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## **Waist recession is the recession we need to have**

Almost one in two adult Australians have tried to lose weight over the past year, according to a Dietitians Association of Australia (DAA) survey. It highlights the fact that healthy eating is in the minds of many, even if it isn't translating to smaller waists.

The upcoming Australia's Healthy Weight Week (January 25-31) conducted by the DAA is a perfect opportunity for people to make a long term commitment to a healthy living, said Glenn Cardwell, Accredited Practising Dietitian.

Mr Cardwell said research had shown the weight loss benefit of eating foods that have fewer kilojoules per serve - the so-called "lower energy dense foods" - such as mushrooms, fruits and vegetables.

"Preliminary findings from research conducted by Dr Lawrence Cheskin from the John Hopkins Bloomberg School of Public Health highlight that the simple act of replacing high energy dense foods such as fatty foods and meats with low energy dense foods like mushrooms tricks the body into a lower overall kilojoule intake.

While the study found that the substitution of a 110 gram hamburger beef patty with the same weight of portabella mushroom directly saved 420 kJ per day, participants were found to actually eat 1590 kJ less per day, suggesting the powerful ability of mushrooms to make a meal even more filling.

It also suggests that substituting high energy dense food with low energy dense versions could be a simple way to lose weight in the long term. Saving only 1000 kJ a day could mean a weight loss of 12kg a year.

Mr Cardwell said mushrooms were ideally suited to weight control because they are low in fat, kilojoules and energy density. In addition they contain a range of B group vitamins and minerals and now one of the highest antioxidant foods found in nature.

"We strongly support the DAA's Australia's Healthy Weight Week and their 10 week challenge of lifestyle and healthy eating tips" he added.

"When it comes to healthy eating, choosing your food carefully and including more fruit and vegetables to build up to the recommended two serves of fruit and five serves of vegetables every day you can make a real difference over the long-term.

Mr Cardwell said mushrooms were not only nutritious but also quick to prepare and a deliciously versatile part of any meal.

To download a barbecue mushroom salad recipe please use the following [LINK](#).

Ends

For further information please contact Glenn Cardwell on 08 9367 3556 / 0413 806 406.  
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