

# Nutritional Myth

## SKIPPING MEALS WILL HELP YOU LOSE WEIGHT

Car without fuel – won't function well, when you are over hungry, you tend to eat too much at the next meal and not make the best decisions.

Regular meals helps with weight loss by

1. Increasing metabolism
2. Thermogenesis

Eating 3 meals and 2 snacks providing 5500kJ is better than eating only one meal of 5500kJ per day

## REGULAR MEALS HELP TO LOSE WEIGHT

# Vegetable of the Month

## LEEKS

With a milder, sweeter flavor than onions and a crunch bite when cooked, leeks are great in main and side dishes.

### Packed into one cup of cooked leeks (200g):

**300** kilojoules – **vitamin C**, to fight infection – **diallyl sulphide**, a phytochemical thought to lower the risk of stomach cancer – **folate** – **kaempferol** an anticancer substance that may block cancer causing compounds – **quercetin** another phytochemical that fights cancer and heart disease – **Fiber**

### In the Kitchen:

Storing: Store in the fridge for up to a week

Prep: Leeks need careful cleaning as they are grown in furrows filled with earth to keep the bottoms white. Slit the leek lengthways from the base to the top and fan out the leaves under water, checking every layer for soil.

### Fresh ideas...

Brush cleaned and trimmed leeks with olive oil and grill as an accompaniment for steak

Stir sautéed leeks into mashed potatoes for a comfort food treat

Raw young leeks add flavor and crunch to salads. Slice thinly

Braise leeks and fresh carrots together in stock. Sprinkle the tender vegetables with dill and serve as a side dish for fish

Bundle baby leeks, cook them as you would asparagus, and serve them with lemon juice, salt & pepper

# Contact a Dietitian

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# Tsebo Dietetics Newsletter

December 2019 Volume 12

## Article of the Month



### PEOPLE WITH HIV/AIDS HAVE INCREASED NUTRITIONAL NEEDS

As HIV attacks the body's immune system, it has to work harder to fight infection, requiring an increase in energy and nutrients. People infected with HIV will therefore have to eat more to meet these extra energy and nutrient requirements, this will further increase as the HIV/AIDS symptoms develop and the virus progresses.

The three nutritional areas most affected by HIV/AIDS are:

- Food intake

People with HIV/AIDS tend not to eat enough, not only due to the illness but also the medication to treat it may reduce the appetite, modify the taste of food and prevent the body from absorbing it. Symptoms such as a sore mouth, nausea and vomiting also make it difficult to eat; tiredness, isolation and depression also reduce the appetite and the willingness to make an effort to prepare food and eat regularly. For many there is simply not enough money to buy food.

- Food absorption

Food, once eaten, is broken down by digestion into nutrients. These nutrients pass through the gut walls into the bloodstream and are transported to the organs and tissues in the body where they are needed. One of the consequences of HIV and other infections is that since the gut wall is damaged, food does not pass through properly and is consequently not absorbed. Diarrhoea is another common occurrence in people with HIV/AIDS. When a person has diarrhoea the food passes through the gut so quickly that it is not properly digested and fewer nutrients are absorbed. This reduced food intake and absorption leads to weight-loss and malnutrition.

- Weight Maintenance

When a person does not eat enough food, or the food eaten is poorly absorbed, the body draws on its reserve-stores of energy from body fat, and protein from muscle. As a result the person loses weight as their body fat and muscles are lost. To gain or maintain weight, they will have to consume more food, either by eating larger portions and/or eating meals more frequently, using a variety of foods.



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## Recipe of the Month

### Tuna Melt Muffins

#### Ingredients:

- 1 x 170 g can Lucky Star Tuna, drained
- 1 cup (250 ml) flour
- 1½ tsp (7.5 ml) baking powder
- 3 eggs
- 1 cup (250 ml) milk
- 2 tsp (10 ml) mustard
- 1 cup (250 ml) frozen cubed vegetable mix or chopped leftover vegetables
- 1 cup (250 ml) Cheddar cheese, grated

#### Directions:

Preheat the oven to 180 °C and lightly grease a 12-hole muffin pan.

Sift together the flour and baking powder in a large bowl.

In a smaller bowl, whisk together the eggs, milk and mustard. Stir the wet ingredients into the flour mix and combine.

Add the tuna, vegetables and half the cheese, stirring until just combined (do not overmix). The mixture must be quite thin.

Pour the mixture into the muffin pan and top with the remaining cheese. Bake for 20–25 minutes, or until a toothpick inserted comes out clean.

Remove from the oven and allow to cool slightly before removing from the pan. Transfer to a cooling rack.



## Nutritional Snippet

**The leaves of young turnips are delicious!**

Cooked in the same way as spinach, they can be served as a vegetable on their own, used in soup, or chopped finely as a garnish for salads and vegetable dishes. They are high in vitamins A, B and C



## Meet the Dietitian

**Annelize Zeelie**  
Nutrition & Wellness



Annelize Zeelie, RD (SA) completed her Bachelor of Science Degree in Dietetics (cum laude) at the University of Free State, Bloemfontein. She is registered with the Health Professions Council of SA (HPCSA) and South African Dietetics Association. She is also Food Safety Lead Auditor and a qualified HACCP Expert.

Annelize takes a holistic approach to the role of diet in the modern day, often busy and stressful, routine. Her love of all things nutrition-related is at the cornerstone of her passion for helping others to optimise all aspects of their health.

Annelize has worked for Tsebo since 2005, first as Catering Manager and then as Regional Dietitian. She developed food safety management programmes, corporate wellness management programmes, enjoys public speaking and presentations and also consults regularly for the media, having written for Business Day Newspaper, Weigh less Magazine, Discovery Magazine, Ride Magazine, as well as interviews on Radio 2000 and SABC 2, to name a few.



## Plant-Based Recipe

### PAN-FRIED PINEAPPLE WITH COCONUT-YOGHURT

1 medium pineapple, peeled

3 tbsp (45 ml) desiccated coconut

2 tsp (10 ml) sunflower oil

175 ml plain low-fat yoghurt

handful fresh mint leaves to serve

1. Cut pineapple into 6 thick, even slices.
2. Heat a frying pan over a medium heat and toast coconut without any oil until golden brown. Take care not to burn it. Spoon out.
3. In the same pan, heat oil and fry pineapple slices on both sides until golden brown and just cooked.
4. Mix 2 tbsp (30 ml) of the coconut with the yoghurt. Serve 2 tbsp (30 ml) of the yoghurt mixture per person with the pineapple, sprinkle with remaining coconut and garnish with fresh mint leaves.

Tip: Try this recipe with plums, peaches or apricots in summer

