

Tempting tasty treats are fine

WEEK two of our campaign to raise awareness about healthy eating will focus on those treats we all love and can't stay away from.

Many will be happy to hear award-winning dietitian Amanda Clark say there is no reason to stop eating cakes, chocolate, lollies and biscuits if we can maintain self control.

"These have been created to appeal to our desire for ideal texture and flavour, and can even change the balance of brain chemicals to

make us feel better, so here is no reason to feel guilty for enjoying these things," she said.

"Large doses of treats are like a trip to Hawaii, they come with a cost, but taking small breaks very often can keep us going."

Treats can still be enjoyed in the proper proportion, with one Freddo Frog equivalent to the 100 calories allowed as a snack in most weight-loss diets and a giant Freddo equivalent to the 200 needed for weight maintenance.

Shape up with the Sun



Ms Clark said the two keys to eating high-calorie food were small, controlled portions.

"Pretend you are a food critic and analyse every mouthful, as part of satisfaction comes from the length of time you are exposed to those ideal tastes, textures and aromas," she said.

Other tips include looking for restaurants

that serve vegetables rather than just meat, bread, potatoes and other starchy items, avoiding high-calorie drinks and giving buffets a wide berth.

"If you choose to drink wine, keep a glass of water handy as well, so that when you need to quench your thirst or wash down food you can reach for that instead," she said.

RECIPE OF THE WEEK

Rippa Rissoles from the book *Simplify Too Good To Be True* by Annette Sym. It will serve a family of four a nutritious meal for under \$10, with about 100 calories per patty.

Makes 12 small patties

Ingredients:

- 1/2 cup raw brown rice
- 3/4 cup carrots grated
- 3/4 cup zucchini grated
- 1 small onion finely diced
- 500g very lean beef mince
- 1 tsp beef stock powder
- 2 teasp oyster sauce
- 1 sachet spring vegetable soup
- 1 egg white
- pepper to taste
- cooking spray

Also:

- 2 cups broccoli
- 2 cups cauliflower
- 2 cups green beans

Directions: Follow cooking instructions on rice packet. Rinse and drain well. Place all ingredients in a mixing bowl, including cooked rice, and combine well. Shape into 12 patties. If time permits refrigerate rissoles for a few hours before cooking. Generously coat a large non-stick frypan with cooking spray, fry rissoles 3-5 minutes on each side or until cooked through and browned on both sides. Steam vegies for 7 minutes and serve.