

## Light foods - do they support your weight loss efforts?

Here are 5 home truths to help you lose weight by understanding light foods ....



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## Coconut

Coconut oil is unique and different from most other fats and possesses many health giving properties .....



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## E-Waste

E-waste is growing at three times the rate of other municipal waste. There are better options .....



[Read More >](#)

## Turn over a new leaf

Make a difference - by pledging to cut the amount of disposable bottles you use. By refilling a bottle from your BRITA jug to take out with you and you can say "no" to the eco-cost and landfill impact of bottled water. Go to [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au) and make your pledge and BRITA will seed a tree in recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water wherever you go?



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## August 2009

"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !

### • BRITA Competitions:

# WIN

Win Catherine Saxelby's book "Nutrition for Life"



See what we are doing on facebook and how you can win with us.

Help us in our market research and you could win a years supply of filters.



[click icon to enter](#)

### • Health Update: What's on in August

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### • Recipe of the month

Red Chicken Curry

[Read More>](#)

### • Ask Catherine -

You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!



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### • Your Say

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## Light foods - do they support your weight loss efforts?

Not all light foods are genuinely light. There may be less fat but it may have been replaced with extra sugar or extra something else mysterious.



### So here are the 5 home truths with light fare:

1. You can't eat TWICE as much. Even if a light food has 50% less fat.
2. Fat adds flavour. If you take the fat out, you have to put something else in to give a light food enough flavour and mouth-feel to make it tasty. Often what you add back is sugar, fruit puree or starch and these add kilojoules.
3. Read the label and check WHAT is being lightened - is it the fat, salt, alcohol or just the texture or colour?
4. Watch how small the serve size is it may just be packed in smaller sizes.
5. Sometimes it's more enjoyable and flavoursome to eat a small amount of the 'real thing' than lots of a light substitute. Sit down, focus on the food, savour a small serve slowly and you'll feel satisfied.

### Rule of thumb

- When a light product drops its fat by half (say light cream or coconut milk) and nothing else changes, you save 40 to 50 per cent of the kilojoules.
- When a light product drops its fat by half but makes up for it with extra sugar or starches (say with muffins or light ice-cream), the most you save is only 30 percent of the kilojoules. You can't eat twice as much!

### Super savers

According to our calculations, these light products really save you lots - over 30% saving in fat (or sugar or alcohol) AND kilojoules - and make a difference to your diet efforts.

Foods with less fat:

Light coconut milk

Light sour cream

Light cream

Light evaporated milk

Light cream cheese

Light milk

Light Probiotic drink

Foods with less alcohol:

Light beer

Foods with less sugar:

Light blackcurrant juice

Ref: Written by Catherine Saxelby [www.foodwatch.com.au](http://www.foodwatch.com.au)

## Coconuts

The coconut provides a nutritious source of meat, juice, milk, and oil that has fed and nourished populations around the world for generations. On many islands coconut is a staple in the diet and provides the majority of the food eaten. Nearly one third of the world's population depends on coconut to



Some populations depend on coconuts to some degree for their food and their economy. Among these cultures the coconut has a long and respected history.



Coconut is highly nutritious and rich in fiber, vitamins, and minerals. It is classified as a "functional food" because it provides many health benefits beyond its nutritional content. Coconut oil is of special interest because it possesses healing properties far beyond that of any other dietary oil and is extensively used in traditional medicine among Asian and Pacific populations

Once mistakenly believed to be unhealthy because of its high saturated fat content, it is now known that the fat in coconut oil is a unique and different from most all other fats and possesses many health giving properties. It is now gaining long overdue recognition as a nutritious health food.

The difference is in the fat molecule. All fats and oils are composed of molecules called fatty acids. There are two methods of classifying fatty acids. The first you are probably familiar with, is based on saturation. You have saturated fats, monounsaturated fats, and polyunsaturated fats.

Another system of classification is based on molecular size or length of the carbon chain within each fatty acid. The size of the fatty acid is extremely important, because our bodies respond to and metabolize each fatty acid differently depending on its size.

Coconut oil is composed predominately of medium-chain fatty acids (MCFA), also known as medium-chain triglycerides (MCT).

MCFA are very different from LCFA. They do not have a negative effect on cholesterol and help to protect against heart disease. MCFA help to lower the risk of both atherosclerosis and heart disease. It is primarily due to the MCFA in coconut oil that makes it so special and so beneficial.

Ref: <http://www.coconutresearchcenter.org/>

See our recipe this month for Red Chicken Curry with coconut

## E-Waste

Australia is among the top ten countries in the world for per capita computer use. Yet we're one of the worst countries when it comes to dumping these toxic and resource rich products when they reach end-of-life. Around two million computers are sent to landfills every year in Australia.

E-waste is growing at three times the rate of other municipal waste. Currently only around 2 per cent of computers are recycled.



The average computer is comprised of more than 700 substances, many of which are hazardous, such as lead, cadmium, and mercury. They are also filled with non-renewable materials that are rapidly approaching peak availability such as hafnium (used in computer chips), indium (used in LCD screens) and silver. When they are dumped in landfills, these materials are wasted and hazardous substances can cause damage to the environment and human health.

There are better options than dumping it at the tip or leaving it lying around the

house

- Donate your working computer to a refurbishing centre where it can be reconditioned.
- Give it to a family member or friend.
- Donate it to local schools or charities.
- Take your computer to a recycling centre where it will be stripped for reusable or recyclable components and responsibly disposed of.

Ref:

[www.thegreenpages.com.au/Green-Eco-Directory/Recycling+Waste](http://www.thegreenpages.com.au/Green-Eco-Directory/Recycling+Waste)

[www.choice.com.au/viewArticle.aspx?](http://www.choice.com.au/viewArticle.aspx?id=103811&catId=100494&tid=100008&p=1&title=Where+to+recycle+your+computer)

[id=103811&catId=100494&tid=100008&p=1&title=Where+to+recycle+your+computer](http://www.choice.com.au/viewArticle.aspx?id=103807&catId=100408&tid=100008&p=2&title=Where+to+recycle+your+computer+(archived))

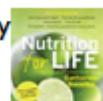
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## Win Win Win

# WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 "Nutrition for Life" book by Catherine Saxelby. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your nutrition treat tip."



Here are the winners of last month's contest "your winter health tip"

"It's to get fit with my wife on the WiiFit as we get to exercise inside instead of outside so we can stay warm and it doesn't matter if it's raining as we're dry inside."

**PC, NSW**

"My winter health tip is porridge made in the crock pot (slow cooker). Add 1 cup of rolled oats with 2 1/2 cups of BRITA filtered water and cook overnight on a low heat. In the morning you have a warm, healthy, filling low fat breakfast. Serve with natural honey to taste. Mmmm"

**SH, WA**

"Just because it's cold out there, shouldn't be an excuse for exercise. Book into an exercise class or boot camp that requires payment beforehand, that way if you've paid, it is an incentive to go and not waste your money - works for me!"

**AR, ACT**

"Include chillies in your daily diet to improve circulation in the extremities. This will help those who tend to get numb hands and feet from the cold."

**MP, SA**

"My winter health tip is to make sure I keep up my 8 glasses of filtered water each day ... get out in the fresh air and sunshine when it's available ... eat a healthy diet to keep nasty winter bugs at bay, laugh a lot, have fun and enjoy life as best I can."

**CV, WA**

## Win Win Win

You can win great prizes by becoming a BRITA Fan on Facebook. July's winner is Noelle Faddoul.

Click icon to join us



Fan us on Facebook

To WIN this premium Edition Filter prize pack RRP \$100 - Drawn Monthly

## Help us make our newsletter more relevant to you - and chance to Win

We invite you to take a minute or two of your time to give us feedback on this month's "Better Living" newsletter and your suggestions on how we can keep it relevant to you.

We ask you to rate our current format, regular features and tell us what topics you would like to hear about in our newsletter.

We have three prizes to give away in a lucky draw of those who submit the survey - each prize being a one year's supply of filters (6 filters).



Please click the icon to complete the short survey.

## Health Update: What's on in August

### Jeans for Genes Day

Friday 7th August 2009



It's easy to get involved. It's a day where everyone can wear jeans and simply make a donation or buy a badge, whilst supporting a great cause: helping today's scientist for tomorrow's children. Jeans for Genes is a major fundraiser of the Children's Medical Research Institute.

[www.jeansforgenes.org.au/JG-Home/default.aspx](http://www.jeansforgenes.org.au/JG-Home/default.aspx)

### Dental Health Week

3rd - 9th August 2009



This year the challenge is out by the ADA to enrol your kids in their Free 7 day dental bootcamp. See their website for details.

[www.dentalhealthweek.com.au](http://www.dentalhealthweek.com.au)

### City 2 Surf Race

9th August 2009

Sydney



70,000 people participate in this iconic 14km race from Hyde Park to Bondi Beach. Join in all the fun at this fantastic community event.

[www.city2surf.com.au](http://www.city2surf.com.au)

## Daffodil Day

Friday 28th August



It's a day for all of us to give hope to a brighter, cancer-free future for ourselves and those we love.

[www.daffodilday.com.au](http://www.daffodilday.com.au)

### Events coming up to put in your diary:

#### City of Sydney Spring Cycle

Sunday 27th September 2009

North Sydney, Blacktown, Liverpool, Olympic Park



Join us for a fun family day out on the bicycle and help support MS Australia. BRITA will have a stand at Hyde Park and will be serving free filtered water.

[www.springcycle.com.au](http://www.springcycle.com.au)

#### Earth Ride

Wednesday 30th September 2009



The countdown has begun! Earth Ride Day aims to have millions of people right around the globe on their bikes! Earth Ride is about encouraging everyone to engage in a solution now that we already know offers significant benefits towards the goal of a low carbon future. Riding a bike for transport will significantly

reduce your carbon footprint in comparison to taking the car and is even better than riding on public transport. The savings are as endless as the journeys we all undertake - riding to school, the shops, to visit friends and family - wherever you need to go! In addition to helping create the future environment you want, riding a bike is a convenient, healthy and fun way to get about! Register now at [www.earthride.com.au](http://www.earthride.com.au)

## Recipe of the month

### Red Chicken Curry

Serves 4

#### Ingredients

1 ½ tablespoons Thai red curry paste  
600g chicken thigh fillets, trimmed, cut into 4cm pieces  
1 ½ tablespoons vegetable oil  
400ml can Trident coconut milk  
2 tablespoons fish sauce  
3 teaspoons brown sugar  
2 large dried chillies, roughly chopped (see tip)  
250g baby green beans, trimmed, sliced diagonally

Steamed jasmine rice and fresh Thai basil leaves to serve



#### Method

1. Place curry paste and chicken in a ceramic bowl. Toss to coat. Cover. Refrigerate for 1 hour, if time permits.
2. Heat oil in a wok over medium heat. Stir-fry chicken for 2 to 3 minutes or until lightly browned.
3. Add coconut milk. Reduce heat to low. Cook, stirring occasionally, for 5 to 6

minutes or until chicken is cooked through

4. Stir in fish sauce and sugar. Cook for 1 minute.

5. Add chilli and beans. Cook for 3 to 4 minutes or until beans are tender.

6. Spoon rice into bowls. Spoon over curry. Top with basil. Serve.

Tip: wear disposable gloves while chopping dried chillies.

Ref: Super Food Ideas, August 2009.

## Ask Catherine

**Do you have a question for Catherine? Simply [click here to email Catherine](#).**



### Glutinous rice

*Q: My daughter has coeliac disease and needs a gluten-free diet. Is glutinous rice suitable?*

A. Yes. Glutinous rice, also known as sticky rice, is a rice that becomes sweet and sticky on cooking. The term glutinous refers to its stickiness, not to gluten which is the protein found in wheat, rye, barley and oats. All rice types are free from gluten and safe to include in a gluten-free diet.

### Help for hiatus hernia

*Q. I have a hiatus hernia. I feel full after a few mouthfuls and get bloated with tummy cramps. Any suggestions?*

A. Hiatus hernia is common in middle age and occurs when a small portion of the stomach protrudes through the opening of the oesophagus into the chest. The best advice is to:

- Eat small and often – become a “grazer” rather than three-meals-a-day.
- Opt for “liquid meals” like thick soup, smoothies, juices or an egg flip – the stomach tends to empty liquids faster than solids.
- Avoid rich dishes, spicy meals or any food that upsets you.
- Try to lose weight if you are overweight, as this will reduce internal pressure.

### Sesame oil and cholesterol

*Q. Can you tell me if sesame oil has harmful cholesterol?*

A. It doesn't. Oils have no cholesterol, which is only found in animal foods. Sesame oil is high in polyunsaturated fats and would be beneficial for the heart – similar to sunflower, grapeseed and walnut oils.

\* Visit Catherine's website at <http://www.foodwatch.com.au/>

## Your say

**Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.**

"I am very happy with your product. I have primary stage of peptic ulcer. I was doing household medicines but I did not find a good result. Then I thought that it may be because of unfiltered tap water. Then we bought Optimax water filter on your brand name. Within 10 days I got 30% more relief in my ulcer. Then I completed 7 days medicine course as prescribed by our Doctor (GP). Now my ulcer is really cured. Really your product is excellent. We hope that you continue to invent such types of product, and we (public) will get benefit of it. Thankina vou mav God bless you."

...from our mailing list, you may see how you...

**MS, WA**

"After working for 10 years as a naturopath, I have seen how important filtered water is. Naturopaths test people for heavy metals (e.g. aluminium, lead, copper etc.) I was happy to see the instruction manual mentioned it removed these. Heavy metals and other toxins contribute to many health concerns. I also hope to start a family soon and drinking good water before and during pregnancy I think is really important. Thanks for a good product that's convenient to use."

**JH, WA**

"I'm convinced one can't be really serious about achieving and maintaining good health without having filtered water at all times, as opposed to contaminated tap water. I delayed purchasing filter equipment until I could obtain quality, affordable means of filtering. As I'm an aged pensioner, this was important to me, as is maintaining my present good health. BRITA met all my requirements admirably - so easy to use."

**RC, Vic**

"We have 3 BRITA jugs - I love the red one. We also have an electric cooler on the bench that uses BRITA filters, so filters are always on our shopping list. We love the taste of filtered water and never drink tap water. Thanks BRITA you've won us over."

**CLG, NSW**

"I have used a BRITA jug I have had for years. Saw this up to date one, new system better technology, price was OK, so decided to try it. I'm very glad I did!! I like the way it tells me when to change filter etc. etc. As I carry water when I go out, the mygreenbottle is perfect. I used old bottles before to carry the water. Thank you for the bonus bottle."

**AS, Vic**



**Questions, comments, feedback and ideas?**

**E-mail us at [solutions@brita.com.au](mailto:solutions@brita.com.au)**

**Phone: 1300 557 762**

Visit us at [www.brita.com.au](http://www.brita.com.au) and our new site where you can turn over a new leaf and change the environment at [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au)

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