of discovering exactly what your body composition is. However, this is a costly method. Bioelectrical Impedance Assessment (BIA) is an inexpensive and effective method that assesses body composition, not the least what the body fat percentage is and where one is carrying the fat. It

works by sending low levels of electricity through the body. The current travels quickly through the muscle, but as fat is very resistant to the current (lack of water stored in fat), the appliance can assess the fat mass and the muscle mass.

Exercise and diet changes (more energy out, less energy in) will reduce the fat deposits. Visceral fat yields more easily to weight loss than the subcutaneous fat around the waist. This is encouraging for those at risk of diseases associated with high fat deposits (Heart disease, diabetes and high blood pressure to name a few). However, it can be frustrating for those wishing to reduce waist size.



Watching your fat intake is an important factor in limiting the “bad” fats; getting a good balance of the “good” fats and avoiding the storage of excess fat. (Remember excess

carbohydrate intake will be converted to fat storage!). Many “healthy” takeaways are not as fat free as we think. The following are a few of these “healthier” takeaways.

Takeaway	Per 100 g			Per Serving					
	Calories (100g)	Total Fat (grams)	Saturated Fat (grams)	Calories per serving	Grams per serving	Total fat (grams)	Saturated Fat (grams)	Sodium (mg)	
Standard Sushi Rolls (200g)	73	0.7	0.2	145	200	1.4	0.3	556	
Lamb Doner Kebab with Yoghurt	210	12.3	5.4	679	323	39.8	17.5	377	
McDonalds Southwest Salad & Grilled Chicken	87	2.4	0.7	290	335	8	2.5	650	
McDonalds Bacon Ranch Salad & Grilled Chicken	75	3	1.3	230	305	9	4	700	
Subway Salad - Roast Beef	30	0.5	0.1	109	359	1.9	0.5	513	
Subway Salad - Turkey	29	0.8	0.2	103	359	2.8	0.8	401	
Subway 6-inch - Roast Beef	130	1.8	0.7	257	198	3.6	1.3	721	
Subway 6-inch - Roast Chicken	129	1.8	0.6	281	217	4	1.3	438	
Subway 6-inch - Turkey	127	2.2	0.8	251	198	4.4	1.6	609	
Subway 6-inch - Veggie Delite	134	1.8	0.6	205	153	2.7	0.9	285	
<b>Subway Dressings NOTE none of the above Subway Foods have any dressings on. What you choose make all the difference!</b>									
Italian	384	39.5	8.1	80.7	21	8.3	1.7	174	
Lime & Coriander	360	33.8	2.9	75.7	21	7.1	0.6	145	
Chipotle Southwest	465	48.6	8.1	97.6	21	10.2	1.7	135	
Ranch	462	48.6	7.1	97.1	21	10.2	1.5	113	
Barbecue	86	1.0	1.0	18.1	21	0.2	0.2	119	
Sweet Chilli	195	0.5	0.0	40.9	21	0.1	0	242	

Make the best choices when looking at takeaways



### **Would you like further information?**

My business is to help you achieve the best possible balance of nutrients to support your sport or exercise goals.

Contact me if you require a nutrition consultation or a body composition analysis (BIA). I am always glad to help. If you wish to book an appointment or just ask a question log onto my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz) and follow the steps.

*Diana*



## Recipe of the Month



### Chicken, Spinach & Mushroom Filo Rolls

**Serves 4**

**About 30 minutes to prepare**

✓ **Low Sodium**

✓ **Low Calorie**

✓ **Low Fat**

#### **Ingredients:**

2 teaspoons canola or rice bran oil  
500g skinless chicken cut in 2cm cubes  
2 tablespoons wholemeal flour  
8 sheets filo pastry  
1 egg, beaten  
1 1/2 cups spinach cooked and well drained

1 onion finely chopped  
1/2 teaspoon cayenne pepper  
3/4 cup trim milk  
oil spray (rice bran or canola)  
1 tablespoon sesame seeds

Heat oil in a non-stick frying pan over a medium-high heat, add mushrooms. Cook until golden. Put to one side. Add onion to pan and cook, stirring occasionally, for 5 minutes, or until soft, put to one side. Add chicken to pan and cook until browned. Return mushrooms and onion to pan with cayenne pepper. Stir until well combined

Sprinkle flour over chicken mixture and stir until well combined. Remove pan from heat and then slowly add milk while stirring. Return to heat and bring to the boil stirring to avoid mixture sticking. Simmer for 1 minute. Remove from heat, add spinach and cool

Preheat oven to 200°C. Line a baking tray with baking paper.

Place a sheet of filo pastry on a flat surface. Lightly spray with oil. Fold pastry short end to short end. Spread 1/3 cup of chicken mixture on edge of pastry. Roll pastry once. Fold in sides and continue to roll until a sausage roll shape is formed. Place on prepared baking tray. Continue to make rolls with remaining pastry and filling

Brush rolls with egg and sprinkle with sesame seeds. Bake for 15-20 minutes, or until pastry is golden and crisp

Serve with your favourite mixed green salad

Enjoy!