



# food matters

WITH CONSULTANT NUTRITIONIST SUE RADD

## salads for satiety

Eating a low-fat salad as your first course may significantly reduce your overall kilojoule intake during a meal—an effective strategy for weight management—according to new research published in the *Journal of the American Dietetic Association*.

The study of American women looked at how different types and amounts of salads affected hunger, satiety and overall food intake at lunch. Eating a small salad (around one-and-a-half cups) reduced total meal kilojoule intake by 7 per cent, while eating a large salad (around 3 cups) dropped the kilojoule intake by 12 per cent!

### why salad?

Dieters are frequently drawn to salads because they naturally contain a low level of kilojoules (unless drowned in oily dressing). Salads are also high in water content and dietary fibre, so they can fill you up while providing a relatively small number of kilojoules. This is advantageous, especially if you are on a tight kilojoule budget!

Salads supply a range of nutrients,

such as vitamins, minerals and phytonutrients. The more colourful a salad, the greater the diversity of phytonutrients, which act as antioxidants to help protect against premature ageing and degenerative diseases.

### what type of salad?

Not all salads are helpful if you are watching your weight. Drenching a salad with full-fat dressing and sprinkling with fatty cheese may work against you. According to the research findings, eating a high-fat salad actually increases overall kilojoule intake at a meal!

Base your salad on dark green leaves, and include colour with a variety of vegetables, such as purple onion, bright red tomatoes, carrot, cucumber and crunchy sprouts. Flavoursome low-fat/kilojoule dressings are available commercially or can be made with lemon or lime juice (or balsamic vinegar) and a sprinkling of fresh herbs, such as coriander, basil and mint. For an Asian flavour, add a dash of diluted soy sauce, crushed garlic and chilli. See **page 55** for an exotic and delicious low-fat salad recipe.

## FOR MORE INFORMATION

For further information on healthy eating, please contact *Sanitarium Nutrition Service*

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