



Chicken & Asparagus Involtini

Serves 4
Preparation Time 15 minutes
Cooking Time 15 minutes

Tip

Serve with steamed potatoes or mash.

Uses Bertolli Premium Basilico Pasta Sauce.

Ingredients:

- 600g chicken breast fillets
- 8 spears fresh asparagus
- 1/3 cup reduced fat ricotta cheese
- 1 cup shredded spinach
- freshly ground black pepper, to season
- 2 teaspoons olive oil
- 1 x 400g jar **Bertolli Premium Basilico Pasta Sauce**
- 2 zucchinis, sliced
- 1/2 bunch rocket

Directions:

- 1: Slice the chicken lengthways into 8 wide slices. Press out the slices to flatten them.
- 2: Cook the asparagus in boiling water for 1 minute or until tender, drain, rinse under cold water. Combine the ricotta cheese, spinach and pepper and spread over the chicken slices. Top with the asparagus and roll up. Seal with toothpicks.
- 3: Heat the oil in a non-stick frying pan and cook the chicken over medium heat until browned and cooked through. Add the sauce to the pan and heat through. Lift out the chicken and remove the toothpicks.
- 4: Meanwhile, steam or pan-fry the zucchini until just tender. Serve with the chicken, sauce and rocket.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy – 1406kJ; Protein – 37.0g;
Total Fat – 17.1g; Sat. Fat – 4.4g;
Carbohydrate – 7.3g; Total Sugars – 7.0g;
Dietary Fibre – 3.1g; Sodium – 571mg

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To find out more, please visit:

- www.unilever.com.au
- www.lipton.com.au
- www.streets.com.au
- www.floraloveyourheart.com.au
- www.floraloveyourheart.co.nz
- www.continental.com.au

New Unilever Online Publication Service



The Unilever Nutrition team has supported the production of quality nutrition resources and materials specifically designed for health professionals for many years. To help us provide you with informative and useful materials to keep you up to date, register at our new online publication registration service: www.unileverhealthcarenutrition.com.au/registration

What if people's hearts stayed young?

Unilever's global mission is to help make the world's hearts healthier.

Making heart health messages relevant to the individual is a vital step towards motivating behaviour change. That is why Unilever developed the concept of Heart Age. Heart Age is an estimated 'age' of the heart, compared to a person's chronological age. It is a translation of the Framingham risk score¹, which is based on the influence physical and lifestyle factors have on heart health.

The Heart Age tool was recently launched in Australia to raise awareness of CVD risk amongst the general public. Our global goal is to motivate 100 million people worldwide to take the Heart Age test and encourage diet and lifestyle changes to help lower elevated Heart Ages in this group by an average of three years by 2020. Globally the concept of Heart Age is supported by the World Heart Federation.

In New Zealand we are currently working with the Heart Foundation to support their 'Know your Numbers'



campaign, which includes an online Heart Age Forecast tool. This tool contains a 6-week interactive Heart Health plan that was co-developed by Unilever and the NZ Heart Foundation based on Unilever's Heart Age diet and lifestyle plan. Both tools allow the public to better understand their CVD risk, and motivate them to make positive lifestyle changes to help improve their heart health.



www.knowyournumbers.co.nz



www.heartagecalculator.com.au

References

1. D'Agostino RB et al. General cardiovascular risk profile for use in primary care: The Framingham Heart Study. *Circulation* 2008; 117(6):743-53.

Vitality

News from the Unilever Nutrition Team

April 2010



Unilever

Emerging Science of Green Tea Flavonoids

While green tea has traditionally been consumed by the Chinese because of its perceived health benefits, research to substantiate these benefits continues to emerge. Evidence for a beneficial effect of green tea on cardiovascular health is particularly promising.

While the mechanisms underlying these effects remain uncertain, improved blood vessel function is an area that is accumulating in evidence. Green, black and oolong tea are produced from the same plant, *Camellia sinensis*. Each differ by the length of leaf oxidation. All are a rich source of flavonoids, and tea is one of the major sources of flavonoids in the Australian diet¹. Flavonoids are a group of phytochemicals belonging to the polyphenol family.

Inside:

Challenge your patients to lower their cholesterol

Chicken & Asparagus Involtini recipe





The Unilever Nutrition Team.
From left: Accredited Practising Dietitians Megan Cobcroft, Katherine Cook and Brooke Sprott.

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Cover story continued

Accumulating data suggests green tea is associated with a reduced risk of heart disease and stroke. Meta-analysis have demonstrated consuming just three cups of tea a day appears to be protective^{2,3}. Research suggests that it may be the flavonoids in green tea that improve blood vessel function by helping blood vessels relax⁴.

Antioxidants – in vitro vs in vivo

Many dietary compounds, including flavonoids, have been shown to have powerful antioxidant actions in vitro (inside a test tube). However, these actions do not necessarily predict actions in vivo (in the body) or a related health effect⁵. Measuring the antioxidant content of individual foods does not take into account bioavailability or physiological effect. The health benefits of some compounds classified as antioxidants based on in vitro analysis appear not to be related to antioxidant activity at all.

The antioxidant activity of flavonoids is often suggested as a mechanism of action for the benefits associated with tea drinking. However, new understanding of the science of antioxidants suggests that the health benefits associated with tea drinking are not simply related to general antioxidant protection⁶⁻⁸. Emerging science is now focusing on the direct action of flavonoids on benefits such as improved blood vessel function.



Green tea: a natural choice for a healthy heart and body
Information for health professionals provided by Unilever

Info

For more information on green tea and flavonoids, request an online copy of the brochure 'Green tea: a natural choice for a healthy heart and body' by calling Australia – 1800 888 449, New Zealand – 0800 900 028, or email your request to crd.foods@unilever.com.

References

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2. Peters U et al. Am J Epidemiol 2001; 154(6):495-503.
3. Arab et al. Stroke 2009; 40(5):1786-92.
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Challenge your patients to lower their cholesterol

To raise awareness that diet and lifestyle changes can have a significant impact on reducing cholesterol, we are encouraging people affected by cholesterol to take the **Flora pro-activ 3-week challenge**.

Using the cholesterol challenge to motivate your patients with cholesterol problems can lead to a significant improvement in cholesterol in just 3 weeks. To work through the cholesterol challenge with your patients, follow these easy steps:

1. Have your patients' fasting cholesterol tested by their GP and record their results.
2. Encourage them to use 25g of **Flora pro-activ spread** (a rounded tablespoon) every day for 3 weeks as part of a healthy lifestyle. Provide them with further tailored information on changes they can make to their diet and lifestyle.
3. For additional resources, such as a menu plan, recipes and blank menu planner, visit the Flora website.
4. After 3 weeks, have their fasting cholesterol measured again. Compare the results and encourage them to continue their new healthier diet, including **Flora pro-activ**, to help keep their cholesterol absorption down.



Clinical studies prove that the daily consumption of 2–2.5g of plant sterols, the active ingredient in **Flora pro-activ**, lowers cholesterol absorption by an average of 10–15% when combined with a healthy diet and lifestyle.

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For more information and to view online videos* of the 3-week challenge, go to www.floraloveyourheart.com.au (or) www.floraloveyourheart.co.nz

*Note: 3-week challenge videos are available in Australia only.

AMBER PRODUCTS

AMBER*

All foods that fall into the amber section can be sold EVERYDAY in your canteen. However, you should not dominate the menu at the expense of a healthier choice.

Amber Under Government Canteen Guidelines:

- ▲ All States Guidelines
- NSW, VIC, QLD Only
- NSW, QLD Only
- ⊕ VIC Only

Working with school canteens?

The **Paddle Pop** range of Streets ice cream is formulated with kids' nutrition in mind. With each State in Australia having different nutrient criteria for school canteens, it can make product formulation challenging.

Unilever nutritionists and food technologists worked hard to ensure the Streets **Paddle Pop** and **Paddle Pop Moo** range met even the strictest of State Government school canteen guidelines in Australia, and the Food and Beverages Classification System (FBCS) in New Zealand. Each serve provides less than 450 KJ, but contains the goodness of 70% milk, a source of calcium and is low GI, so it's a great choice to have either at school or as an afternoon snack.

To obtain more information about the full range of Street's ice cream products that meet the state-based nutrient criteria across Australia and the 'FBCS' for schools in New Zealand, please contact: wendy.jeffrey@unilever.com



Bertolli olive oil spreads

With 65% less saturated fat than butter, the Heart Foundation Tick and more of the taste you love, Bertolli olive oil spreads are a healthier choice. In addition to this new taste, New Zealand Olivio has also changed its name to Bertolli.

Bertolli Premium pasta sauce

This new Bertolli pasta sauce is prepared as a real Italian chef would, starting from a delicious 'soffritto' base with extra virgin olive oil, onions, garlic and herbs slowly sautéed, then blended with sweet Italian tomatoes. Coming to supermarkets soon.



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