

# Nutritional Myth

## HEALTHY FOOD ARE MORE EXPENSIVE

It does not have to be expensive. 1 tray of 6 yogurts = 1 large packet of chips  
Use healthy ingredients like dried lentils, sweet potato, beans, tinned fish  
Watch for special offers and buy seasonal, whole fruit and vegetables  
Replace expensive with less expensive example: salmon in recipe can be replaced by any tinned fish like pilchards or mackerel  
Grow your own vegetable garden  
Buy in bulk and portion it yourself

- **EATING HEALTHY IS CHEAPER THAN EATING UNHEALTHY AND PAYING FOR MEDICATION AND DOCTORS!**

## Vegetable of the Month FENNEL

From seed to stem, the entire fennel plant is edible and used in many different ways to impart a mild, anise-like flavor to foods. Fennel's unusual liquorice taste goes especially well with tomato and fish dishes

### Packed into one cup of raw fennel (174g):

226 kilojoules – more than 30% of the daily requirements for **vitamin C**, to help keep skin healthy – **fiber** to help maintain intestinal health

### In the Kitchen:

Storing: Separate the stems from the bulb before storing. Use the stalks first as they don't keep as well. Fennel loses its flavor with age

Basic cooking: Fennel can be steamed, boiled braised or eaten raw

### Fresh ideas...

Fish can be baked on a bed of sliced fennel bulb. You can grill fish over fennel stalks or add fennel leaves to the poaching stock for a fish.

For an excellent salad, mix sliced fennel with baby spinach and splash with olive oil and balsamic vinegar.

Use fennel stalks as 'boats' for carrying fillings such as chicken or tuna mayonnaise

## Contact a Dietitian

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# Tsebo Dietetics Newsletter

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## Article of the Month



world diabetes day  
14 November

### Diabetes Awareness Month

November is Diabetes Awareness Month. This is fast becoming and even bigger problem in South Africa, not just for adults but for children too. Diabetes is not something to ignore and should be carefully managed. It is a serious condition and occurs when the body is no longer able to produce the hormone insulin or cannot make good use of the insulin the body does produce. Without insulin, the glucose from the food we eat, cannot reach our muscles and organs from the bloodstream, causing all sorts of health problems, like damage to nerves and blood vessels. Following a healthy way of eating can make a huge difference to this condition.

### What can you eat?

People with diabetes should eat a healthy diet, the same as somebody without diabetes. It should be low in saturated fat, high in fibre and include a variety of fruit and vegetables.

### A guide to portion sizes

Reduce your portion sizes to help you reduce and maintain a healthy weight. A portion is:

- a fist size of potatoes, bread, pasta or other starchy carbohydrates
  - a palm size of meat/fish or poultry
  - two handfuls of vegetables or salad
  - a cupped-handful of fruit
- top of your thumb size of oil or fat spread.

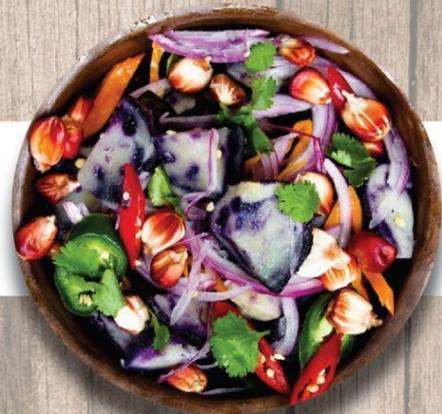
Try using a smaller plate, filling half of your plate with vegetables and avoiding second helpings.



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## Recipe of the Month

### Pilchard Cottage Pie

#### Ingredients:

400g can Lucky Star Pilchards in Tomato  
 3-4 potatoes or sweet potatoes, peeled and cut into chunks  
 2 Tbsp butter or margarine  
 4 Tbsp milk  
 Salt and ground black pepper  
 100g frozen or canned mixed vegetables, drained  
 ½ cup soft breadcrumbs

#### Directions:

Heat the oven to 200°C.  
 Grease a casserole dish.

Cook the potatoes in salted boiling water until soft. Drain well, mash with the butter or margarine and milk, and season with salt and pepper.

Tip the pilchards into a bowl and break them up into large chunks in their sauce. Gently mix in the vegetables, and season with salt and pepper.

Place the pilchard and vegetable mixture into the casserole. Top with the mashed potato. Scatter the breadcrumbs on top and bake uncovered for 20 to 30 minutes until crunchy and golden.

Serve with vegetables.

## Nutritional Snippet

### Red Pepper

A red pepper has nearly 13 times as much beta-carotene as a green pepper! It also has double as much vitamin C



## Meet the Dietitian

### Heleen Dreyer

Dietician at Nelspruit Medi Clinic



I completed my Bachelor of Science Degree in Dietetics at the University of Pretoria. I am registered with the Health Professions Council of SA (HPCSA) and South African Dietetics Association (ADSA).

I started my journey as a Foodservice and Therapeutic dietician at Coronation Hospital in Johannesburg (today Rahima Moosa Mother & Child hospital) and thereafter at the Johannesburg General Hospital (today Charlotte Maxeke Jhb academic hospital). I joined Nelspruit Mediclinic in 2004 as a dietician involved with Food service and all the Special diets. I guided the COHSASA (Council for Health Service Accreditation of Southern Africa) audits since 2012. I was assigned to compile the COHSASA File for the Therapeutic nutritional service.

My other field of interest is Nutrition in the ICU and to prescribe Enteral – and Parenteral feeds. I enjoy conducting training and presentations on different diets to educate the public on health/wellness and nutrition.

In my free time I enjoy Pilates, entertaining friends and exploring new places especially the bushveld, the Cape and overseas.

## Plant-Based Recipe

### Jacket Sweet Potatoes with cottage cheese

4 tsp (20 ml) olive or canola oil

¼ cup (60 ml) lemon juice

2 tbsp (30 ml) water

4 tsp (20 ml) finely grated fresh ginger

1 small chilli, seeded & chopped (optional)

1 clove of garlic, crushed

2 onions, cut into wedges

6-8 (± 800 g) small sweet potatoes, in the skin

black pepper to taste

¾ cup (180 ml) low-fat cottage cheese

handful fresh coriander leaves

1. Preheat the oven to 180 °C.

2. Mix oil, lemon juice, water, ginger, chilli

& garlic in a large bowl. Add onions

& sweet potatoes and toss to coat the

veggies. Season with pepper.

3. Place in an oven dish, with all the liquid

& seasonings. Roast for 45 minutes.

4. Stir onions with the pan juices into the

cottage cheese. Cut a deep slit into each

sweet potato & fill with about 2 tbsp

(30 ml) of the mixture. Garnish with fresh

coriander.

Serve with grilled or roasted fish, chicken

or pork and fill your plate with any green

Veggies or green salad will also be delicious.

