

# Break Time

The Heart and Stroke Foundation SA 's Tuck Shop Newsletter  
Summer 2009

Dear Readers,

Welcome to the final edition of Break Time for the year! With 2009 drawing to a close and summer just setting in, I'm sure everyone is planning their activities for the upcoming vacation. Whatever it is, remember that healthy eating habits do not have to take a back seat. Continue with your heart healthy behaviours and encourage your friends to join in as well. Whether you are staying at home this holiday or traveling, be sure to pack those healthy drinks and snacks, stay well hydrated and be as physically active as you can!

In this edition, you will find an informative article enlightening you on some cool summer tips, nutrition information snippets, recipes and much more!

*Our message* - Look after your hearts and your body by living a healthier lifestyle which includes eating healthy, exercising and no smoking. This, together with management of risk factors like overweight, hypertension, high cholesterol, diabetes and high stress levels. So no matter the season or time of year, healthy principles should prevail!

Travel safe, enjoy the holidays and have a splendid new year.

Yours in heart health

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# Summer Loving



Gorgeous weather and holidays are finally upon us! Join us as we celebrate this season with a healthy lifestyle so that we will be able to enjoy the summer activities. During this time of the year, we are given the chance to recharge our batteries and spend quality time with our families. We believe that you deserve this well-earned break, however, we are advising you to not overindulge in the unhealthy habits you have worked hard to achieve.

Eating a well-balanced diet, regular physical activity and ensuring that you drink between 6 and 8 glasses of water each day will help you live the healthiest lifestyle possible.

Below you will find a list of tips that we encourage you to follow. Put this on your refrigerator for the entire family to follow!

## Cool summer tips

- **Braais**  
Instead of having the traditional braai with red meat (sausage, chops, steak, burgers, etc), have a fish braai with fresh garden salad. Use low fat, home-made salad dressing instead of store bought dressing.
- **Get Fruity**  
Refresh your tastebuds by taking advantage of the various fresh fruit and vegetables available this season. Add low fat yoghurt to fruit salad for a nutritional summer starter.
- **Snack Away**  
Having small, low fat snacks between main meals ensures that your blood sugar levels are maintained so that you don't overeat at the next meal. Quick snacks include fruits, low fat fruit/plain yoghurts, crackers and low fat cheese, bran muffins, home-made popcorn, pretzels, or rice cakes.
- **Drink up!**  
Keep your body hydrated by always keeping a bottle of water in the car or in your bag so that you can always replace the fluids lost in the heat. Freeze your water the night before so that it can be chilled the next day. This will keep you feeling refreshed.
- **Get up and go!**  
A brisk walk to the park, a jog on the beach, a game of volleyball in the garden or even skipping in your backyard. The most advisable time to exercise would be in the cooler hours (early morning and evening). The sun is at its weakest at those times.
- **Stay Committed and Motivated**  
Always remember that commitment and motivation will ensure success
- **Skin Protection**  
Use sunscreen with the highest SPF number whenever you are exposed to the sunlight.



# Portion Control - Protein



## Serving Size

1. 1 serving = 1 egg (restrict intake to 3-4 egg yolks per week)
2. 30g lean meat or chicken (without skin)
3. 30g fish - Fish should be eaten at least twice a week
4. 125ml (½ cup) cooked dried peas, beans or lentils

## Functions

Provides:

1. Protein
2. Vitamin B
3. Iron
4. Zinc

## Did you know?

Important sources of protein include meats, poultry, fish, legumes, eggs and nuts.



These are also a rich source of iron, vitamin B12 and zinc.

## Recipes

### Crunchy Summer Salad

4 Servings

#### Ingredients

- 150g packet lettuce leaves
- Cucumber rings, thinly sliced, approx 15
- 1 carrot, cut into julienne strips
- 1 pineapple, cleaned and cubed
- 1 cup strawberries, washed and cut into chunks
- 2 kiwi-fruit, sliced
- 1 orange, peeled and segmented
- 2 tablespoons sesame seeds
- ¼ cup chopped almonds



#### Method

- Arrange the lettuce leaves at the base of the serving platter
- Place the cucumber slices around the platter
- Place the carrots, pineapple, strawberries, kiwi and orange in the centre of the platter
- Sprinkle the sesame seeds and almonds over the salad.
- Serve with a 'lite' Greek salad dressing

### Guacamole Dip

#### Ingredients

- 2 large avocados
- 3 cloves garlic, crushed
- 2 tablespoons lemon juice
- Pepper sauce
- Salt and black pepper
- Onion

#### Method

- Blend the avocados, garlic, lemon juice and sauce together
- Decant into a serving bowl and add in the onion
- Serve chilled with a dip of your choice

### Hummus

#### Ingredients

- 1 tin (425g) chickpeas
- 1 clove garlic
- ¼ cup lemon juice
- ½ to ¾ cup water

#### Method

- Drain the chickpeas in a colander
- Place all the ingredients in a blender and blend until smooth
- You may need to add more water, depending on the consistency you require
- Serve chilled
- You can use it as a dip or a spread



# Heart Mark Notices

The Heart and Stroke Foundation SA's Heart Mark initiative is a guideline for the public to be able to identify healthy products. These products are:

- lower in cholesterol
- lower in saturated fat
- lower in salt
- lower in added sugar
- high in fibre (where applicable)



The Heart Mark Department has recently added some new products, these include:

Tastic Rice Corporation Bonnet Rice Basmati Rice Risotto Rice Sushi Rice Fragrant Rice  Oceana Brands Lucky Star Pickled Pilchards Lucky Star Curried Pilchards	Pioneer Foods (Pty) Ltd T/A Bokomo Foods Werda "To Go" French Bean Salad  Signora Mozzarella Cheese Company Signora Mozzarella  GFB Business Link 100% Pure Fruit Smoothie	Rhodes Food Group Fruit Cocktail Juice Peaches in Natural Juice Pineapple in Natural Juice  Marble Gold (Pty) Ltd 100% Elite Orange Juice 100% Elite Tropical Punch Juice
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## School Tuck Shop Programme

The Heart and Stroke Foundation South Africa's (HSFSA) School Tuck Shop Programme is working with you to empower children to 'fight the bulge'. Please visit our website at [www.heartfoundation.co.za/childcare/tuckshop.htm](http://www.heartfoundation.co.za/childcare/tuckshop.htm) to receive more information about the benefits of this FREE service.

To be part of our School Tuck Shop Programme, kindly contact Ayesha Seedat (Registered Dietitian at the HSFSA) via email: [ayesha@heartfoundation.co.za](mailto:ayesha@heartfoundation.co.za) or tel: 021-447-4222.



## Contact us

For more information about the Heart and Stroke Foundation SA and healthy living, visit [www.heartfoundation.co.za](http://www.heartfoundation.co.za) or call the Heart Mark Diet Line 0860 223 222 or e-mail [heart@heartfoundation.co.za](mailto:heart@heartfoundation.co.za).

## Happy Holidays!!

May Peace be your gift this Holiday Season and your blessing  
all year through!

