

Susie's Tips for the week ahead

I often get asked about foods that are suitable for those who suffer from allergies and intolerances - wheat and gluten intolerance, coeliac disease, lactose intolerance, dairy and wheat free diets just to name a few; and I have to say, I am not an expert in this area BUT I have just stumbled over this fantastic free publication, "Every Day Health" which is published by Orgran - a food company that specializes in allergy friendly foods. So if you deal with these food issues in your day to day life, check out the website, subscribe to the free magazine and be enlightened by the range of allergy and intolerance friendly foods that are available - www.orgran.com

Your Food: Top 10 foods for ageing

Many foods are rumored to have anti aging benefits but there are relatively few that are actually proven to help in the physiological or psychological aging process. Here is a list of foods that are actually proven to work, and that you need to eat at least every second day to get the health benefits of-

- 1) Atlantic salmon - you already knew this one
- 2) Walnuts/Brazil nuts - 30g every day
- 3) Green tea - aim for 2 cups each day
- 4) Red wine - the best choice of alcohol
- 5) 70% cocoa chocolate - unfortunately the Cadburys Dairy Milk just does not do it
- 6) Cranberries, blueberries - highest known antioxidant contents of all fruit
- 7) Broccoli - daily vegetable of choice
- 8) Carrot - snack on 1 each day
- 9) Oysters - just 1 gives you almost all the zinc you need for a day
- 10) Kiwi fruit - more Vitamin C than an orange - who knew?

Product of the week: Angras Fruit Dried Cranberries - <http://www.angaspark.com.au/>
Perfect teamed with some walnuts or Brazil nuts for afternoon tea

Your Body: Message to my girl

A good friend of mine, Ange recently told me that when she was little, no matter what age she was, she can only ever remember her mother telling her that she was beautiful. No matter what she was wearing, no matter how her hair or makeup was done, her mother's one comment always was "You look so beautiful". Now in her 30's, Ange said it was only very recently that she felt jealous of another girl's beauty for the first time (mind you, it was Jennifer Hawkins she was next to in the change room!). The message is clear, tell your daughters, no matter what that they are beautiful, because in a world obsessed with beauty, young self esteem and self belief can be preserved for many years if it is nurtured in the right way.

Recipe of the Week: Marinated baked salmon

Thanks to the lovely Nat Devenish for sending this one in.

2 lemongrass stems

$\frac{1}{2}$ small bottle (about 125ml) dark soy

1 bunch fresh coriander, leaves reserved stalks finely sliced
2cm piece ginger, finely grated
4 garlic cloves, finely grated
1 large (about 1kg) salmon fillet
4 tbs honey
2 red chillies, seeds removed, finely sliced
2 limes

1) Preheat oven to 200oC.

2) Bash lemongrass in mortar and pestle. Mix with soy sauce, coriander stalks, ginger and garlic, then rub all over the salmon. Leave to marinate for an hour or so, either in a plastic bag or on a tray covered with plastic wrap.

3) When ready to cook, remove salmon from marinade and put on a baking tray. Brush (or squeeze) with honey, bake for 10min. **(I like to leave it in for another 7-8 min. as I like it almost fully cooked.)**

4) To serve, break the cooked salmon up so everyone can see the lovely, dark sticky outside and pink fish underneath.

5) Sprinkle with chillies, spring onions and reserved coriander leaves. Squeeze over lime and serve with steam fresh vegetables for an omega 3 rich, tasty feast.

**Your Life: Top 10 tips for happiness
C/o the Making Slough Happy project**

- 1) Get physical every day
- 2) Express gratitude
- 3) Take time to talk to someone each day
- 4) Plant something
- 5) Cut TV viewing by $\frac{1}{2}$
- 6) Smile at 1 person each day
- 7) Phone a friend
- 8) Have a good laugh
- 9) Treat yourself each day
- 10) Do a good deed each day

Susie Burrell
Dietitian/Nutritionist
Susieb2@chw.edu.au
www.susieburrell.com.au

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time." -- Thomas Edison, inventor