

Roast tomato frittata



This delicious low-fat, low-joule frittata serves 4. Prep: 10min. Cook: 1hr.

Ingredients

Cooking oil spray
250g punnet cherry tomatoes
3 eggs + 3 egg whites
200g low-fat ricotta
½ cup extra-light sour cream
2 tbspoons fresh oregano, chopped
2 cloves garlic, crushed
60g baby rocket leaves, to serve

Method

Step 1 Preheat oven to 200°C. Spray a 20cm round cake pan with cooking oil. Line base and side with non-stick baking paper. Place tomatoes in pan. Cook in oven for 10 mins or till slightly collapsed. Reduce oven to 170°C.

Step 2 Whisk eggs, egg whites, ricotta, sour cream, oregano and garlic until combined.

Step 3 Pour egg mixture over tomatoes and lightly tap pan on bench to spread evenly. Bake for 45 minutes until just set. Remove from oven and set aside in pan for 10 mins.

Step 4 Carefully turn out frittata onto a chopping board. Cut into wedges and serve with rocket.

PER SERVE: Total fat 10g, sat fat 5g, protein 14g, carbs 10g, sugars 5g.

Butter or margarine?

The Heart Foundation recommends margarine over butter. Margarine has less 'bad' saturated fat and more healthy unsaturated fats and helps keep your cholesterol in check. Margarine with added 'plant sterols' is even better.

Margarine and butter are equally fattening so, whichever spread you choose, use it sparingly.



From: Australian Healthy Food Guide.
www.healthyfoodguide.com.au

Comfort eating. Do you eat to relieve stress?

Do you sometimes comfort yourself with food when you are stressed, angry, bored, sad or lonely? Comfort eating can derail your efforts to lose weight and can lead to significant weight gain. Fortunately, there are strategies which can help you take control.

The key to losing weight is low-fat, high-fibre eating and regular exercise. However, often this is not enough. Poor eating habits and psychological factors such as comfort (or emotional) eating can sabotage your best efforts.

Comfort foods are often high kilojoule, sweet or fatty and may make you feel better temporarily.

However, after a comfort binge, you have the added burden of guilt for overeating. This can lead to a vicious cycle. Your emotions trigger you to overeat, you beat yourself up for doing it, feel bad and overeat again.

How to get control

1. If stress is a problem, try to deal with the cause. Learn a stress management strategy such as yoga, meditation or muscle relaxation.
2. Ask yourself if your hunger is physical or emotional? If you ate recently and your stomach is not rumbling, you're probably not hungry.
3. Keep a food diary. Record what, how much



and when you eat, hunger levels and how you are feeling. This may reveal links between food and mood and help identify eating triggers.

4. Get the support of family and friends.
5. Distract yourself. Instead of reaching for a biscuit, go for a walk, read or call a friend.
6. Remove temptation. Don't keep your comfort foods at home or in the office.
7. Don't diet too strictly or banish all treats. This can increase your food cravings.
8. If you have the urge to snack, choose a low-fat, low kilojoule snack, such as fresh fruit or vegetables with fat-free dip.

See your doctor if you still can't get control.

Counselling can help identify the underlying cause and help you learn new coping skills.

www.mayoclinic.com - search 'emotional eating'

Acupuncture. Does it really work?

Acupuncture has been used in Traditional Chinese Medicine (TCM) for thousands of years for pain and other conditions. It is now popular in western society, but is it effective?

What is acupuncture (AP)?

Acupuncture involves stimulating specific points on the body (acupoints) with thin metal needles or low dose laser. According to TCM, pain and illness occur when the flow of qi (vital energy) along pathways (meridians) is blocked. AP is thought to unblock this flow of energy.

Modern scientists have now worked out many of the nerve pathways that acupuncture stimulates to bring about its effects on the body. The placebo effect may also play an important role in some cases.

Does acupuncture work?

There have been numerous studies on acupuncture in recent years. For some conditions, more research is needed before definite conclusions can be made. However, there is good evidence for the following disorders:

- Pain. Particularly chronic low back pain, acute



and chronic neck pain and knee pain.

- Several types of headache, including migraine.
- Nausea and vomiting, for example from pregnancy, chemotherapy and surgery.
- Infertility. AP can increase the success of IVF.

Is it safe?

Acupuncture by an experienced medical practitioner is generally very safe. Serious side effects are rare and include the puncture of an organ (e.g. lung or kidney) or nerve.

Be sure to select a practitioner who is properly qualified (completed a 4-5 year degree) and is registered with a professional association.

Make sure single-use, disposable needles are used. Unclean needles can cause infections or transmit infectious diseases such as hepatitis B.

Do not rely on a diagnosis by a practitioner who does not have substantial medical training. See your GP for an assessment first.

www.nccam.nih.gov/health - search 'acupuncture'