

# Nutritional Myth

## EATING SOYA CAUSES BREAST CANCER

Soya contains weak oestrogen-like phytochemicals called phyto-oestrogens. Soya based foods include soya mince, tofu, soya milk, soya beans, soya nuts and miso. Some studies has found that soya product may reduce the risk of breast cancer.

The following guidelines applies:

Up to 3 servings of soya food per day, may be included in the diet.

Concentrated sources of soya, such as soya supplements should be avoided.

Limit red meat to 3 meals a week and avoid processed meats. Healthy alternatives to meat are fish, eggs, poultry, dried beans, lentils and tofu.

**SOYA BASED FOODS DOESN'T ACT IN THE SAME WAY AS NATURAL OESTROGENS AND DOESN'T INCREASE THE GROWTH OF BREAST CANCER**

## Vegetable of the Month SALAD GREENS

Tossed green salads are always tastier, more interesting and more nutritious when they're made with a combination of leaves – red, green, feathery, frilly, sweet and tart. Try using there varieties to keep it interesting

**Packed into one cup of cos lettuce (47g):**

**34** kilojoules – 19% of the daily requirement of **vitamin C** phytochemicals called **carotenoids**, which help prevent age-related blindness due to macular degeneration– the B vitamin **folate** for protein metabolism

### In the Kitchen:

Storing: Wrap loosely in paper towels, then overwrap in plastic

Prep: Wash and tear salad greens just before use to help conserve their vitamin C. Don't cut greens with a knife, which causes them to brown

### Fresh ideas...

Use individual leaves of chicory to hold a savoury dip, such as herbed goat cheese, as an hors d'oeuvre  
Wrap sandwich fillings like egg, chicken or tuna mayo, in lettuce leaves instead of bread to cut down on kilojoules

### Did you know...

... that the darker the lettuce the more nutritious the salad? Cos lettuce and rocket, have more beta-carotene and vitamin C than butter or iceberg lettuce

## Contact a Dietitian

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# Tsebo Dietetics Newsletter

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## Article of the Month

### Breast Cancer Awareness Month



Breast cancer is the most common invasive cancer in women worldwide. It accounts for 16% of all female cancers and 22.9% of invasive cancers in women. In total, 18.2% of all cancer deaths worldwide (among both female and males), are from breast cancer. Most cases occur in women over the age of 50 but breast cancer can occur in younger women. If you notice any lump or change to your normal breast then you should see a doctor promptly. If breast cancer is diagnosed at an early stage, there is a good chance of a cure. In general, the more advanced the cancer (the more it has grown and spread), the less chance that treatment will be curative. However, treatment can often slow the progress of the cancer.

The risk of developing breast cancer can be reduced by doing the following:

- Maintain a healthy body weight and eat five or more portions of fresh vegetable and fruit daily.
- Limit the amount of alcohol you drink. If you choose to drink alcohol, have no more than one drink per day and do not binge drink.
- Talk to your doctor about the benefits and risks of hormone replacement therapy (HRT)
- Don't smoke and avoid second-hand smoke.
- Get into the habit of examining your breasts for abnormalities every month and have regular mammograms after the age of 40.
- Some lifestyle choices may help to protect your from developing breast cancer:
  - Having children – having at least on full term pregnancy, particularly before the age of 30, reduces the risk of breast cancer during a women's lifetime.
  - Breastfeeding – Research shows that breastfeeding protects against breast cancer. The longer a woman breastfeeds, the greater the protective effect.



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## Recipe of the Month

### Baked Fruit Crumble Serves 12

#### Ingredients:

5 large apples, rinsed and finely sliced (not peeled)  
 250 ml raspberries, blackberries, blueberries, raisins or mixed berries, fresh or frozen  
 2 cups apple juice  
 2 cups rolled oats  
 30 ml brown sugar  
 10 ml ground cinnamon  
 2.5 ml ground cloves  
 10 ml canola oil

#### Directions:

Preheat the oven to 180°C. Dip kitchen paper in oil and use to grease the baking dish or individual muffin tins. Arrange the apple slices and raspberries or other fruit in the baking dish. Pour over the apple juice. Mix the oats, sugar, spices and oil in a bowl. Cover the fruit with the crumble topping. Bake for 45-60 minutes. Can be served hot or cold with custard

#### Dietitian's Note

Any other fruit can be used, depending on what is available. The apples can be replaced with pears or peaches. Think Pear and Chocolate crumble (add 30ml cocoa powder to the oats crumble)  
 Apples and oats are both high in soluble fiber, which can help to relieve constipation and helps lower cholesterol levels.

## Nutritional Snippet

### Fresh figs

Has the most fiber of any product, are very low in fat, an excellent snack, contains vitamin A and C, iron, calcium and potassium



## Meet the Dietitian

**Carli van der Lith**  
 Front of House Manager: Wits Donald Gordon  
 Mediclinic



I started my Dietetics journey in 2014 at the North West University Potchefstroom campus and graduated 2017. I completed my community service year in the Ekurhuleni Municipality where I practised in 4 clinics mainly in Tembisa Township.

I didn't choose Dietetics, it chose me. I was interested in eating disorders and the psychology around it; on the other hand I was interested in Occupational therapy. I consulted with Universities and they suggested Dietetics. I fell in love with the profession only in my third year while doing practical's in Potchefstroom Government Hospital, in my community service year I realised I need to explore other fields of dietetics. I have always loved cooking and hosting people since primary school.

After my community service year I was blessed with a Front of House position at Fedics, doing what I enjoy the most working with food and people.



## Plant-Based Recipe

### Red salad with sweet chilli dressing

#### Ingredients

- 1 tin (410g) red kidney beans, rinsed
- 1 small punnet cocktail tomatoes, halved
- 1 red pepper, seeded and sliced
- 3 radishes, thinly sliced
- 1 cup red grapes, halved
- 1 red apple, thinly sliced
- ¼ cup fresh basil, chopped
- ¼ cup pomegranate seeds (optional)
- ½ cup unsalted cashew nuts

#### Dressing:

- 60ml sweet chilli sauce
- 30ml red wine vinegar
- 30ml extra-virgin olive oil

Spoon the kidney beans onto a large salad platter.

Place the other ingredients in layers on top of the beans. Finally, sprinkle the nuts on top.

Mix the dressing together and drizzle over the salad just before serving.

#### Notes:

Other red-salad options: Red cabbage, red onions, cooked beetroot, strawberries and watermelon

