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Dietitians equip Australians with the skills to make Smart Eating choices

Accredited Practising Dietitians (APDs) solidify themselves as the go-to health professionals in nutrition, as Australia celebrates Smart Eating Week. Next week from 10 -16 February, dietitians across the country will be hosting a range of initiatives, encouraging and equipping their communities with the skills to make healthier food choices.

“There are over 6000 APDs who help support the health of the Australian community with their work either at an individual or population level; preventing, treating and managing health conditions through empowering behaviour change and better food choices,” said Tara Diversi, DAA President and APD.

Smart Eating Week is all about building healthier communities, through better health choices. With APDs running a range of events across the country, myth busting food labels to help Australians become supermarket superstars, is a focus for the week.

“There are over 30 000 packaged products in our supermarkets, but with so much variety available, it’s not always easy to make a healthy choice. The aisles are overflowing with options which use clever marketing and ‘buzz’ nutrition words such as ‘natural’ or ‘light’ – making the supermarket shop overly complicated,” said Diversi.

With an increase in health conditions caused by poor food and lifestyle related choices, and one third of Australian’s daily energy intake coming from foods that are energy dense and nutrient poor, understanding what we’re eating is becoming more important than ever.

Diversi explains, this is where an APD can help.

“We’re all encouraged to make healthy food choices, but this can be tricky if you don’t know what you’re looking for. Your local APD can help take the mystery out of marketing, guiding you through what to look for on a packaged product and how to read a food label, to help you easily make the best choice for your health needs,” said Diversi

As you go about your supermarket shop, Diversi adds it is best to opt for fresh foods first.

“Fresh produce, such as fruits, vegetables, wholegrains, lean meats and dairy products (such as milk, cheese and yoghurt) should make up the bulk of your purchases. Be supermarket savvy by shopping the perimeter first and use your label reading skills to make healthy food choices in the aisles.”

To learn more about Smart Eating Week and to attend a dietitian-run event in your area, visit:

daa.asn.au/marketplace/smart-eating-week-events/ **ENDS**

For further information or to organise an interview with Tara Diversi, DAA President and APD contact Pattie King, Dietitians Association of Australia on 0409 661 920

Smart Eating Week

Smart Eating week is run by Accredited Practising Dietitians (APDs) and supported by the Dietitians Association of Australia. When it comes to healthy eating, we know there is no ‘one size fits all’ – as we all have different health needs, preferences and lifestyles. Across the country, APDs are holding events to help you eat smarter and make the right choices for you. Find a Smart Eating Week event and connect with your local APD via daa.asn.au.

Smart Eating Recipe: [Warm miso roasted tofu & pumpkin bliss bowl](#)

Serves: 4 **Time to make: 45 mins**

Ingredients:

- 1 tablespoon gluten-free miso paste
- 1 tablespoon mirin
- 1 tablespoon gluten-free, reduced-salt tamari
- 1 teaspoon grated fresh ginger
- 750g pumpkin, skin on, cut into 2cm cubes
- 450g firm tofu, drained, cut into 2cm cubes
- 150g sugar snap peas, trimmed
- 250g green beans, trimmed
- 1 tablespoon lemon juice
- 2 cups steamed quinoa, to serve
- 2 tablespoons chopped roasted unsalted cashews, to serve

Instructions:

1. Preheat the oven to 180°C. Line a large baking tray with baking paper.
2. Combine the miso paste, mirin, tamari and the ginger in a small bowl. Place pumpkin and tofu in a large bowl, add half the miso mixture and toss to combine.
3. Spread the pumpkin and tofu evenly over prepared tray. Bake for 30 minutes, turning halfway through cooking time, or until the tofu is crisp.
4. Meanwhile, microwave, steam, or boil the peas and beans for 3 minutes, or until tender. Drain.
5. Add lemon juice to remaining miso mixture. Divide the steamed quinoa, the steamed vegetables, pumpkin and tofu between four serving bowls. Serve drizzled with remaining miso dressing, and sprinkle with cashews.

Tip: Silken tofu has a much softer texture than firm tofu and is quite delicate, so will break easily unless it is handled carefully. Silken tofu can be blended to make creamy dressings or desserts such as cheesecakes. It can be diced and served on top of soups or Japanese salads.

This recipe is courtesy of the Healthy Food Guide Magazine. For more Smart Eating recipes visit:

healthyfoodguide.com.au

Recipe image available on request by contacting media@daa.asn.au.