

Good Food Choices Program

An RHealth Community Nutrition Program to increase the consumption of healthy food outside the home

Good Food Choices Loyalty Card Launches September!

Community Newsletter **September 2011**

To reward customers for making a Good Food Choice, we are launching the Good Food Choices Loyalty Card. The Card is designed to reward customers who purchase six (6) Good Food Choice dishes from any outlet. Once six (6) dishes are purchased customers can drop their card into the draw to win one of two \$50 vouchers to their favourite Good Food Choices venue. The Loyalty Card Program starts 1 September and runs until the winner is drawn on 30 November. Pick up your Loyalty Card from your favourite Good Food Choice Venue.

*16 Businesses
participating*

*Over 80
dishes*

accredited



Pick up a Loyalty Card from:

- Pioneer Lodge
- Utopia Café
- Lee's Kitchen
- Captain's Paddock
- Accents Restaurant
- Kingaroy Street Store
- The Burke and Wills
- Taste South Burnett
- Glendon Street Café
- Kingaroy Seafood & Takeaway
- Burning Beats
- The Red Pepper Deli
- Met's Café
- Aussies Pizza Café
- Carvery, Kingaroy Shopping world

The Facts on Fat

Fact: Australians on average eat 580 grams of fat every week and 230 grams of that fat is saturated. That's half a pound of butter plus half a tub of margarine each week! The fact of the matter is Australians eat too much fat. Eating too much fat, in particular saturated fat, increases your risk of developing heart disease, some forms of cancer, diabetes, and overweight and obesity.

Good Food Choice dishes are low in fat and are a source of healthy fat (monounsaturated and polyunsaturated), because not all fats are the same.

Saturated fat is mainly found in animal foods such as fatty meat and dairy products such as milk, cheese and butter, and in some plant foods such as coconut and palm oil. Saturated fats are usually solid at room temperature and are used in commercially produced food such as biscuits, pastries, deep fried takeaways, potato crisps and confectionery. It is important to limit this type of fat as it raises blood cholesterol and increases your risk of heart disease.

Polyunsaturated fat is found mostly in plant foods such as sunflower, safflower, soybean oils and nuts and seeds. It is also found in oily fish such as sardines, salmon and tuna. This fat is liquid at room temperature and can help lower blood cholesterol and reduce your risk of heart disease.

Monounsaturated fat is found in oils such as canola and olive and other plants such as avocado, nuts and seeds. It is generally liquid at room temperature, but may solidify in cooler temperatures. Monounsaturated fat can also help reduce your blood cholesterol and reduce your risk of heart disease.

Trans fat is fat that is produced in manufacturing when liquid oils are converted to solid oils, for example in pastries, baked goods and the production of margarine. Trans fat has the same effect as saturated fat on our blood cholesterol. Most margarines have less than 1g per 100g of trans fat and are still a healthy choice.

Getting the balance right

Eating less fat and the right type of fat doesn't mean giving up all of the foods you enjoy. Small changes to the way we prepare and cook foods, looking at food labels and making a good food choice when eating out can make a big difference. Remember some fats are good for your health and should be eaten in small amounts.

Please turn over to find a complete list of Good Food Choice accredited meals

For more information contact Berneice on email: berneice@rhealth.com.au or phone: 07 4162 5230

Good Food Choice Accredited Dishes August 2011

Accents Restaurant	Soup of the Day - vegetable based soup, Prawn and Chicken Linguine, Pan Fried Salmon, Puttanesca, Greek Salad
Burning Beats	Vietnamese Chicken Salad, Vietnamese Chicken Claypot, Tom Yum Soup - chicken or prawn, Tarka Dahl
Captain's Paddock	Savoury Thai Muffins, Chickpea pilaf with haloumi, Thai Style Prawn Salad, Soup - pumpkin and spicy peanut soup, Beef Stroganoff, Shiraz beef pie, Beef Enchilada with salsa and cheese, Mediterranean Penne
Glendon Street Café	2 Poached eggs on toast, Roast Beef and Steamed Vegetables, Ham/Chicken Salad Sandwich on wholemeal or multigrain bread, Greek Salad, Ham Salad, Beef and Mango Salad, Grilled fish and salad, Baked beans on toast, Chicken Salad, Garden Salad, Tuna Salad
Taste South Burnett	Bruschetta, Greek Salad
The Burke and Wills	Risotto with Vegetables or Salad, Healthy Choice Atlantic Salmon, Bruschetta, Ratatouille, Healthy Choice Steak Greek Salad with Lamb/Prawns/Chicken, Pumpkin and Caraway Bread, Healthy Choice Poached Chicken Prawn and Avocado Salad, Healthy Choice Grilled Lamb Cutlet, Healthy Choice Grilled Lean Pork Cutlet
Kingaroy Seafood and Takeaway	Fresh Garden Salad, Grilled Fish and Salad, Fresh Bugs and Salad, Fresh Oysters and Salad, Chicken Chilli Wrap Prawn and Salad Wrap, Fresh Prawns and Salad, Fresh Crabs and Salad Burgers with Soy and Linseed Buns, Lean Meat, Grilled Fish & Pickled Onion
Pioneer Lodge	Fresh Prawn and Bug Cocktail, Moroccan Lamb Kebabs, Grilled Barramundi, Vegetarian Pita Bread Pizzas Mushroom Caps, Satay Chicken Stir Fry, Roast Pumpkin, Zucchini and Feta Cannelloni
Lee's Kitchen	Salad Box - Garden Salad, Salad Pita Bread Wrap, Chicken or Ham and Salad Pit Bread Wrap, Vegetable Kebab Chicken or Ham and Salad Sandwich on multigrain or wholemeal bread, Chicken Kebab, Salad Sandwich
Utopia Café	Chicken and Vegetable Stir Fry, Vegetable Fajitas, Gnocchi, Quiche, Tandoori Chicken, Omelette, Meatballs
Red Pepper Deli	Salad Sandwiches on multigrain and wholemeal bread, Salad of the day - garden, coleslaw and rice salad Soup of the Day - vegetable based soup
Kingaroy Street Store	Multigrain or wholemeal salad sandwich, Garden Salad, Garden Salad with lean meat Multigrain or wholemeal ham and salad sandwich Multigrain or wholemeal silverside and salad sandwich
Met's Café	Steak Sandwich on wholemeal bread with Salad, Salad Sandwich on wholemeal bread, Steamed vegetables Ham or Chicken and Salad Sandwich on wholemeal bread Various fruit and vegetables juiced Caesar Salad, lettuce, tomato, avocado, egg with or without chicken, low fat dressing
Aussies Pizza Café	Matilda Fettuccine with chicken and mushrooms in Napoli Sauce Side Salad Garden Salad Mediterranean Salad Beef Tortellini in Napoli Sauce with mushrooms and Mozzarella Cheese Chicken Salad with low fat sour cream
Carvery Kingaroy Shopping Centre	Eggs (poached/scrambled) and tomato on multigrain toast Salad Sandwich with Ham or Chicken on multigrain bread Steak Sandwich with lean rib fillet on multigrain bread
Kingaroy Hotel Motel	Garden Salad, Mexican Salad, Seasoned Vegetables, Crab Linguine