

food swaps



250ml sweetened orange juice
Energy = 605kj
Sugar = 33.5g (6 tsp)

compared with...

1 orange
Energy = 187kj
Sugar = 9.9g (< 2 tsp)



SAVE Energy 418kj
Sugar 23.6 (4 tsp)



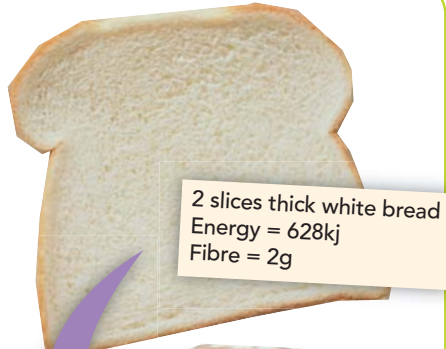
1 slice iced cake
Energy = 1700kj
Fat = 28.1g (5 tsp)

compared with...

1 iced bun
Energy = 1150kj
Fat = 5.8g (1 tsp)



SAVE Energy 550kj
Fat 22.3g (4 tsp)



2 slices thick white bread
Energy = 628kj
Fibre = 2g

compared with...

1 wholemeal roll
Energy = 631kj
Fibre = 4.1g



SAVE Equal energy, twice the fibre, so you stay full.

NIKKI'S SUPERFOOD OF THE WEEK

Cranberries

Cranberries have proanthocyanins – condensed tannins which have been recently reported to prevent bacteria 'sticking' to the cells lining the urinary tract. Research published in the British

Medical Journal showed that regular consumption of 1-2 glasses of a cranberry fruit drink reduced the recurrence of cystitis by 50% in women studied. Choose a cranberry fruit drink that contains at least 25% cranberry juice, such as Ocean Spray Cranberry Classic.

A yummy way to eat cranberries is in their dried form. When packaged this way, they are often called Craisins. Another great way to eat cranberries, is in this wonderful relish my friend served up for me with a roast turkey dinner. It's a great condiment to serve with barbecued chicken at get-togethers this summer.

Cranberry Relish

(Makes about 3 cups)

INGREDIENTS

- 1 ½ cups water
- ¾ cup sugar
- 1 unpeeled orange, diced, seeded and finely-chopped in a blender
- 2cm piece fresh ginger, peeled and cut into thin slices, or grated
- 2 cups cranberries (or Craisins)
- ½ tsp ground cinnamon
- ½ tsp ground cloves
- ½ cup raisins

Combine the water and sugar in a deep saucepan and bring to the boil, stirring. Add the orange and ginger, reduce heat and simmer, uncovered, for 20 minutes. Add the cranberries, cinnamon and cloves, then cook uncovered until thickened – about 15 minutes. Stir in the raisins and cook until big bubbles appear, about 7 minutes. Serve, or cover and refrigerate for up to one week.

