



Festive food guide

SIOS Team Members

MANAGER -BARIATRIC

CO-ORDINATOR

Ms Patricia Saran, RN

SURGEONS

Dr Michael Talbot

Dr Vytauras Kuzinkovas

Dr Robert Wilson

WEIGHT LOSS GPs

Dr Jang Lee

PSYCHOLOGISTS

Dr Bernadette Bywater

Ms Marie-Lisa Boukarim

DIETITIANS

Ms Eva Tamrakar

Ms Shannon Overs

ADMIN STAFF

Ms Maria Mattiello

Ms Anna Abate

Ms Mary Houhoutas

Christmas Day is a day filled with old memories ready for new ones to come.

It is also filled with festive food and flavours that flow through the day and special touches are added to meals and the table; a day when even the thought of food restriction or portion control should not enter your brain, unless your life really depends on it.

But if you're tempted to sample silly season foods in the lead up to Christmas then one lasting memory that may not be so pleasing could well be extra kilograms added to your body.

Workplace parties, annual get togethers, and casual sampling of festive party food adds up very quickly, so Stop and Think before you take another bite of food.

When you put out the party platters, include plenty of brightly coloured festive season fruits and replace and reduce other silly season foods.

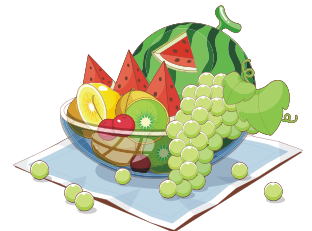
Take advantage of summer wholefoods You might be thinking that seasonal fruit and vegetables are expensive, but what price do you place on good health and weight on your body?

How much have you spent on gym memberships and dieting already?

Be creative with your wholefood preparation. Make it fun & festive. (See page 3)

Some good advice.....

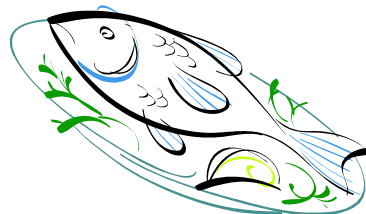
- Buy up big on seasonal fruits, vegetables and salads. Summer fruit is spectacular and the season is short so grab it while you can.
- Enjoy other festive foods on one special day but not before and not after.
- Aim not to over cater. Know how many you're catering for and buy enough to share. If you do over cater, then stuff santa sacks with festive food for guests to take home.
- Don't be tempted to snap up specials after Christmas Day. The more food lurking in the cupboards, the more risk of you putting on excess weight. Any New Year's resolution to get healthy and fit will be off to a bad start.
- Continue to use your smaller plate. Savour & enjoy your meal slowly.
- Maintain your exercise routine. Be sure to schedule in your exercise just as you would your social engagements.



Recipes

Fish Parcels and salad

- 2 x white fish 150g each
- lemon pepper
- spring onion cut into 2 inch lengths
- 2 x sprigs of Coriander
- 1 x lemon
- 1 x lime



In each parcel place 1 fish, sprinkle with lemon pepper, spring onion and a sprig of coriander. Place one slice of lemon and lime on each, wrap in foil and bake for about 30 mins on 180°C. Serve with salad.

160 calories / 670 kJ
30g protein per serve



Pasta Sauce – serves 4

- | | |
|---|-------------------------|
| 4 x mushroom, raw | 5 g olive oil |
| 1 medium (11-16cm) zucchini, raw | 3 x tomato, common, raw |
| 4 x anchovy, canned, in oil, drained | 1 tsp garlic, raw |
| 0.5 tsp sauce, chilli, Asian, commercial | 1 tsp paprika |
| 1 g thyme | 1 g mixed herbs, dried |
| 1 tsp mixed spice (cinnamon, nutmeg & cloves) | |

Toss all into a pot with a teaspoon of olive oil. Cook for about 5 minutes on a low heat. Put in ½ can of water (using tomato can) and simmer for about 30 minutes until thick. Pour over your favourite pasta (limit pasta portion)

Per serve of sauce

| | | | |
|---------------|--------|-------------------|------|
| Energy (kj) | 172.63 | Carbohydrate (g) | 3.08 |
| Protein (g) | 2.43 | Saturated fat (g) | 0.30 |
| Total fat (g) | 2.01 | Dietary fibre (g) | 1.99 |

Special thanks to our patient Dyane for sharing her delicious recipes.



Festive food ideas



Make these staples in your shopping basket

Beans provide protein, fibre & iron. Say yes to chickpeas, kidney beans & baked beans.

Yoghurt is rich in protein, calcium & flavour. Enjoy on cereal or as an easy snack.

Green tea is high in antioxidants. Enjoy a variety of herbal teas. Just don't load it with sugar!

Housekeeping



Our next support group will be held on Tuesday 4th February 2014 at 6.30pm @ SIOS.

Suggestions and topics for discussion can be emailed to info@sios.com.au

\$15 at SIOS



- 100% high-quality whey protein
- Each serving provides 6 g protein to help maintain muscle
- Mixes instantly into a wide variety of foods and beverages
- Can be added to hot cocoa, tea, cottage cheese, applesauce, egg salad or yogurt
- Contains no fillers, sweeteners or artificial flavorings

Appropriate for: lactose-free*, gluten-free, low-residue, kosher

**Not for individuals with galactosemia*



The Sydney Private Hospital
63 Victoria St Ashfield
NSW, 2131

Phone: 02 97163522
Fax: 02 97163520
E-mail: info@sios.com.au

Happy Holidays. The Management and Staff of SIOS wish all our patients a beautiful holiday season and a new year of peace and happiness.

We thank you for your patience and support and look forward to seeing you for your follow-up appointments.

Warmest Wishes
THE SIOS TEAM

HOLIDAY CLOSURE

*Our last consulting day for 2013 will be
Wednesday 18th December and we will re-open
on Monday 6th January 2014.*

*For weight loss surgery medical attention during this period,
please call 0408 409 725.*

We're on the web!
www.sios.com.au