



Berry streusel

Preparation time: 15 minutes
Cooking time: 15 minutes

Tip

You can replace the berries with strawberries.

Uses Flora pro-activ Buttery

Ingredients:

- 20g (1 tablespoon) Flora pro-activ Original/Buttery
- 1½ tablespoons reduced fat milk
- ¼ cup plain flour
- ¼ cup traditional rolled oats
- 1½ tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 250g frozen mixed berries, thawed
- 1 tablespoon icing sugar for serving
- 4 tablespoons reduced fat yoghurt for serving

Preparation:

1. Preheat oven to 200°C.
2. To make the streusel, melt Flora pro-activ with milk. Place flour, oats, sugar and cinnamon in a bowl and mix until well combined. Stir in the melted Flora pro-activ and milk.
3. Divide the berries evenly between four dishes. Arrange the streusel mixture in small dollops over the berries. The berries do not have to be completely covered.
4. Bake for 15 minutes or until golden brown and the berries are bubbling.
5. Serve warm or cold sprinkled with icing sugar and yoghurt.

Nutrition information
(average quantity per serve based on listed ingredients):
Energy: 575kJ; Protein: 3.3g;
Total Fat: 4.0g; Sat. Fat: 0.9g;
Carbohydrate: 20.9g; Total Sugars: 11.4g;
Dietary Fibre: 2.1g; Sodium: 40mg;
Flora pro-activ per serve: approx. 5g



New from Continental

A new recipe booklet full

of quick, easy, and tasty meal solutions is now available from Continental. Recipes have been developed by Continental's culinary team following the Heart Foundation's Guidelines to develop healthier recipes. To download your copy, visit: www.continental.com.au/recipes/good-nutrition



Nutrition information for Unilever Food and Beverage Products

The nutrition information booklet for all Unilever food and beverage products has recently been updated. Contact Unilever for your copy of this handy resource or visit: www.unileverhealthcarenutrition.com.au/home/products/NutritionInformation

www

To find out more, visit:

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

Promoting self-esteem in young Australian girls



Since its inception in 2006, almost 164,000 young Australian girls have benefitted from the Dove Self-Esteem Fund's *Dove BodyThink* – a groundbreaking educational tool that helps young people put the beauty world into perspective and foster a healthy body image.

What is the Dove Self-Esteem Fund?

The Dove Self-Esteem Fund is an agent of change to educate and inspire girls and women on a wider definition of beauty. Through partnerships with eating disorder, youth and educational institutions in Australia and more than 40 countries throughout Europe, North America, Latin America, Asia and the Middle East, the Dove Self-Esteem Fund's ambition is to touch the lives of young people through its educational program.

What is Dove BodyThink?

Dove BodyThink is a groundbreaking teaching initiative developed globally by Dove that provides a tool for teachers and youth workers to help young people put the modern beauty world into

perspective, be more media-literate and learn how to foster a healthy sense of self esteem.

Implemented by **The Butterfly Foundation**, Australia's foremost charity devoted to the prevention and treatment of eating disorders, Dove BodyThink is designed to make a difference to the lives of young people. The specially created workshop designed for 11 to 14 year olds is run across public and private schools in all Australian states, reaching almost 164,000 young girls to date.

For more information visit: www.thebutterflyfoundation.org.au



the butterfly foundation
Supporting Australians with Eating Disorders

Vitality

News from the Unilever Nutrition Team

November 2011



Unilever

Working with our Nutrition Partners

Inside:

Supporting dietitians in research
Try our Berry streusel recipe!

Unilever has been a proud corporate partner of the Dietitians Association of Australia (DAA) since 2003, supporting nutrition research and the annual national conference.

At the recent DAA conference, Unilever nutritionists hosted two breakfast symposiums and a lunchtime cooking demonstration.

Women, Heart Disease and Dietary Fats Breakfast Meeting

This meeting provided an opportunity to update delegates about women's heart disease, treatment of modifiable risk factors and the current recommendations for dietary fat intake.

Heart disease is the leading cause of death in Australian women, however awareness is low with only three in ten women aware of this fact. Most women have at least one modifiable risk factor and half of all women have two or three. One risk factor that is common to nearly 50% of all women is elevated cholesterol.





Cover story continued...

The type of dietary fat consumed is key to preventing the development of certain chronic diseases, including heart disease. The National Heart Foundation of Australia recommends that we regularly consume the 'good' or unsaturated omega 3 and 6 fats found in foods such as margarine, sunflower oil and nuts, as well as plant sterols for optimal heart health.

Unilever and Flora pro-active are proud supporters of the Heart Foundation's Go Red for Women campaign to raise awareness about women and heart disease. To learn more, visit: goredforwomen.org.au

Catechins, Body weight and Body Composition Breakfast Meeting

Whilst in Asia green tea has been renowned for its benefits for centuries, modern science is only recently begun to appreciate this amazing leaf.

Dr Flavia Fayet, Director Nutrition Research Australia, outlined studies in Asian populations that indicate that long-term consumption of green tea as part of a healthy diet may assist in body weight, total body fat and visceral fat reduction. More research is required to validate these findings in Western populations.

Research shows that even small daily behavioural changes to increase in energy expenditure and decrease in energy intake

can impact body weight and may help reduce weight gain over time.

Tuesday Udell, National Heart Foundation, provided delegates with an overview of the updated National Heart Foundation of Australia's Position Statement: Antioxidants in foods, drinks and supplements for cardiovascular health. The position paper outlines that polyphenols, found in tea, are beneficial for heart health and that drinking three cups of tea a day could be protective.

It is through Unilever's ongoing commitment to key nutrition partners, such as DAA, that enables us to provide credible information to health care professionals about nutrition science and nutrition information to their patients. For more information about the breakfast meetings, visit unileverhealthcarenutrition.com.au.



Julianne Lever, Lead Chef Unilever ANZ, in action during the Continental cooking demonstration.

Supporting dietitians in research

Janice Sangster from the University of NSW is in her third year as recipient of the 2009-2012 DAA-Unilever Research Scholarship.



Janice commenced her PhD in 2009 to investigate a population-based lifestyle intervention promoting healthy weight and physical activity in people with cardiovascular disease. In this issue of Vitality, she provides an update on her study progress.

The PANACHE (Physical Activity, Nutrition And Cardiac Health) Study is a randomised controlled trial using a telephone-based lifestyle intervention delivering coaching sessions on weight reduction, improved nutrition and high-volume physical activity. The study will compare the outcomes of healthy weight coaching (intervention) versus physical activity coaching (control) delivered by telephone. It will assess whether this type of intervention is cost-effective and sustainable in rural and urban environments.

The intervention group will receive four telephone coaching sessions based on social cognitive theory. The calls focus on improving self-efficacy and include individualised planning/

goal setting sessions on weight reduction, improved nutrition and enhanced physical activity. Participants also receive written materials, a pedometer and lifestyle calendar by mail, and are taught how to self-monitor food intake and activity. The control group will receive two telephone coaching sessions on physical activity as well as a pedometer and step-recording calendar.

Measured outcomes include self-reported weight (primary), physical activity minutes, time spent inactive, and nutrition habits (secondary).

We hope the findings of this study will provide insight into how we can improve the health outcomes of and accessibility to

CR programs in a cost-effective way, particularly for rural and remotely located people with cardiovascular disease.

News

The Dietitians NZ-Unilever Postgraduate Research Scholarship in Cardiovascular Health is now available to support a Dietitians NZ member to complete a higher research-based degree relevant to cardiovascular health. Applications close **14 November, 2011**. For application submissions and more information, contact: office@dietitians.org.nz

Introducing Lipton Chai Latte's new Light blend

A new Light blend of Lipton Chai Latte is now available. It has been developed to retain the exotic blend of spices and flavours in traditional Chai Latte, while reducing the sugar content by 25%. Like traditional Lipton Chai Latte, Lipton Chai Latte Light is also 98% fat free.

Simply add hot water and stir to create a delicious, creamy and frothy latte-style drink that is warming and rejuvenating. Try new Lipton Chai Latte Light.



Get ready for summer with Streets Ice Cream

New Paddle Pop Choc Orange

An unexpected surprise awaits with new Streets Paddle Pop Hero or Villain: Choc Orange! Reveal the face of either Paddle Pop Lion or the evil Shadow Master, in a great tasting Choc Orange flavour. New Streets Paddle Pop Hero or Villain: Choc Orange is a source of calcium (112 mg per serve), School Canteen approved and contains no artificial colours or flavours. New Streets Paddle Pop Choc Orange Hero or Villain... 'which one will you get'?



Cool down this summer with new Splice Real Fruit Passionfruit

Delicious new Splice Real Fruits Passionfruit is made with real fruit juice and contains no artificial colours or flavours. They are 99% fat free, with less than 67 calories per serve. New Splice Real Fruits Passionfruit is a refreshing choice this summer – now available in your local grocery and convenience store.

