



Mixed Berry Sundae

Serves 4
Preparation Time 10 minutes
(plus 2 hours to set jelly)

Tip

You can use frozen berries or other seasonal fruit, if fresh berries are unavailable.

Uses Streets Blue Ribbon Light Wildberry Ice Cream

Ingredients:

- 1 sachet low joule raspberry jelly
- 2 cups water
- 4 scoops Streets Blue Ribbon Light Wildberry Ice Cream
- 1 punnet blueberries
- 1 punnet strawberries, sliced
- 12 almond bread biscuits

Directions:

- 1: Prepare jelly with water as per packet directions. Pour equal amounts of jelly mixture into four sundae glasses, refrigerate until set.
- 2: Top each jelly with berries, ice cream and almond bread. Serve immediately.

Nutrition information
(average quantity per serves based on listed ingredients):
Energy: 817kJ; Protein: 5.3g;
Total Fat: 2.9g; Sat. Fat: 1.3g
Carbohydrate 35.7g;
Total Sugars: 23.7g; Dietary Fibre: 2.5g;
Sodium: 40mg.

Snacking and Australian Children Resource



This resource was developed to promote nutritious snacking choices amongst children. For more information or further

copies, please visit: www.unileverhealthcarenutrition.com.au, Tel: 1800 888449 or Email: crdfoods@unilever.com

New Flora website for healthcare professionals

This website provides resources for you and your patients on cardiovascular health. Visit www.florahealthprofessionals.com.au to sign in and register for heart health updates.



www

To find out more, 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
www.unileverhealthcarenutrition.com.au

Partnership promotes positive hygiene message

Lifebuoy's social mission aims to bring safety, security and health to five billion people around the world through the active promotion of handwashing with soap.



Lifebuoy communicates positive messages about hygiene as part of its commitment to help people understand the link between their health and good hygiene.

In countries around the world, handwashing initiatives and hygiene education programmes are designed to reach people where they live, work and play – be it a village, school or community group.

Life Education Australia – Happy Healthy Harold

The Lifebuoy team in Australia has partnered with Life Education to roll out a handwashing education programme across primary schools nationally. Healthy Harold the giraffe, Life Education's mascot, has a strong

presence and rapport with children in all states.

In the partnership's first year Healthy Harold will reach 250,000 primary school kids with its enhanced handwashing education programme which is designed to be fun and relevant with handwashing songs and other games and activities developed to engage children.

For more information about Life Education initiatives and Healthy Harold at your child's school, visit: www.healthyharold.org.au and www.lifeeducation.org.au

Vitality

News from the Unilever Nutrition Team

November 2010



Unilever

Inside:

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Try our Mixed Berry Sundae recipe!

Let the sunshine in

Maintaining adequate Vitamin D status in Australia and New Zealand.

We live in the Southern Hemisphere where there's plenty of year-round sunshine to soak up, so why be concerned about Vitamin D? There is increasing recognition that significant numbers of the population do not get enough Vitamin D, especially in winter^{1,2,3}.

Vitamin D is a hormone made by the skin through exposure to sunlight and is also found in a small number of foods such as oily fish, fortified margarine spreads, egg yolks and liver. It is as important as calcium for building and maintaining healthy bones and it has a variety of other emerging benefits such as helping immunity and mental health.

While dietary intake of Vitamin D is important, it is difficult to get enough from the diet alone, and adequate exposure to sunlight is needed to maintain healthy levels.





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

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Cover story continued

Vitamin D deficiency is more common in the winter months, when many of us cover up, travel to and from work in the dark, and stay in the office during the day.

It is also more common in people with naturally dark skin, babies of Vitamin D deficient mothers and those with little or no sun exposure such as veiled women, the elderly and those in institutional care. These individuals may need supplementation to help achieve adequate Vitamin D status.

How much sunshine do I need?

The Medical Journal of Australia recommends daily exposure of the hands, face and arms to one third of a minimal erythemal dose (MED) of sunlight on most days³.



Tip You need to balance your time in the sun with risk of skin damage, so it's recommended to avoid the sun during summer between 10am and 2pm (11am-3pm daylight savings time). For more information visit: www.cancer.org.au

Region	Dec-June		July-August	
	At 10am or 2pm	Mins	At 10am or 2pm	At noon
Northern Australia	5-7		9-13	7
Central Australia				
• Brisbane	5-7		15-19	11
• Perth	5-7		20-28	15
Southern Australia				
• Sydney	6-8		26-28	16
• Melbourne	6-8		32-52	25
• Hobart	7-9		40-47	29
• Adelaide	7-9		25-38	19
New Zealand				
• Auckland	6-8		30-47	24
• Christchurch	6-8		49-97	40

¹ Green, et al. Serum 25-hydroxyvitamin D status of children from the National Children's Nutrition Survey, 2002. Report to the Ministry of Health. Dunedin, New Zealand: University of Otago, 2004a.
² Green, et al. Serum 25-hydroxyvitamin D status of New Zealand adolescents and adults 15 years or older. Results of the 1997 National Nutrition Survey. Report to New Zealand Food Safety Authority and Ministry of Health. Dunedin, New Zealand: University of Otago, 2004b.
³ MJA 2005; 182 (6):281-285 http://www.mja.com.au/public/issues/182_06_210305/dia10848_fm.html

Supporting dietitians in research

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



Unilever started providing research scholarships to DAA Members in 2005 and has had a lot of positive feedback since. Participants say it provides a wonderful opportunity to develop research skills, including skills in data management and statistics. It assists participants' travel to meet with supervisors and attend relevant conferences.

Janice started her PhD at the beginning of 2009 to investigate a population-based lifestyle intervention promoting healthy weight and physical activity in people with cardiovascular disease (CVD). Her research is supervised by Dr Susan Furber (University of NSW) and Professor Adrian Bauman (University of Sydney) is co-supervisor.

The main goals of Janice's research are to determine the efficacy and cost-effectiveness of a telephone-delivered comprehensive lifestyle intervention on weight and physical activity in people with CVD in urban and rural settings.

Janice has now published the study protocol (see www.biomedcentral.com/1471-2261/10/17) and recruited 90 people from both urban and rural areas of NSW who were referred for cardiac rehabilitation to the trial. Outcomes are assessed by telephone questionnaire at baseline, six weeks and six months. Recruitment to the study will continue until mid-2011.

Next year Janice is looking forward to completing the trial, analysing the results, and sharing her experiences.



The Dietitians NZ-Unilever Cardiovascular Scholarship is now available to support a Dietitians NZ member to complete a higher research based degree related to dietetic cardiovascular practice. For more information, please contact: office@dietitians.org.nz



New Lipton Large Leaf Tea

Lipton has a new range of tea products featuring an innovative pyramid tea bag that gives tea leaves more room to move, enhancing your tea experience.

Larger than traditional double chamber tea bags, Lipton's Large Leaf tea bag offers full flavour with the convenience of a tea bag. Made from gossamer mesh, these unique shaped tea bags provide extra room for tea leaves – and for herbal tea, bigger fruit pieces – to move while brewing.

Lipton Large Leaf tea is offered in a range of five delicious flavours, including two black teas and three herbal teas.



Lifebuoy is back

Unilever is relaunching a range of Lifebuoy handwashing products in Australia to ensure your family has the best care possible. Lifebuoy is one of Unilever's oldest brands and was launched in 1899. With 99.9% germ kill in just 15 seconds, the modern Lifebuoy handwash products could be an important addition to your household.

New look Flora pro-activ



Flora pro-activ has a new look. It's clinically proven to actively lower cholesterol absorption. Over 30 clinical studies have proven the efficacy of plant sterols to lower cholesterol absorption by 10% plus an additional 5% when also moving to a healthy diet.