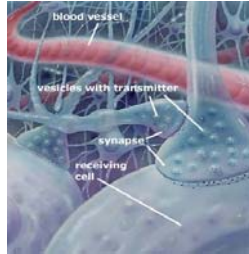




**Food for Thought**

Counteract the effects of ageing and enhance your cognitive abilities by changing your diet .....

[Read More >](#)



August 2008

"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 one of 5 sets of the "Everyday Diet Secrets" book & motivation cards by Catherine Saxelby.

- See our [mygreenbottle.com.au](http://mygreenbottle.com.au)

website, our new environmental initiative and take the pledge



- **Health and Wellbeing News**

Healthy Bones - read the essentials & see the calcium chart

[Read More>](#)

- **Health Update: What's on in August**

[Read More>](#)

- **Recipe of the month**  
Grilled Salmon with Berry Sauce

[Read More>](#)

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

[Read More>](#)

- **Your Say**

[Read More>](#)

**Blueberries #1 Antioxidant**

New measurement for comparing foods that fight free radicals - see how blueberries lead other foods ....

[Read More >](#)



**Healthy Bones**

The development of strong bones begins early in life and requires continuous maintenance throughout life.

Read about the factors that are essential for healthy bones .....

[Read More >](#)



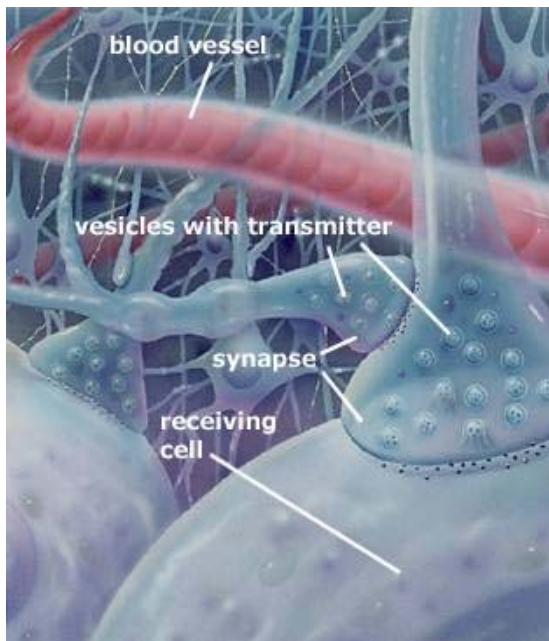
**Share Brita Better Living with a friend**

Click here to share the Brita newsletter with your family and friends

**Food for thought**

Changes to a person's diet can enhance their cognitive abilities, protect the brain from damage and counteract the effects of ageing, says Dr Fernando Gómez-Pinilla, professor of neurosurgery and physiological science at the University of California, Los Angeles.

He believes antioxidants are important, as the brain is susceptible to oxidative damage. It consumes a lot of energy and the reactions that release this energy, also generate oxidising chemicals. Berries have been shown to have strong antioxidant effects. Antioxidants protect the synaptic membranes. Synapses are the junctions between nerve cells, and their action is central to learning and memory.



Many of the nutrients associated with brain function are known to affect transmission at the synapses. An omega-3 fatty acid DHA (docosahexaenoic), provides membranes at synaptic regions with "fluidity" (the capacity to transport signals). It also provides "plasticity" (a synapse's capacity to change). Such changes are the basis of memory.

Since 30% of the fatty constituents of nerve-cell membranes are DHA molecules, keeping your DHA levels topped up is part of having a healthy brain. The benefits of omega-3s include improved learning and memory, and resistance to depression and bipolar disorder, schizophrenia, dementia, attention-deficit disorder and dyslexia. Omega-3s are found in oily fish such as salmon, as well as in walnuts and kiwi fruit.

Also remember that your body is made up of around 70% water – so keep it hydrated with BRITA filtered water.

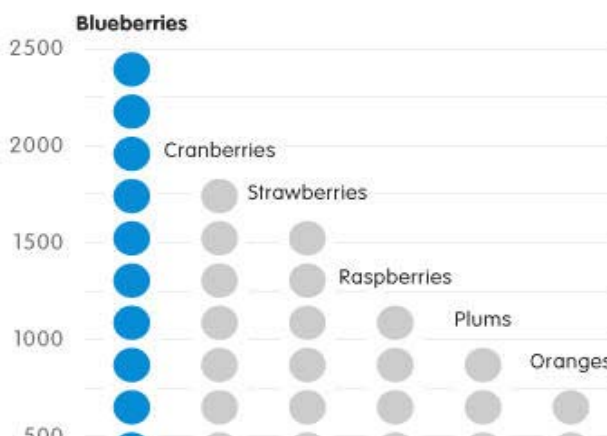
See our recipe of the month "Grilled Salmon with Berry Sauce" that takes advantage of the benefits of Antioxidants and Omega 3s

Ref: The Economist July 2008; [http://www.economist.com/science/displaystory.cfm?story\\_id=11745528](http://www.economist.com/science/displaystory.cfm?story_id=11745528)

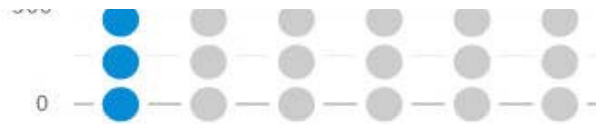
## Blueberries #1 Antioxidant

The antioxidant capacity of foods now has a measurement called ORAC (oxygen radical absorbance capacity). This has been developed by the USDA Human Nutrition Research Centre on Aging in Boston.

Researchers have found that blueberries rank #1 in antioxidant activity when compared to 40 common fresh fruits and vegetables. The pigment that



makes blueberries blue is called Anthocyanin and is thought to be responsible for this major health benefit – the darker the better.



### Blueberries: The ORAC Leader

Antioxidants help neutralize harmful by-products called "free radicals" that can lead to cancer and other age-related diseases. These molecules battle cell and DNA damage involved in cancer, heart disease, diabetes, and perhaps brain degeneration.

## WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 of sets of the "Everyday Diet Secrets" book & motivation cards by Catherine

Saxelby" To enter, simply complete the [entry form](#). In 100 words or less, tell us "why you would like some extra motivation in your diet lifestyle."



**Here are the winners of last months contest** ""why you are interested in knowing about nutrition for YOUR life."

"I want to live my life to fullest and to do that I need to be fit and as healthy as I can be. I like to know I'm being good to my body so it will be good to me. I've had a million deficiencies and no energy to do anything, I want to make sure that never happens again!"

**BK, NSW**

"I am interested in knowing about nutrition in my life, as I am trying to start a family and I want the best start in life for my child. I have had 2 miscarriages in the last year and have been trying to cut out 'bad' foods.... and this book would help me learn more about nutrition in my life.

**CW, Vic**

"I am really interested in eating healthily to gain and maintain good health for the rest of my life. I believe that food is your medicine. I enjoy learning about nutrition."

**SW, Qld**

"I run a cafe and would like to be able to give my patrons more nutritional information on our menu items. This would give me a good knowledge base for well being."

**SP, Qld**

"Nutrition for my life reaffirms the connection of sound mind-sound body...you need to nourish both and can do so this way."

**WM, WA**

[Top ▲](#)

## Healthy Bones

The development of strong bones begins early in life and requires continuous maintenance throughout life. The factors essential for healthy bones are:

- **Lifestyle choices** - The negative effects of smoking on bone mineral density can be partially reversed after smoking is stopped. Alcohol in moderation does not increase the risk for osteoporosis – however in excess it increases risk
- **Nutrition** - Not only is calcium important to bones, it is also important for the function of various organs within the body and a certain amount of calcium circulates within the blood. If blood calcium levels fall, as may occur with inadequate calcium intake in the diet, the body will compensate for this, by drawing calcium out of bones and putting it into the blood.
- **Vitamin D** - Helps to increase calcium absorption from the gastrointestinal system and kidney and thereby make it available to body tissues and the blood. It also functions to aide with the deposition of calcium to bone. The body's main source of vitamin D arises from the manufacture of this vitamin in the skin on exposure to sunlight. Only 10 – 15 minutes of exposure to outdoor sun is necessary. It is also found naturally in liver, fish (tuna, salmon, sardines, herring and mackerel) and egg yolk.
- **Physical activity** - Extremely important in maintaining healthy bones. These include: bike riding, swimming, walking, Tai Chi, strength training, weight-bearing and high impact activities. Remember to start slow and progress gradually. If you have not been active regularly, seek a health professional clearance before you commence a program.
- **Hormones** - oestrogen and testosterone influence bone density

Ref: <http://www.bonehealthforlife.org.au/content/view/19/481/>

### Average calcium content of various foods

#### Dairy

Food source	Serve size	Calcium (mg)
Regular milk	1 cup (250ml)	285
Skim milk	1 cup (250ml)	310
Natural yogurt	1 tub (200g)	340
Low fat yogurt	1 tub (200g)	420
Cheddar cheese	40g cube	310
Low fat cottage cheese	100g	80

#### Non - dairy

White bread	1 slice	15
Cooked spinach	1 cup (340g)	170
Cooked broccoli	1 cup (100g)	30
Canned salmon (+ bones)	½ cup	230
Canned sardines (+ bones)	50g	190
Almonds	15 almonds	50
Tofu	100g block	0 - 100*

Calcium Counter - Reproduced with permission from Dairy Australia (as per Calcium Fact Sheet) – last updated 17/7/2002.

\* The calcium content of tofu depends on how the tofu has been processed. If it is processed using calcium chloride or calcium sulphate, tofu may have up to 100mg calcium per 100g block. Otherwise the calcium content of tofu is negligible.

## Health Update: What's on in August

## Dental Health Week



4 - 8 August 2008

Dental Health week is community awareness programm coordinated by the ADA

<http://www.ada.org.au/dhw/dhw08.aspx>

## National Healthy Bones week



3 - 9 August 2008

Highlightins the important role of calcium-rich foods, such as dairy, in the development and maintenance of healthy bones and prevention of osteoporosis.

<http://healthybones.com.au/>

## City to Surf



Sunday 10 August

Join in the most popular fun run and walk in the country and cover the 14 km from Sydney City to Bondi Beach. It's a fun event with over 60 000 participants expected this year. Walk with the family or get a group together. You'll be entertained along the way and see lots of interesting costumes and floats.

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

[Top ▲](#)

## Recipe of the month

### Grilled Salmon with Berry Sauce

Serves 4

#### Ingredients:

- 4 salmon fillets
- 3 tablespoons macadamia oil
- 3 tablespoons vinegar
- 1 1/2 teaspoons fresh lime juice
- 2 cloves garlic, minced and lightly sautéed
- 1 cup blueberries - pureed
- 1 cup of raspberries - pureed



#### Method

- 1) Marinade - combine oil, vinegar, lime juice and sautéed garlic. Add fish fillets, turning to coat all sides. Marinate, in refrigerator, 1 to 2 hours. Reserving marinade, remove fish and pat dry with a paper towel.
- 2) Prepare sauce - by combining marinade, blueberries and raspberry puree in a saucepan. Stirring occasionally, place over medium heat and cook 5 to 7 minutes until slightly thickened. Remove from heat and set aside.
- 3) Cook fish at medium heat and cook 3-4 minutes per side or until the centre is just opaque.
- 4) Serve the fish with the blueberry-raspberry sauce.

## Ask Catherine

**Do you have a question for Catherine?** Simply click here to email Catherine.

### Vegetable Oil ?

**Q:** Can you tell me exactly what is in vegetable oil. I thought vegetables didn't have any fat in them ?

**A:** The term "vegetable oil" covers a range of oils made from "plants" as distinct from those fats made from "animal" sources such as butter. Most vegetable oils are extracted from nuts, seeds or grains as in the case of peanut oil, sunflower oil and corn oil. We can even get oil from fruit (avocada and olives) and from legumes (soybean).

When you read "vegetable oil" on a food pack, it generally refers to "palm oil" which is high in saturates. All other "vegetable oils" are rich in the good types of fats that are healthy for your heart.

### Fat Count of Avocados ?

**Q:** Are avocados oily and fattening?

**A:** Avocados are high in fat (at 23 per cent) but their fat is rich in mono-unsaturates, which, like olive oil, is now regarded as a "healthy" fat which is good for the heart. Like other fruit and vegetables, avocados have no cholesterol.

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

## 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 a filter for work because we have just become a Carbon Neutral Company and I wanted to ensure we would continue to do our bit and rid the water bottles completely - job done !"

**N. Wheals, Vic**

"The use of filtered water has kept the inside of our kettles in pristine condition - in stark contrast to the black insides of their kettles."

**R. McKay, NSW**

"It looks sensational on our bench and it does its job so quietly and efficiently. I wish my staff were like that !"

**M C, WA**

"It improves the taste of tap water, so easy to use. My friends and family can see that I care for them."

**M. Hussey, NSW**

"Because it tastes so great and being healthy is so cool."

**C. Baker, NZ**



Questions, comments, feedback and ideas? E-mail us:  
[solutions@brita.com.au](mailto:solutions@brita.com.au) Phone: 1300 557762

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)

**To remove your name from our mailing list, please advise us by sending an email with "unsubscribe" in the subject line to [filters@brita.com.au](mailto:filters@brita.com.au)**

