

# BRITA® Better Living

## Savvy gadgets for your kitchen

See what Catherine Saxelby, our consultant nutritionist, has for her top 10 ....

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## Family holiday driving tips

Suggestions for a safe and enjoyable trip for the family .....

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## The gift that keeps on giving

Special gift packs on offer in selected stores. Buy 2 jugs and save \$20 off the RRP + bonus mygreenbottle in each.



For every BRITA Water filter system received as a gift, BRITA will seed a tree .....

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## December 2008

Best wishes to all and your families and friends during this Festive Season and may 2009 be a happy, healthy and prosperous year for all !  
"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 Competition:

# WIN

• Win Catherine Saxelby's book "Nutrition for Life". Last month's winners announced

• [see our mygreenbottle.com.au website, our new environmental initiative and take the pledge.](#)

• **Health and Wellbeing News: The gift that keeps on giving.**

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**Health Update: What's on in December**

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• **Recipe of the month**  
**BBQ king prawns**

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• **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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## 10 healthy gadgets for your kitchen

Here are some useful tips from Catherine Saxelby – our consultant nutritionist:

- 1) Non-stick frying pan - Catherine recommends the heavy based pans with the “diamond titanium ceramic” surface.
- 2) Kitchen scales, measuring cups and spoons - you may be surprised at what you tend to tip in to the recipe as compared to what is required to make the recipe’s “per serve” quantity.
- 3) Hand held “stick” blender for pureeing, chopping etc. – great for making your own healthy soups (with no preservatives and additives).
- 4) Steamer – veggies retain more colour and nutrition.
- 5) BRITA water filter jug – Catherine keeps hers in the fridge door so her family and friends always have chilled filtered water available
- 6) Electric health grill – the design with a gentle slope enables fat to run off. Ideal for meats, fish and even some veggies such as char-grilled asparagus spears
- 7) A good heavy wok – a must for those healthy stir-fries, home-made fried rice, curries and soups and anything that needs a deep bowl to cook in.
- 8) A brush - for brushing on oil, which can be more faster and more effective than a spray can.
- 9) Baking paper – saves a big effort in washing up and avoids the need for heavy scrubbing.
- 10) Fat-separating gravy jug – with the spout at the base. When you cook a roast, just pour the pan juices/dripping into it and leave it to settle for a minutes, then toss in a few ice cubes. The fat rises and you can pour off the nice meaty liquid without the fat. Thicken with cornflour or arrowroot and have a savoury, delicious gravy without using gravy powder.



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

## Family holiday driving tips

The key message is "Stop, Revive, Survive". But you can do a lot more to make a journey enjoyable and reduce the tedium.



Make sure you have a good night sleep the night before a long trip. If possible, plan to share the driving.



Rest stops every two hours are very important for children as well as drivers. These help to break a long journey into various stages.

You should plan these driving breaks before you set off so you stop at places where there is room for the kids to run off some energy.

We have listed the links below for the various states for "drive/revive/survive" rest stops, to help you plan ahead.

To make the rest stops more fun, take along a Frisbee or a ball. The kids will let off steam and get some exercise which will make it easier to keep them quiet. Also, kids will be happier as they know there will be another rest stop in two hours and they'll wait for this rather than the destination.

With older children who can read, it's a good idea to give them a map clearly marked with rest stops. If you have the time you can also indicate various landmarks on the map. This way, they'll be able to watch for them, and know the break is getting closer without having to ask you all the time.

Let them know that there are no toilet breaks on expressways and the reason you can't stop. Make sure you have sick bags handy for motion sickness emergencies.

Vary the games and activities in the car. Portable DVD players are popular these days. Audio books are a great idea: play a book CD through the car stereo and all of you can engage in a story that grips or amuses. But if they are happy and quiet with what they are doing, don't disturb them, except for the rest breaks.

Take healthy snacks and keep everyone hydrated with water and of course, take plenty of BRITA filtered water with you for the trip. BRITA Fill & Go sports bottles are great for travelling, you can refill them with fresh tap water at service stations along the way. This will save you heaps in buying drinks. Label each bottle per person and you will know everyone is keeping hydrated. Also take your BRITA jug with you, so you can keep enjoying filtered water when you reach your destination, without the need to buy costly bottled water.

If you intend to drive at night, take their favourite pillow and cuddly toy. They'll feel more at home with the familiar smell and feel.

Ref: [http://www.holidayswithkids.com.au/travel\\_tips\\_info/kids\\_in\\_cars](http://www.holidayswithkids.com.au/travel_tips_info/kids_in_cars)  
[http://www.transport.sa.gov.au/pdfs/safety/restmaps/restmaps\\_complete.pdf](http://www.transport.sa.gov.au/pdfs/safety/restmaps/restmaps_complete.pdf)  
[http://www.rta.nsw.gov.au/heavyvehicles/downloads/restareas/rest\\_area\\_d11.html](http://www.rta.nsw.gov.au/heavyvehicles/downloads/restareas/rest_area_d11.html)  
[http://www.transport.qld.gov.au/home/Safety/Road/Driver\\_reviver/](http://www.transport.qld.gov.au/home/Safety/Road/Driver_reviver/)  
<http://www.tennantcreek.nt.gov.au/visit-us/travel-tips/>  
<http://www.racv.com.au/wps/wcm/connect/Internet/Primary/travel/plan+your+travel/planning+your+rest+stops/>

**The gift that keeps giving**

BRITA is the ideal gift and is attested to by the thousands of BRITA products that are given each year by people who show they care for the wellbeing of their friends or loved ones – so think BRITA this Christmas and make a difference.

Look out for packs where you can buy 2 jugs and save \$20 off the regular retail price. That's 2 gifts in one! Also included in each of these jug boxes is a mygreenbottle, which is a durable bottle to refill at home and take out with you.

BRITA cares about the environment and has partnered with Greening Australia and will seed a tree, for every BRITA Water filter system received as a gift, through Greening Australia's "River Recovery Tree Planting Program".



As a further benefit to our planet, if you visit [www.mygreenbottle.com.au](http://www.mygreenbottle.com.au) and pledge to change your bottled water drinking habits, we will seed another tree!

## Win Win Win



**We are giving you the opportunity to WIN 1 of 5, "Nutrition for Life" books by Catherine Saxelby To enter,**

We are giving you the opportunity to WIN 1 of 5 "Nutrition for Life" books by Catherine Saxelby. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "Your healthy life tip - the one main lifestyle choice you made that has made a significant difference for you"



"why you want clean water on the go" Winners received "a lunchbox with a BRITA Fill & Go Sports Bottle"

"We love our BRITA water at home and now we can't drink anything else, all other water just doesn't taste the same. We are addicted to it and fill up our normal drink bottles."  
SS, NSW

School water is so glum,  
So let the kids have some fun,  
Give them BRITA Fill & Go,  
This way kids have clean water on the go."  
EF, Tas

"Clean water can help me think better and give me more energy for my daily life."  
JK, Vic

"Making sure my family is healthy is my major concern. They drink a lot of water

and so do I, plus I'm always on the go, with work and children. BRITA Fill &Go, gives me peace of mind that I'm doing the right thing.  
LF, WA

"My daughter takes a drink bottle to school each day and while she is away from home, there's nothing better than knowing she has clean water on the go and doesn't have to drink from germ-ridden bubblers. "  
SB, ACT

## Health Update: What's on in December

### Christmas Eve

*Wednesday, 24th December*

Myer Music Bowl Melbourne



Entertainment for the whole family. All proceeds raised from the event go towards Vision Australia's Children's Services.

<http://www.visionaustralia.org/info.aspx?page=1185>

### New Years Eve

*Wednesday, 31st December 2008*



Bring the family to the fireworks that are being held in many locations across the country.

Sydney: <http://www.sydney.com.au/sydney-harbour-fireworks.htm>

**Top ▲**

## Recipe of the month

Barbecued king prawns

### Ingredients

16 whole extra large uncooked king prawns  
2 tablespoons extra virgin olive oil  
2 tablespoons lemon juice  
freshly ground black pepper

### marinade

2 teaspoons grated lemon rind  
3 cloves garlic, peeled  
1 teaspoon grated fresh ginger  
1 teaspoon dried chilli flakes  
1 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh sage  
1 tablespoon chopped fresh coriander  
1 teaspoon sea salt flakes  
1/3 cup extra virgin olive oil

### Method

Leaving the shells on the prawns, cut them in half lengthways.

### Marinade



Photography: Brett Stevens/Styling: Yael Grinham

Place all the ingredients, except the oil, in a mortar and crush with a pestle to a coarse paste. Mix in the oil.

Place prawns in a large bowl and pour over the Marinade; refrigerate for 1 hour.

Preheat the barbecue. Cook the prawns on the barbecue for 1 minute, then turn over. Cook a further minute or until they're just changed colour and are cooked through. Remove from the barbecue and pile onto a serving platter.

Drizzle with oil and juice and give a generous grind of fresh pepper before serving.

Add a healthy salad and you have a great summer meal.

Reference: Neil Perry <http://aww.ninemsn.com.au/article.aspx?id=662028>

## Ask Catherine

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

### Carob vs chocolate

Q: What is the difference between carob and chocolate and if carob is better for you.

A: Carob powder comes from the pod (seed) of the carob tree and has a chocolate-like flavour that has been used as a substitute for chocolate for years and is quite nutritious. It is lower in fat and sugar than cocoa powder, but has none of the caffeine of chocolate. There is no real difference in the amount of fat or sugar or kilojoules compared to chocolate.

### What is in food?

Q: I'm trying to find a list of foods that will show me the amount of protein, fat and carbohydrates in each food. Where do I go to get this information?

A: A book called "Food For Health A Guide to Good Nutrition with Nutrient Values for 650 Australian Foods" written by Ruth English and Janine Lewis is available from the Government bookshop in your state, or you may find it in your local library.

### Nutraceutical

Q: I've seen the word "nutraceutical" mentioned - what is it?

A: An ingredient (not a food) which has therapeutic benefits. Examples are vitamins, minerals and antioxidants that have protective effect against cancer, high blood pressure, high cholesterol, etc.

\* 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 bought the Fill & Go bottle because I just recently had a baby and breastfeeding makes one really, really thirsty and I couldn't take the taste of tap water anymore. I noticed the difference instantly! I also think it is a great incentive to save money and the environment by not purchasing bottled water when out and about!"

**A. Thickett, NSW**

"The taste is great! It's easy and convenient to use. Much less expensive than bottled water and I don't have any more health concerns over the nasties in the unfiltered water. BRITA is the brand for me!"

**C. Harvey, Qld**

"I work as an international flight attendant and visit many countries. With the BRITA Sports Bottle, I am able to always ensure the water I drink tastes good and encourages me to replenish water loss due to work. Thank you!"

**S. Heng, Vic**

"For 38 years I've drank tap water and just thought the taste was pretty average, but drank it anyway. Since drinking BRITA Water I now know what I've been missing. It tasted strange at first because I was waiting for the chemical after taste, now I love it because everything tastes better. Vegies are nicer, tea is like WOW and the floatie things are gone from my kettle. Cheers BRITA."

**J. Tomins, Qld**



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

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

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