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Welcome!

With winter here, and the nights getting colder and darker, I am thinking about food! I love eating winter meals – roast dinners, casseroles, and hearty soups with hot crusty bread. So in this issue of the CABOOLTURE mums & little ones newsletter, we are talking about food.

The issue focuses on healthy eating for mums (and dads of course!). One important part of healthy eating is having enough fruit and vegetables. It is recommended that adults have *at least* two serves of fruit and five serves of vegetables each day. Pregnant mums, however, have different requirements – check out the article on page 2 and see if you are getting enough to look after your health. One serve of fruit is a medium piece (like an apple or a pear) or two small pieces (like a kiwi fruit or an apricot). One serve of vegetables is half a cup of cooked vegetables, or one medium potato, or half a medium sweet potato. On page 3, we've got some ideas of how to include more fruit and vegetables in your family meals.

News

Try and buy fruits and vegetables that are in season – it usually works out to be cheaper. However, if you can't find the things you like, you can use canned or frozen fruit and vegetables. Always choose products with "low fat", "reduced fat " or "no added fat"; "no added salt" or "no added sugar". Choose tinned fruit in natural juice.

Of course you need more than fruit and vegetables for healthy eating. On page 4, we outline the number of daily serves of bread and cereals, dairy, and meat that is recommended for adults.

All this talk of food is making me hungry..... I think I'll make some of the yummy banana muffins using the recipe on page 3. This recipe was tested in our family cookery classes and was very popular. Enjoy!



Yvette Miller, Director
CABOOLTURE mums & little ones



"Go for 4 & 5" in Pregnancy

Have you heard the "Go for 2 & 5" message? It is about the serves of fruit and vegetables you need to eat each day for good health. In pregnancy this changes to **"Go for 4 & 5"**. You should aim to eat **4 serves of fruit and 5 serves of vegetables each day during your pregnancy**. Eating more fruit and vegies may be the single most important dietary change to improve your health and reduce the risk of disease. It is especially important when you are pregnant.

What's in it for you?

During pregnancy fruit and vegetables have the added benefit of

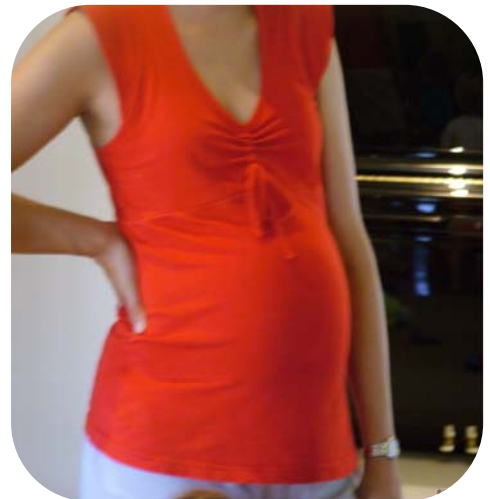
- Being a good source of folate (which is important for your baby's development)
- Helping your body use iron from your diet to keep your iron levels up
- Coping with constipation

A lifetime habit of eating fruit and vegetables can help prevent

- Heart disease
- Some forms of cancer
- Overweight and obesity
- Constipation

Eating fruit and vegetables can also

- Lower blood pressure and cholesterol levels
- Improve control of diabetes



How Do You Measure Up?

Are you eating 4 & 5 serves of fruit and vegies? It's easy to check - use the activity on page 27 in the Pregnancy Pocketbook (if you got one from the antenatal clinic at the beginning of your pregnancy). You can also use one of the planners on the CABOOLTURE mums & little ones website (www.mumsandlittleones.com/nutrition/nutrition)

It's Easy to Get your Daily Fruit and Veg!

Do you need to get some extra fruit and vegies into your day? It's easy! Simply add an extra serve to the meals and snacks that you already eat. **Try some of these ideas....**



Fruit

- Add fruit to you breakfast cereal or yoghurt
- Blend soft fruit (e.g. bananas, strawberries) with low fat milk, yoghurt and ice for a fruit smoothie
- Add chopped or sliced fruit to salads



Vegetables

- Heat leftover vegies, add reduced fat cheese and serve on toast
- Top English muffins or crumpets with diced vegetables and sprinkle with reduced-fat cheese for a quick mini- pizza
- Add extra vegies or legumes (dried peas, beans or lentils) to meatloaf, patties, stuffings, stews, casseroles, stir-fry, pasta and rice dishes



Banana Muffins



Cost – \$6.95 for 4 serves

Preparation time – 15 minutes

Cooking time – 25 minutes

Cooking equipment – Muffin pan, large bowl, small bowl, wooden spoon, whisk, fork, dessert spoon, sieve.

Ingredients (for 4 serves)

¾ cup cups of self raising flour
¾ cup of plain flour
½ cup of brown sugar
1 tablespoon of butter
½ cup of milk (skim milk is best)
1 egg
½ teaspoon of vanilla essence
1 ripe banana

Before you start

1. Preheat the oven to 180 °C/350 °F.
2. Lightly grease the muffin pan.

Method

1. Sift flour into the large bowl.
2. Add sugar into the large bowl and stir gently.
3. In the small bowl, whisk melted butter (1 minute in the microwave on high), eggs, milk, vanilla essence and banana together with a fork and add to the sugar/flour mixture in the large bowl.
4. Stir gently until the mixture is just combined.
5. Spoon the mixture into the muffin pan.
6. Bake muffins for 20 – 25 minutes or until the muffins have risen and spring back to touch.
7. Leave muffins to cool for two minutes, serve.

Storage: keep for up to 3 days in the fridge in an air tight container or covered in glad wrap or alfoil.

Freezing – Place in glad wrap or air tight container within one hour of cooking. Freeze for up to 3 months.



Healthy Eating for Mums and Dads

In addition to your daily serve of fruit and vegetables, healthy eating also includes breads and cereals, dairy, and meat. Here's how much you need!



8-12 serves of bread, cereals, rice, pasta or noodles each day.

One serve is 1 slice of bread, ½ medium bread roll, ½ cup of cooked rice or pasta, ½ cup porridge, ¾ cup of cereal, or ¼ cup of muesli.



2 serves of dairy each day.

One serve is 1 cup of milk, 2 slices of cheese, or 200g (1 cup) of yoghurt.



1 and 1/2 serves of meat, chicken, fish, eggs or nuts each day.

One serve is 65-100 g of cooked meat or chicken (eg ½ cup of mince, 2 small chops, 2 slices of meat), ½ cup of cooked (dried) beans or lentils, 2 eggs, 80-100 g cooked fish or tuna, or ⅓ cup of peanuts or almonds.

Remember – if you have a little one under 6 months of age

It is recommended that babies be fed only breast milk for the first 6 months of their life, with the gradual introduction of solids after that.

Breast milk has everything a baby needs for the first 6-months. It contains just the right amount of protein, fat and carbohydrate to ensure your baby's healthy growth and development. It is also a good source of food for your baby even when they are 12 months old (and older)!



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