

RESPONSIBLE DRINKING

Did you know that one billion cups of takeaway coffee are made in Australia every year, resulting in seven million kilograms of solid waste in Australian landfills? Most takeaway cups cannot be recycled because they're laminated with polyethylene, a plastic



resin, which also means they take decades to break down. If you'd like to stop contributing to the problem, ask your local coffee shop if they'll fill your personal coffee mug, or purchase a special refillable mug. The new 350ml stainless steel Cheeki Coffee Mug, \$24.95, has double-wall insulation to keep drinks hot, a non-spill lid, and comes in three different designs. See www.cheeki.net.au. The Milano Coffee Cup, \$17.95, from Milk & Sugar has a double-walled thermal ceramic base and a silicone lid in a variety of colours. It's available online at www.milkandsugar.com.au



have your cake
no butter • no white flour • no added sugar
a healthy and simple way of baking



Not so naughty

As the title suggests, *Have Your Cake* (The Five Mile Press, \$29.95) is a cookbook full of sweet treats, and the good news is they're not only easy to make, they're also relatively healthy. The recipes are created by Melbourne mum Emily Rose and most can be prepared in 10 minutes with just a whisk and a bowl. While this is not a diet book, Emily's emphasis is on using healthy, less-processed ingredients to make cakes and biscuits that are higher in fibre and lower in sugar and saturated fat than traditional baked treats. There are 60 recipes for biscuits, cakes, muffins, tarts and friands.

IT'S SHOWTIME

The 2011 Good Food & Wine Show will begin its circuit of Australian capitals in June. The show will include a celebrity chefs' theatre, featuring George Calombaris, Gary Mehigan, Matt Moran, Manu Feildel and Tobie Puttock; a regional producers' market; wine tasting and tutorials; a CheeseMatters Discovery Class with cheese guru Naomi Crisante; and hands-on workshops on everything from baking and decorating cupcakes to making the perfect espresso coffee. The show will run in the following cities: Melbourne, June 3-5; Sydney, July 1-3; Perth, July 15-17; Adelaide, October 7-9; Brisbane, November 4-6. See www.goodfoodshow.com.au



HAPPY SNACKING

Why are Australians getting fatter and fatter?

According to dietitian Amanda Clark, the answer is simple: we eat far too much. To help address the problem, Amanda has written *Your*

Portion Perfection Healthy Snack Bible, which explains what snacks are healthy enough to eat every day, which are for occasional treats, and which ones come in the right portion size for weight loss or maintenance. The book is available as a free download from www.portionperfection.com.au or as a hard copy from book stores for \$7.95.



THE HIGHS + LOWS

A low-GI, high-protein diet may be the best way for women to avoid regaining weight after they've worked hard to lose it, according to a large study conducted across eight European countries. The Diogenes study, sponsored by a number of food companies including Kellogg's, investigated diets for preventing and treating obesity, and study author Professor Arne Astrup says the results point to the value of a low-GI/high-protein diet for people who struggle to maintain a healthy weight.

"The results conclude that of the five popular diet types tested, a high-protein, low-GI diet provides the greatest opportunity

for weight-loss maintenance. Equally, we also found that with this diet, people were more likely to stick with it so they had a better chance of keeping off the weight they had lost," he says.

The other diet types tested in the study were low protein, high GI; low protein, low GI; high protein, high GI; and a control group following current dietary recommendations without specific GI requirements.

Low-GI food causes blood glucose levels to increase more slowly and to lower levels compared to foods with high GI, and are considered better for overall health.

