

NUTRITIONISTS' MOST UNWANTED

FOODS THAT SHOULD BE LOCKED UP? OUR EXPERTS NAME SOME UNUSUAL SUSPECTS

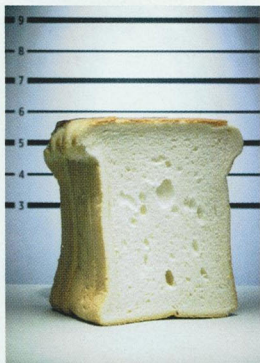
■ by JENNIFER PINKERTON
■ photography RICHARD MORTIMER





MELISSA BEER

*Accredited practising dietitian,
Nutrition and Wellbeing Clinic, Sydney*



WHITE BREAD

➤➤ **AS A YOUNG KID**, I was a big fan of white bread. But around the age of 12, I made the switch to multigrain because of its fibre, iron and zinc content—apparently, I knew early on that I wanted to be a nutritionist! These days, my kitchen is always stacked with wholegrain-bread varieties; I just won't have anything else. **Two slices of regular white bread give you only 1 to 3 g of fibre**, but the same amount of a rye or multigrain variety (such as Helga's Seed Sensations or Country Life Organic Rye) gives you more than 6 g.



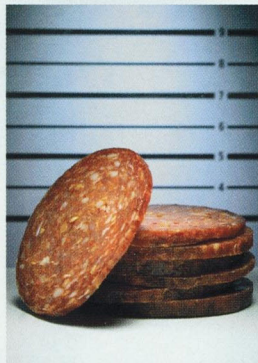
BUTTER & MARGARINE

➤➤ **I USED TO ENJOY** margarine on toast, but then I looked into how manufacturers produce it; it's just not a natural product. Essentially, liquid oil becomes a solid through hydrogenation. This creates trans fats, which can increase 'bad' LDL cholesterol. **I also avoid butter; research strongly links its saturated-fat content to heart disease**—a message we've been hearing for the past 10 to 15 years. I opt for natural plant spreads, such as hummus, and 100-per-cent-nut spreads, like natural peanut butter or almond butter.



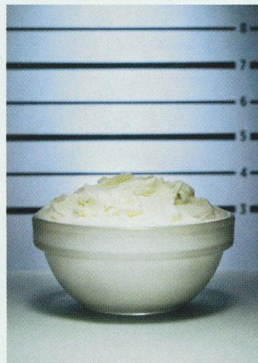
MONICA KUBIZNIAK

*Accredited practising dietitian,
Nutrition and Wellbeing Clinic, Sydney*



PROCESSED MEATS

➤➤ **MY PARENTS ARE EUROPEAN**, so we used to eat quite a bit of ham and salami. But since I've found out about the high nitrate content of processed meats, I've banned my family from eating them. Nitrates (which you can identify by the numbers 249 to 252 on food labels) are the preservatives that give processed meat its nice pink appearance. Because **the World Cancer Research Fund strongly links nitrates with bowel cancer**, I've dropped the sausage in favour of freshly cooked meat; poultry; and plant proteins, such as lentils and tofu.



CREAM & SOUR CREAM

➤➤ **WHEN I WAS YOUNGER**, I loved to pour fresh cream on hot desserts, and I often enjoyed sour cream with stroganoffs, stews and nachos. But **cream is way too high in saturated fat, and you don't get much nutritional value in return**. These days, I'm more inclined to have yoghurt with my dessert, but I still limit the amount I indulge in. For example, I cook with Carnation Light and Creamy Evaporated Milk or a low-fat natural yoghurt. I end up with a creamy result that's much the same, but with far fewer dangerous fats. ♣