



Green Tea Cup Cakes

Serves 12
Cooking Time 15-20 minutes

Tip

What are flavonoids?
Check out the brochure 'Green Tea: a natural choice for a healthy heart and body'. Available at www.unileverhealthcarenutrition.com.au

Uses Lipton Jasmine Green Tea bags

Ingredients:

Cup cakes:

- ½ cup reduced fat milk
- 3 Lipton Jasmine Green Tea Bags
- 1 cup plain flour
- 1½ teaspoons baking powder
- ¾ cup caster sugar
- 60g Flora Buttery Spread, (¼ cup)
- 1 egg
- A few drops pandan extract*

Icing:

- 50g Flora Buttery Spread
- 1 cup icing sugar
- ½ teaspoon Matcha green tea powder*

Cup cakes: Warm the milk gently, do not boil, add teabags and allow to infuse for at least 1 hour. Preheat oven to 170°C. Place flour, baking powder, sugar and spread in a bowl and beat on low speed until all ingredients are combined. Remove teabags from infused milk and beat in egg and Pandan or food colouring.

Add to bowl and mix on high speed until mix is smooth. Spoon mix into paper cases and bake for 15-20 minutes until sponge bounces back when touched. Leave to cool completely before icing.

Icing: Mix all ingredients together until smooth.

*Notes: Pandan extract and green tea powder (Matcha) can be found in most Asian stores. Alternatively this could be substituted with green food colour.

Nutrition information

(average quantity per serve based on listed ingredients):
Energy 871 kJ; Protein 2.2g; Total Fat 6.7g; Sat. Fat 1.7g; Carbohydrate 34.2g; Total Sugars 26.1g; Sodium 113mg; Flavonoids 12mg

New resources from Flora

Flora has some new downloads available on the website. There's the Flora pro-activ e-cookbook for Australia and New Zealand, as well as some Heart Age Calculator resources (Australia only). To download, just register at:

www.florahealthprofessionals.com.au

OR

www.florahealthprofessionals.co.nz



www

To find out more, visit:

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

Inspiring women to take care of their heart

Flora pro-activ is proud to support the National Heart Foundation of Australia's Go Red for Women campaign.

Go Red for Women is the Heart Foundation's campaign to spread the facts about women and heart health.

Flora pro-activ, like the Heart Foundation, is committed to improving women's heart health through lowering cholesterol as part of a healthy diet and lifestyle.

Cardiovascular risk can increase through increases in cholesterol thought to be partially due to a reduction of hormone activity after menopause.

That's why it's important for women over 45 to take action to improve their heart health. In Australia from May to July, Flora pro-activ will support a number of Go Red for Women events and the Heart Foundation Healthy Heart Challenge – a free ten week program to support and motivate women to make small improvements in their heart health.

Participants will be asked to choose one of six goals for action:

- Be more active every day
- Improve everyday nutrition



- Increase knowledge of heart health
- Quit smoking
- Lower high blood pressure
- Lower high cholesterol levels

Show your support of the campaign by encouraging your patients to take the 10-week challenge to make simple lifestyle changes to improve their heart health.

To find out more, visit: goredforwomen.org.au



Vitality

News from the Unilever Nutrition Team

July 2011



Unilever

CHALICE – unlocking the secrets to healthy ageing

New Zealand's population over 65 is expected to double by 2050. As we age, our physical and mental health is more likely to catch up with us.

Much of the excess morbidity and mortality associated with ageing is due to cardiovascular disease (CVD), which is the second greatest cause of mortality in New Zealand. As health care professionals we are all familiar with the impacts of nutrition on many modifiable risk factors for cardiovascular disease such as hypertension, hypercholesterolemia, elevated body mass index and poor glycaemic control.

The Canterbury Health, Ageing and Lifestyle Course (CHALICE) Study is a longitudinal study of health, wellbeing and active ageing of 50-year-olds in Canterbury, New Zealand. CHALICE assesses a range of factors that impact on health, wellbeing, ageing and the development of diseases such as CVD, hypertension, diabetes, dementia, infections, cancer and depression. Factors assessed

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include diet, lifestyle, attitudes, personality, social factors and genetics.

The aim of the CHALICE study is to investigate the determinants of physical and mental wellbeing and protective factors against the development of disease. By the end of 2012 the study group aims to have recruited 2,500 50-year-olds selected at random from the electoral roll. Each participant undergoes a number of assessments and will be reassessed every five years as part of the study. Assessments include:

- 1. Physical assessment:** height, weight, blood pressure, retinal photography, urine and blood tests.
- 2. Health history:** physical health history, health service use, medication use.
- 3. Family and social assessment:** family history and attitudes to health.
- 4. Cardiac health:** including an electrocardiogram and echocardiograph.
- 5. Mental health:** mood, anxiety and personality.
- 6. Cognitive health:** tests of memory.
- 7. Lifestyle:** exercise, diet and digestive health (including a three-day diet and exercise diary).

The study group believes longitudinal epidemiological studies such as CHALICE have the ability to look more deeply into the determinants of healthy ageing and that good nutrition will be a key determinant of wellbeing in older people.

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

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Supporting NZ dietitians in research

Catherine Wall is the second recipient of the Dietitians NZ-Unilever Cardiovascular Postgraduate Research Scholarship.



The Dietitians NZ-Unilever Cardiovascular Research Scholarship aims to support practice-based research and is supporting Catherine's work on a pilot sample from the CHALICE (Canterbury Health, Ageing and Lifecourse) Study. The aims of Catherine's research are to investigate associations between:

- (1) The dietary intake of 50-year-olds compared with the recommended CVD prevention heart healthy diet.
- (2) Attitudes and beliefs about disease.
- (3) Barriers and facilitators to healthy eating.

The hypothesis is that psycho-social factors influence the ability of New Zealand 50-year-olds to follow a heart-healthy dietary eating pattern. This research will be used to make further hypotheses that can be tested with a larger sample size and may be useful for dietitians working in the field of CVD prevention, management and rehabilitation.

Catherine is delighted to be the recipient of the Dietitians NZ-Unilever Cardiovascular Postgraduate Research Scholarship and values Unilever's support of diet-related cardiovascular disease research in New Zealand and giving dietitians the opportunity to develop their research skills in this field.

Unilever looks forward to updating you on Catherine's research in a future issue. For more information on the CHALICE Study, see this issue's front page article.



News Janice Sangster from The University of NSW is the recipient of the 2009-2012 Dietitians Association of Australia (DAA)-Unilever Research Scholarship. An update of Janice's research will be covered in a future issue.



"The aim of the CHALICE study is to investigate the determinants of physical and mental wellbeing and protective factors against the development of disease."

News

Unilever is delighted to be supporting Catherine Wall, a member of this study group, who was awarded the Dietitians NZ-Unilever Cardiovascular Postgraduate Research Scholarship. See next page to read more about this scholarship and Catherine's involvement in this study. The Unilever nutrition team would like to thank Richard Geary, Associate Professor from the Department of Medicine, University of Otago, Christchurch, for contributing this article.

New Continental Stock Pot – tastes just like homemade

New Continental Stock Pot has been carefully crafted by Continental's experienced chefs to provide consumers with a rich and tasty stock that tastes just like homemade.

Continental Stock Pot is made without artificial colours, MSG and preservatives. Continental Stock Pot is made in a different way to standard stock cubes, by carefully selecting vegetables, herbs and spices and slowly simmered into a flavoursome little pot.

As Continental Stock Pot provides a rich full flavoured stock, just one pot, which makes 500ml, can be used in a recipe to serve at least 4 people.



Did you know Raguletto Pasta Sauce contains 1 serve of veggies in every portion?



Unilever is committed to making responsible claims about our products. **Raguletto Pasta Sauce** contains 75g of cooked vegetables per serve* and has also been assessed for levels of nutrients that are delivered by fruit and vegetables, including: fibre, potassium, vitamin B6, vitamin C, folate and beta-carotene**. This assessment also takes into consideration the effects of processing.

* According to the Australian Guide to Healthy Eating 1 serve of vegetables = 75g cooked
** According to internal Unilever nutrition guidelines