

diary note:

Australia's Healthy Weight Week takes place January 20-27

Kickstart your healthy eating habits this year by taking part in Australia's Healthy Weight Week. Visit www.healthyweightweek.com.au to find out more about events taking place Australia-wide or print out a pledge sheet and make a promise to move more, cook at home more or eat better.



Food & nutrition

in a nutshell

LOOKING FOR A NOURISHING SNACK? SPANISH RESEARCHERS DISCOVERED THAT PEOPLE WHO BOOST THEIR HEALTHY MEDITERRANEAN-STYLE DIET WITH A HANDFUL (30G) OF NUTS EVERY DAY HALVE THEIR RISK OF DIABETES, SLASH BLOOD GLUCOSE LEVELS, LOWER BMI AND WAIST CIRCUMFERENCE AND IMPROVE THEIR BRAIN HEALTH.

Three ways with salmon

Just two servings of salmon each week is all it takes to get the recommended intake of omega 3 fatty acids essential for heart, brain and joint health. Tassal research and development manager Kevin Horgan suggests the following ways to add more of this superfood to your diet.

Pan-fry Add a good-quality olive oil to a heavy bottomed, non-stick frying pan and heat over medium heat. Season salmon portions with salt and pepper, then place in pan and cook, skin-side down, for five minutes. Flip over and cook for another three to four minutes. Serve with steamed vegies and a wedge of lemon.

Barbecue Place a bed of chopped onion, garlic, celery and carrot in the centre of a square of foil. Place a skinless portion of salmon on top, drizzle with olive oil and season with salt and freshly ground black pepper. Seal foil square and barbecue with the lid down for 10 to 12 minutes. Serve salmon with garden salad.

Steam Place a portion of salmon in a bamboo steamer lined with greaseproof paper. Put the steamer on top of a wok containing about 1 litre of boiling water and steam for five to seven minutes. Serve salmon on a bed of cooked brown rice with chopped fresh chilies and coriander leaves, and drizzled with soy sauce.

CHERRY ON TOP

It wouldn't be summer without a bowl of cherries in the house. And now it seems this delicious little fruit also has medicinal benefits. In fact, a recent US study shows that eating cherries may reduce the risk of gout attacks by 35 per cent. These stone fruits are also an excellent source of vitamin C, potassium, fibre and the powerful antioxidant anthocyanin, which helps zap free-radicals in the body.

