



healthyfood@sport

Healthy Food@Sport newsletters provide community sports clubs with information to help them implement a range of healthy options in canteens. The newsletters feature recipe ideas and tips on healthy eating and hydration for parents, coaches, officials, club administrators and participants.

February 2013

Issue 12 – Welcome to 2013



Welcome Back!

The team at the Healthy Food@Sport project would like to welcome back the following sporting clubs/organisations that are now entering their second year of the project:

- Touch Football ACT
- Netball ACT
- Kids Football Club
- Basketball ACT
- Woden Valley Soccer Club
- Weston Creek Soccer Club
- Gungahlin Little Athletics Centre
- South Canberra Netball Association
- Tuggeranong United Football Club
- Weston Creek Wildcats Junior AFL Club

The project is also delighted to be working with the following sporting clubs/organisations that have commenced their first year:

- Cricket ACT
- Weston Creek Little Athletics Centre
- The four ACT Government contracted pools: Lakeside Leisure Centre, Canberra Olympic Pool, Manuka Pool and Dickson Aquatic Centre.

The Healthy Food@Sport team is looking forward to assisting your club have a healthy and successful **2013!**

Expression of Interest for Food Safety Course

Nutrition Australia ACT is pleased to offer a Food Safety Supervisor Course which covers workplace hygiene and food safety procedures.

This course is highly recommended for canteen supervisors/managers and is required if your canteen has a registered food business license. For more information please contact Nutrition Australia ACT on (02) 6162 2583 or email:

act@nutritionaustralia.org.

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A joint Australian, State and Territory Government initiative under the National Partnership Agreement on Preventive Health



Nutrition Advisory & Support Service

The friendly team at Nutrition Australia ACT are just a phone call or email away if you need a helping hand to make **GREEN** changes at your canteen, or help to confidently categorise a product against the “Traffic Light” guidelines. We would love to hear any comments, questions or feedback you have to help us help you. We will do our best to answer questions in the Q & A Section in future issues of *Healthy Food@Sport* newsletters.

Contact us at:
(02) 6162 2583 or

Email: act@nutritionaustralia.org

Please refer to the ‘Why Sporting Club Canteens are Going Greener’ Fact Sheet for information on the Traffic Light categories and why sporting club canteens should provide healthy menu choices.

Coming Soon!

This year is an exciting time for Canberra as it celebrates its centenary! Some sporting clubs may be holding special events this year and may like some assistance with catering ideas. Look for our “Catering for Events” tool – coming soon!

Contact Details

For further information about the Healthy Food@Sport project please contact Grant Voysey on 6207 1696 or grant.voysey@act.gov.au

Q & A on Squeezing the Facts Out of Fruit Juice

Canteen Question: There has been so much talk about the Pros and Cons of fruit juice for children. Is there any reason why we should not give our children fruit juice?

Answer: Many children don't like eating fruit, so offering 100% fruit juice is one way to provide a serving of fruit. As a reminder, children need to consume two serves of fruit per day. One serve of fruit is equal to:

- 2 small pieces of fruit
- 1 medium piece of fruit
- 1 cup of canned fruit or
- **½ cup (125mls) of 100% fruit juice.**

When it comes to fruit juice, serve size is important to consider. The recommended serve of fruit juice is 125mls or a half a cup. However, products sold as single serve may be as large as 600mls. This is equivalent to approximately 6-8 oranges and approximately 950 kilojoules in the form of fructose. Fructose is the sugar derived from fruit and is a carbohydrate.

Children can easily drink a lot of juice because it tastes good and is often thirst quenching. Fruit juice does provide vitamins and carbohydrates which are important; however, fruit juice does not offer the same nutritional benefits as whole fruits.

When juicing fruit, most of the fibre is removed, whereas whole fruits are a great source of fibre, which contributes to satiety or “feeling full”.

Bottom line – Practice moderation when it comes to fruit juice, because too much juice:

- Is easily consumed and can add extra unwanted kilojoules which can contribute to unwanted weight gain.
- May contribute to an imbalance in overall nutrient intake by filling up on juice and not eating at meal time.
- May contribute to poor dental health due to high concentration of sugar.
- In some cases, represents an expensive option for obtaining a serving of fruit.

If you are offering fruit juice, choose 99% fruit juice in small single serves (max 250ml) or dispense in disposable cups.

Avoid sweetened juice and fruit drinks with a low fruit content as they contain lots of added sugar and a small proportion of actual fruit juice.

When drinking fruit juice for sport, particularly for rehydration, consider diluting with water using one to one portions of water and juice. The better option is to eat fruit and drink water!

Product of the Month



Canberra Milk has released a new range of plain and flavoured reduced fat milk – perfect for sporting canteens.

The new range is available in three flavours to tantalise your taste buds with traditional plain milk (300mL), delicious chocolate (375mL), and chocolate, malt and honey (375mL). And best of all, the entire range is made from reduced fat milk, making all three flavours **GREEN** choices. To stock these products in your refrigerator contact Capitol Chilled Foods, or your local supermarkets.

To access the range of newsletters and fact sheets in this series please visit:

www.health.act.gov.au