

SPECIAL DIETS

National Healthy Bones Week

With osteoporosis on the rise, National Healthy Bones Week, August 2–8, aims to raise awareness about the important role calcium-rich foods, such as dairy, play in the development and maintenance of healthy bones

(read our feature story on p42).

For more info see healthybones.com.au.

HFG's new allergy-friendly cook



Rowie Dillon is our new HFG expert on allergy-friendly and intolerance-friendly cooking. A coeliac herself, Rowie also runs an allergy-friendly bakery (www.rowiescakes.com.au).

Turn to p61 to see her first recipe, or email her a question at editor@hlmedia.com.au.

FAST-FOOD PHOSPHORUS

People with kidney disease are usually told to avoid foods naturally high in phosphorus, yet according to US research, they consume more phosphorus than recommended, thanks to additives like sodium phosphate added to processed and fast food to enhance flavour and shelf life. Unlike kilojoules, fat and salt, phosphorus does not need to be included on food labels, making it impossible for people with kidney disease to know their daily intake.

Source: MetroHealth Medical Center



Tips for eating well with food allergies

- 1 Always read the food labels: ingredients list, allergen statements and nutrition information panel.
- 2 Educate your family and friends on the foods you can and can't eat.
- 3 Tell the waiter and chef if you or a family member has a food allergy. Highlight the foods that need to be avoided.
- 4 Keep preparation and cooking areas clean of allergen foods to prevent cross-contamination.

Good news for vegetarians

Vegetarians may have a lower risk of developing cancer than meat-eaters, according to a 12-year study, which followed the dietary habits and health of 61,566 British men and women (half of whom were vegetarian). In that time, there were 3350 incidents of 20 different types of cancer, including 2204 among the meat eaters and 829 among the vegetarians. Overall, vegetarians were 12 per cent less likely to develop cancer than meat eaters – but more studies are needed, researchers say.



Br J Cancer. 2009 Jul 7;101(1):192-7