

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

JUNE 2022

WEIGHT REDUCTION CLUBS OF QUEENSLAND INC.

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Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



Woo Hoo!!!! that time has come again. We are getting together to celebrate all our wonderful achievers. I want to be the first to congratulate you all. WELL DONE!!!! I know how hard it is to get to where you are now. For all the rest of us (and I do include myself) keep going don't give up. It will happen if you keep going. I look forward to seeing you all tomorrow for lunch. To all the clubs who have contributed to the newsletter I thank you, it will only survive if the clubs support it.

I have been making a curried vegetable soup for Pat and I. It is really easy and different each time I make it. For dinner I make some curried vegetables I use whatever is in the fridge and use a Golden Curry Mix(in Asian aisle of supermarket) the next morning I blend the leftovers with a litre of stock. Reheat for lunch. It usually lasts about 3 days for the 2 of us.

Keep on, Keeping off

Ann

Cooking with kids – Column by Annette Sym

I love to encourage little ones to be creative and teaching them to cook is a great way to express their creative side. My grandchildren have been in the kitchen cooking with me since the age of two. My oldest granddaughter, who's 13, loves to cook and now needs very little supervision. One of the benefits of teaching kids to cook is that, as they get older, they can help when you're busy. Imagine having dinner cooked for you. And it's never too late to start teaching them.

Here are some tips with kids in the kitchen:

1. Have a stool handy so little ones can reach the bench easily.
2. Provide an apron to avoid extra mess.
3. Let them pick the recipes and help to write the shopping list. In the supermarket they can be the shopper. This is a great opportunity to encourage learning about weights and measures. For example, show them how to locate sizes on products, e.g. 500g of mince or a 420g can of tomatoes.
4. Choose recipes that suit their age group. This way they can be in charge as much as possible. If it's too hard this can lead to frustration and spoil the experience.
5. Never criticise or be angry with them. Forget about the mess and have fun, even if they drop an egg on the floor.
6. Make sure the tasks are age appropriate, safety first! Provide proper oven gloves to protect their hands when removing food from the oven or microwave. Talk about knife safety.
7. Explain hygiene – chopping on different boards i.e. chicken on one, vegetables on another. Show how to avoid cross contamination and encourage washing of hands.
8. Make a reason for the children to cook. Such as a visit from Grandma or for snacks to take to school or a gift such as cookies, muffins or a fruit cake. Praise is a mighty strong way for cooking to become a fun and pleasant experience.
9. Fill the sink with warm soapy water before you get started. Cleaning up as you go means it's not a big chore at the end.
10. Use the time to educate them in a fun way. Teach fractions and other measurements and talk to them about food and nutrition.

Fond memories are made when spending time together. Cooking is a great way to build a strong bond with your children or grandchildren. You all get to enjoy the food you cook and who knows, you might find you have a budding chef on your hands.

I've included my Golden Oat Crunches recipe in this edition. It's a healthier alternative to Anzac Biscuits and is super easy to make, a perfect recipe to get the kids in the kitchen.

Annette's SYMPLY TOO GOOD TO BE TRUE cookbooks are available online or in all good bookstores. Visit www.symplytoogood.com.au for more tips, recipes and weight loss tools. Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.



Golden Oat Crunches

MAKES: 24 biscuits | Book 3 | Difficulty ★☆☆☆☆

1 cup plain flour
1 cup rolled oats
½ cup brown sugar
1 teaspoon bicarb soda
2 tablespoons golden syrup
5 tablespoons (75g) Flora® Light margarine melted
cooking spray



Preheat oven to 150°C fan forced.

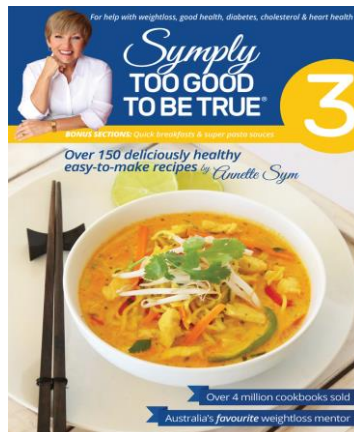
- 1:** Place all the dry ingredients into a large mixing bowl and fold together.
- 2:** Add golden syrup to melted margarine, mix together then add to dry mix. Combine ingredients together well.
- 3:** Roll about 1 teaspoon of mixture into a ball then place onto a large baking tray that has been coated with cooking spray. Flatten with the back of a fork.
- 4:** Repeat until you have 24 biscuits, allow space for biscuits to spread a little. Bake 20 minutes, leave to cool on tray.

Not suitable to be frozen.

NUTRITIONAL INFORMATION

PER BISCUIT

FAT	TOTAL	1.9g
	SATURATED	0.4g
FIBRE		0.5g
PROTEIN		1.1g
CARBS		11.5g
SUGAR		4.8g
SODIUM		60mg
KILOJOULES	279 (cals 66)	
GI RATING	MEDIUM	



DIETITIAN'S TIP: Oats are high in fibre and have a low GI. This is a great snack idea Annette!

COLUMN BY ANNETTE SYM – **Stop and think to improve your health**

This month I thought I'd give you some food for thought (pardon the pun). I'm inviting you to stop and think about why you struggle with your weight.

Good health is important and when you get really honest with yourself – your health is in your hands. Sometimes we think that just getting through each day is a big enough challenge. However, with every decision we make or action we take, there is either a positive or a negative effect.

Often, we tell ourselves things like “a few little extras here and there won't hurt.” But even an extra 100 calories a day makes a difference on the scales at the end of the week. And, to put it into context, one Tim Tam is 100 calories!

If you're not leading a healthy life and are too busy to plan healthy meals, you'll suffer the negative consequences and may end up carrying extra kilos. But, when you make the time to cook healthy food, you'll have less chance of gaining weight and you'll feel healthy and energized.

If you're serious about wanting to improve your health, it's time to be honest and look at what's causing poor health or weight gain. Once you can see the cause you can make the changes needed to lose weight and become a healthy person.

Let's look at a few questions to help you identify the choices, triggers and emotions that might be hindering your health.

Grab pen and paper and answer the following questions in as much detail as possible:

Start by writing down everything you ate and drank yesterday.

1. Underline the unhealthy choices on the list, then circle the healthy options
2. Do you have more lines or more circles?
3. Put a cross beside any food you ate too much of. How many crosses do you have?
4. How much water did you drink? (aim for 2 litres a day)
5. Reflecting on the day, how could you have done it better? (See question 3)
6. If there were any poor food choices, write down *why* you ate them.
7. Are there any triggers you associate with making poor food choices and overeating? For example, does it happen at a certain time or when a certain thing happens?
8. If you're eating to soothe an emotion, what non-food options will relieve or prevent the urge to eat?

So, how did you go? Did you have any lightbulb moments?

Now that you've found the cause, take these next three steps to improve your health:

- **Write a list of the changes you need to make.** Write as many things as you can think of.
- **Consider how your life will benefit, write this down.** This is your 'why' and will keep you motivated to see this through to the end.
- **Pick a couple of things from the list to work on.** Choose at least one easy option, so you can get a quick win. When you master those, choose a couple more things from the list to work on.

Let nothing stand in your way. Remember, success is your only option, and you are worth it.

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Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.

Vegetable Lasagne

SERVES: 6 | Book 1 | Difficulty ★★★★★

1 cup carrots diced
1 cup pumpkin (Kent) diced
1 cup celery sliced
1 cup small broccoli florets
1 cup capsicum diced
½ cup frozen peas
½ cup frozen corn kernels
1 onion diced
1 cup mushrooms sliced
1 teaspoon crushed garlic (in jar)
1 x 415g can crushed tomatoes
pepper
1 x 500g tub low-fat cottage cheese
1 tablespoon dried basil
⅓ cup (40g) finely grated parmesan cheese (Kraft®)
1 cup no-added-salt tomato paste
cooking spray
4 large instant lasagne sheets
¼ cup (30g) extra finely grated parmesan cheese (Kraft®)

Simply
**TOO GOOD
TO BE TRUE®**

Preheat oven 180 C fan forced.

1: Microwave vegetables, except mushrooms in a little water on high for 8 minutes, drain.

2: Stir mushrooms, garlic and crushed tomatoes into cooked vegetables. Pepper to taste. Leave mix to one side.

3: Combine cottage cheese, basil, ⅓ cup parmesan cheese and tomato paste in a medium size mixing bowl.

4: Coat a lasagne dish with cooking spray, spread ⅓ of vegetable mixture over base. Top with 2 lasagne sheets, spread ½ of vegetable mix on top, cover with ½ of cottage cheese mixture. Repeat this again.

5: Sprinkle extra parmesan cheese evenly over top. Place a layer of baking paper over a sheet of foil then baking paper side down cover top of lasagna. This will help avoid cheese from sticking.

6: Bake for 35-40 minutes, remove foil, cook a further 5-10 minutes until cheese is golden brown.

NOTE: An ideal dish for vegetarians.

NOTE: An adapted version of this recipe is also in **Cooking for 1 or 2 people**

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE

FAT	TOTAL	5.9g
	SATURATED	3.3g
FIBRE		8.7g
PROTEIN		27.9g
CARBS		31.7g
SUGAR		15.2g
SODIUM		333mg
KILOJOULES	1231 (cals 294)	
GI RATING		LOW



DIETITIAN'S TIP: The high protein alternatives and low fat cheeses make this an ideal dish for vegetarians who have diabetes.

How to stay hydrated in winter. COLUMN BY ANNETTE SYM

Before I decided to become a healthy person, I never drank water. Now I can't imagine a day without it. As the weather cools down it can be a little harder to drink eight glasses a day, but that's what our body needs.

Did you know - by the time you feel thirsty you're already dehydrated?

And there are a few other signs to look out for. If you find yourself yawning mid-afternoon grab a glass of water. Next time you have a headache, before reaching for the aspirin try drinking a big glass of water. Dry skin can also be a sign you're not getting enough H₂O.

If you need more reasons to drink water, I have the best reason – staying hydrated can help you lose weight! Here's how:

- Dehydration is often mistaken for hunger. Next time you feel hungry, try drinking a glass of water instead of raiding the pantry or fridge
- Curb afternoon sugar cravings by staying hydrated
- Insufficient water can cause fluid retention. If you are not drinking enough water your body will retain fluid to prevent dehydration.

Set a goal to drink your daily quota of water. If you currently drink no water, make your first goal to drink three glasses each day for a week. Drink one glass when you get up, one at lunch time and one at dinner time. Then the next week add another glass and gradually build up to your eight glasses a day.

I often get asked, what counts as water? But let's start with the things that don't.

Things like coffee, tea and alcohol don't add to your daily water tally. In fact, all drinks that contain caffeine or alcohol are diuretics which means they dehydrate you. Sugary drinks such as soft drinks and cordial are full of empty calories and don't count towards your daily eight glasses. Sports drinks were originally designed for elite athletes to combat depleted electrolyte and glycogen levels; unless you're training for the Olympics, stay away from these.

So, what are the best no-calorie options to stay hydrated in winter?

- Add a slice of lemon to a mug of hot water as a nice change to cold water
- Drink herbal teas in place of water, my favourite is peppermint

Of course, water is the best choice. Leave a 2-litre jug on the bench rather than putting it in the fridge and aim to finish it by dinner time.

If remembering to drink up is the problem - why not install a water App on your phone to remind you. Drink a glass an hour until you reach your quota.

Don't use winter as the excuse to slip up on your water intake. Drink up, your body needs it.

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Chicken Stroganoff

SERVES: 4 | Book 2 | Difficulty ★☆☆☆☆

1 teaspoon crushed garlic (in jar)
600g skinless chicken breast cut into strips
cooking spray
1 cup onion sliced
3 cups mushrooms sliced
2 gherkins finely chopped
2 teaspoons salt-reduced chicken stock powder
2 tablespoons no-added-salt tomato paste
1 tablespoon ground paprika
1 tablespoon cornflour
1 x 340ml can evaporated light milk
35ml skim milk
pepper



- 1: Sauté garlic with chicken strips, in a large non-stick fry pan that has been generously coated with cooking spray until chicken is browned.
- 2: Add onion to pan and cook 2 minutes, place mushrooms into pan and cook a further 2 minutes.
- 3: Add gherkins, stock powder, tomato paste, paprika and stir well.
- 4: Blend cornflour into milk, add to pan stirring continuously until sauce boils, pepper to taste. Once boiled take off heat as evaporated milk can separate when over boiled.

NOTE: Serve with Basmati rice or noodles (for a lower carb count use glass noodles). *Not included in nutritional information below.*

NOTE: An adapted version of this recipe is also in Cooking for 1 or 2 people

Suitable to be frozen for 2-3 weeks.

NUTRITIONAL INFORMATION

PER SERVE	CHICKEN
FAT TOTAL	4.2g
SATURATED	1.8g
FIBRE	2.7g
PROTEIN	44.1g
CARBS	19.4g
SUGAR	16.5g
SODIUM	379mg
KILOJOULES	1236 (cals 295)
GI RATING	LOW



DIETITIAN'S TIP: Removing the skin from the chicken reduced the amount of saturated fat in the recipe making it suitable for people with diabetes.

Weight Reduction Club Caboolture Night
F.A.T. Club News
Fervently Attempting Thinness Club!

Pledge & Motto

Our Pledge

- ✓ I will use my intelligence to reduce sensibly
- ✓ I will put food in its proper place in my life
- ✓ And not use it to comfort me for my frustrations and misfortunes
- ✓ To which over-eating will only add
- ✓ I will help and encourage my fellow-members to do likewise

Our Motto

Unity is Strength – We will Never, Never, Never Give Up.

March Results / Awards

Number of Weigh-Ins: 51

Loss – 21.3 kg

Gain – 8.3 kg

Net Loss – 13 kg



Mar Winner

Di & Joy

2.7 kg

Mar Runner-up

Cathy

2.3 kg

Post-Graduate

Pauline

CONGRATULATIONS!!



Diary Dates

6:30pm - 8:00pm



Apr

7 Measurements
14 Awards/Presentation

21 Committee Meeting
28 Market Day

May

5 Measurements
12 Awards/Presentation

19 Committee Meeting
26 Market Day



April

13 Di
17 Edwin
24 Tracy



Page 2

Mid-Yr Social Get Together Invitation
BBQ at Di and Gary's

Page 3-8

Guide to Growing Succulents

Page 8-9

Best Zucchini Banana Bread



Caboolture Nights
Social
Get Together
and
Barbecue

**Di and Gary have graciously opened
their home to hold our inaugural
Mid-Year Social Get Together and
Barbecue**

**Please feel free to bring along your partner
as they are most welcome**

Date: Sunday 24th July 2022 Time: 11am

*Address: 59 Wallace Street North,
Caboolture*

RSVP: Numbers by 14th July 2022



The No-Fail Guide to Succulents

Choosing the right succulent

Choosing the *right* succulents to create a succulent garden for your space is just as important as giving them enough sunlight and water. But when you're staring at all the pretty varieties it's easy to ignore advice and just choose what looks nice. Here are 8 succulents perfect for home gardening.

A GUIDE TO CHOOSING Succulents

— helloglow.co —



Echeverria

Hearty plants that thrive in containers & can even be planted outside in mild-summer areas.



Nodleya

It's best to grow them in sheltered areas like patios or bright windowsills.



Graptopetalum

When planted in pots, they have a tendency to get leggy, so prune them regularly to keep them looking full.



Crassula

They're one of the easiest to care for succulents and thrive with little watering.



Cotyledon

For home growing, choose an easy-care variety like "Pig's Ear" which is perfect for growing in garden beds or planting in containers.



Sedum

They make excellent ground cover and can also be grown in pots.



Senecio

They are low-growing succulents that do best in mild climates. They need full sun and soil that's on the sandy side.



Aloe

They grow best in desert gardens and thrive with little watering. They can also be used medicinally.

1. [Echeveria](#)

These easy-to-care-for succulents come in a rainbow of colours and can be found at most garden centres. Echeveria are hearty plants that thrive in containers and can even be planted outside in mild summer areas.

2. [Dudleya](#)

Dudleya succulents have fleshy, dusty blue rosettes which are covered in a light layer of powder. Because the powder can wash off easily, it's best to grow them in sheltered areas like patios or bright windowsills.

3. [Graptopetalum](#)

One of the most common varieties of succulents, Graptopetalum grow multiple plump rosettes on a single stem. They make excellent groundcover in rocky terrain or in areas with little foot traffic. When planted in pots, they have a tendency to get leggy, so prune them regularly to keep them looking full.

4. [Crassula](#)

Crassula form a mat of magenta flowers and grow outward in a braid-like pattern. They're one of the easiest to care for succulents and thrive with little watering.



5. [Cotyledon](#)

These succulents are characterised by their opposing pairs of fleshy leaves. In spring they often send up lots of bright flowering stalks that add interest to container gardens. For home growing, choose an easy-care variety like "Pig's Ear," which is perfect for growing in garden beds or planting in containers.

6. [Sedum](#)

Sedum, also known as Stonecrop succulents, make excellent ground cover. They can also be grown in pots; they tend to spill over the edge, adding interest and variety to a container garden. They make a bright complement to grey-green Echeveria.

7. [Senecio](#)

Senecio are low-growing succulents that do best in mild climates. When used in container gardening, they need full sun and soil that's on the sandy side. If left damp, they tend to rot easily, so be sure to let them dry out completely between watering.

8. [Aloe](#)

While we don't usually think of them as such, aloe vera plants are actually succulents. They grow best in desert gardens and thrive with little watering. They can also be used medicinally (and for lots of DIY beauty treatments), so it's always nice to have one or two plants on hand.

[Containers and soil for succulents](#)

Succulents don't like to be waterlogged (in fact that's one of the quickest ways to kill them), so choose containers with one or two large drainage holes at the bottom. If your container doesn't have a drainage hole, line the bottom with pebbles before

adding your soil. This will help keep the succulents' roots from sitting in water and rotting.

Because succulents don't like over-watering, free-draining, aerated soil is key. There are lots of commercial potting mixes for succulents on the market, but it's easy to make your own. Simply mix four parts light potting mix with one-part coarse sand, gravel or perlite. A gravel mulch will also help keep you plant stems from rotting.

How to water succulents

Succulents are drought-tolerant plants, but that doesn't mean they don't need water. When you first plant your succulents, water them so the soil is damp but not soaked. Then wait and see how long it takes for the soil to dry out completely before watering again.

A good rule of thumb is to water your plants every two weeks and keep a close eye on the soil so you can adjust accordingly. You want the soil to feel dry to the touch, but if it has pulled away from the sides or become hard and cracked, you've waited too long.

Also, if the leaves look wrinkled it's another sign that your succulent has gotten too dry. Rehydrate overly dry soil by placing the pot in a sink or tray with an inch of water and allow the soil to soak up water from the roots.

Sunlight for succulents

Place your succulents in a sunny, preferably south-facing window. You might notice that some of your plants need more or less sunlight than others.

Succulents that aren't getting enough sun will get "leggy" with long stems and sparse leaves. Plants that are getting too much sun will get brown, scorched leaves. Keep a close eye on how your plants grow and adjust accordingly.



FAQ

How can I tell if I'm watering my succulents enough?

I like to water succulents every two weeks and keep a close eye on the soil, so I can adjust my watering schedule accordingly. You want the soil to feel dry to the touch to keep succulents from getting waterlogged. A few signs to watch out for: if the leaves look wrinkled or the soil has pulled away from the sides or become hard and cracked, your succulent has gone too long without water.

How can I resuscitate a dying succulent?

I've found that sometimes succulents just reach the point of no return. A friend who owns a plant shop told me once that all plants have a life cycle, and sometimes they just die because that cycle has ended (which made me feel much better about the houseplants I haven't been able to keep alive).

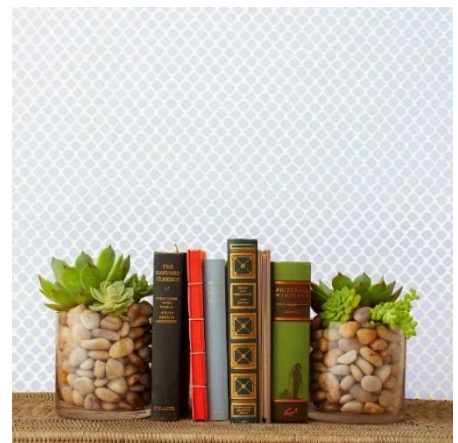
That being said, if your plant's leaves are wrinkled, you may be able to bring it back to life with a good soak. You can rehydrate overly dry soil by placing the pot in a sink or tray with an inch of water and allow the soil to soak up water from the roots.

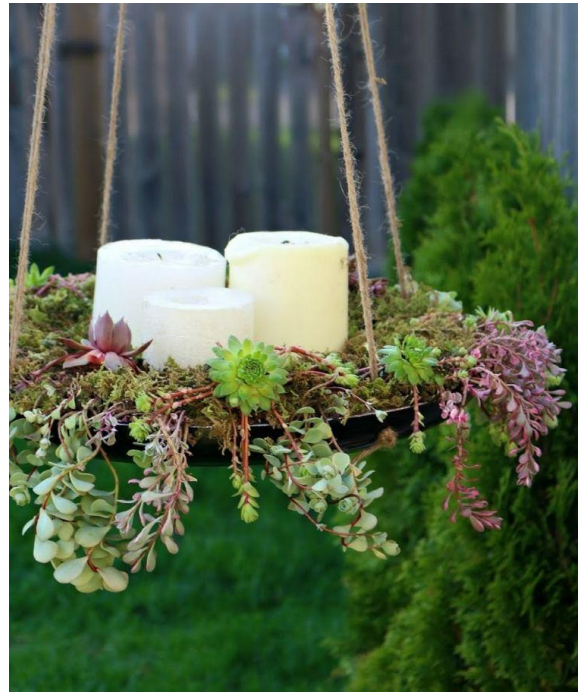
What is the best kind of planter or pot for succulents?

I love inexpensive terra cotta pots that come with pre-drilled drainage holes. But I've also bought lots of pre-planted succulents in decorative pots that don't already have drainage (which always makes me scratch my head).

In this case, you can carefully (and slowly) work to drill a few holes in the bottom of your planter. Or if you're planting the succulents yourself and your container doesn't have a drainage hole, you can line the bottom with pebbles before adding your soil.

This will help keep the roots from sitting in water and rotting.





Propagating your Succulent

Step 1) Carefully snap off a leaf from where it's attached to the main stem. The leaf should snap off cleanly and whole. Alternatively, you can cleanly snip a portion of the stem.

Step 2) Leave the cutting or leaf in a well-lit spot for 2-3 days until a callus forms over the end.

Step 3) Once formed you can place straight into soil (callus first) or lie flat on soil and watch it grow. This is often how succulent babies are formed when turbulent weather knocks off leaves new pups form from fallen leaves.

Step 4) Place the cutting or leaf in water root submerged in 1cm of water (an old jar or wine bottle is perfect), shielded from the weather but with a fresh airflow. If you are using leaves create a lattice with rubber bands to help them stand vertically.

Step 5) Wait until roots and baby succulents start to form. The roots will look like tiny, pink strands.

Step 6) Once roots grow to 1-2cm remove from water and plant in a pot with drainage holes, filled with succulent potting mix. Water as required.



Zucchini Banana Bread

The BEST healthy Zucchini Banana Bread. Super easy, moist, and lightly spiced with cinnamon. Made from wholesome ingredients and so delicious!

PREP:20 mins

COOK:50 mins

TOTAL:1 hr 30 mins

SERVINGS: 10 slices (1 loaf)

Ingredients

- 2 cups shredded, unpeeled zucchini *about 2 small zucchini*
- 1 cup mashed ripe banana *about 2 medium bananas*
- 1/3 cup honey or pure maple syrup
- 1/4 cup coconut sugar *or light or dark brown sugar*
- 1/4 cup coconut oil *melted and cooled to room temperature (or use very light olive oil or canola oil)*
- 1 1/2 teaspoons pure vanilla extract
- 2 large eggs *at room temperature*
- 1 1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 2 cups white whole wheat flour
- 1/3 cup chopped toasted nuts, such as pecans or walnuts, or chocolate chips *optional*

Instructions

- Preheat the oven to 350 degrees F. Lightly grease a 9x5-inch loaf pan with non-stick spray. Line with parchment paper so that the paper overhangs two sides like handles, then lightly grease again.
- Thoroughly squeeze the shredded zucchini with a paper towel to remove as much excess water as possible. Repeat as needed.
- In the bowl of a standing mixer or a large mixing bowl, beat the mashed banana with the honey, coconut sugar, coconut oil, and vanilla extract until smooth. (You can also use a whisk and some elbow grease and mix the batter by hand.) Add the eggs (make sure they are room temperature, or the coconut oil may resolidify), then mix again until smoothly combined. If the coconut oil does resolidify, microwave the bowl in 10-second bursts, just until the coconut oil reliquefies.
- Sprinkle the cinnamon, nutmeg, baking soda, baking powder, and salt over the top of the batter. Mix to combine. Sprinkle the flour evenly over the top, then mix on very low speed, just until the flour disappears. By hand, fold in the zucchini and the nuts or chocolate chips (if using), stopping as soon as it's mostly evenly blended. Do not overmix. The batter will be thick.
- Scrape the batter into the prepared pan and smooth the top. Bake for 50 to 60 minutes, until a thin, sharp knife such as a paring knife inserted in the centre comes out clean two tests in a row. (You want to test for a clean knife more than once, as moist quick breads can be tricky to tell; if in doubt, take the bread's temperature on an instant-read thermometer. It's done when it reaches 195 degrees F.). I like to check the bread at the 30-minute mark and tent it with foil if the bread is browning too quickly at the corners, then continue baking as directed.
- Once the bread is baked, place the pan on a wire rack and let cool for 15 minutes. Lift the bread from the pan using the parchment paper and place the loaf on the rack to finish cooling completely. Slice and enjoy!

Notes

- Store leftover bread at room temperature according to [my guide to store muffins and quick breads](#), or wrap and freeze for up to 2 months. Let thaw overnight in the refrigerator (or if you are in a hurry, unwrap and microwave gently on reduced heat until warm). I love to wrap and freeze individual slices for quick, healthy breakfasts on demand.
- Adapted from my [Healthy Zucchini Muffins](#).

Nutrition

SERVING: 1 slice, of

10 CALORIES: 219 kcal **CARBOHYDRATES:** 37g **PROTEIN:** 5g **FAT:** 7g **SATURATED**

FAT: 5g **CHOLESTEROL:** 33mg **SODIUM:** 196mg **POTASSIUM:** 273mg **FIBER:** 4g **SUGAR:** 16g **VIT**

AMIN A: 155IU **VITAMIN C:** 10.6mg **CALCIUM:** 41mg **IRON:** 1mg

EXECUTIVE COMMITTEE

President: Di S
 Vice President: Leonie J
 Secretary: Daphne M
 Treasurer: Tara N
 Weight Recorder: Cathy P

COMMITTEE MEMBERS

Host: Gary S
 Hostess: Pauline M
 Newsletter Editor: Lynette T
 Ass Weight Recorder: Pauline M



May Monthly Awards

Slimmer of the Month	Lorraine L	
Top Achiever	Gwen D 1.4kg	Lorraine L 1.4kg
Runner up	Dianne C 1kg	Stacey Fleming 1kg
Maintaining Achiever	Jenny M	
Special Mention	Desley P	

During the month of May this club talked about **Sugar** and how much we are consuming.

How much sugar are you really eating? (And how to cut back)



SUSIE BURRELL March 3 2022

Sucrose is just one form of sugar that can be added to processed foods such as biscuits, cakes, snack bars, yoghurt and cereal. *Photo: iStock*

Do you know how much sugar you are eating? Or the difference between naturally occurring sugars and sugar that is added? And how much sugar is too much?

Sugar (or sucrose – the combination of a fructose and glucose molecule) is a simple carbohydrate. It is digested relatively quickly in the body and utilised as a readily available fuel source for the brain and muscles.

Naturally occurring sugars, including fructose and lactose, are found in a number of whole foods including fruit and dairy and can be eaten as part of a healthy, balanced diet.

Australians are overeating to the tune of 60 grams or more than 14 teaspoons every day. *Photo: iStock*



When most of us talk about "eating too much sugar", we are referring to added sugar or the range of sugars added to sweet, processed foods such as biscuits, cakes, snack bars, yoghurt and cereal, which may be listed as glucose, rice malt syrup, honey, dextrose and sucrose or sugar itself. It is these varieties of sugar that Australians are overeating to the tune of 60 grams or more than 14 teaspoons every day.

Diets that are high in added sugars are associated with weight gain, especially in children; an increased risk of heart disease and type 2 diabetes as well as some types of cancer.



Less frequently discussed is the programming effect sweet foods also have on food preference. Here, it appears the greater the volume of sweet food you consume, the more you desire, ultimately fueling overeating.

It is exceptionally easy to eat too much of the white stuff, especially for children who are treated to cakes and baked goods. *Photo: iStock*

It is recommended by the World Health Organisation that adults eat no more than 25 grams or 6 teaspoons of added sugar a day. While this may sound a lot, in reality it is easy to exceed these limits with a single dessert or sweet treat.

Or if you consider that a snack bar or sauce contains at least 5 grams; a serve of fruit juice or sweet yoghurt 10-20 grams and a sweet treat at least 10 grams, it is exceptionally easy to eat too much of the white stuff.

This is especially true for children, who are not only frequently rewarded with sweet treats such as muffins and cakes, but who also enjoy fruit-based drinks and fruit snacks, which are a source of concentrated sugars.

Not surprising is it that in Australia more than 80 per cent of added sugars come via just 10 food products, which include soft drink, confectionery and baked goods. Of these, soft drink and sweet drinks are a major contributor to added sugar consumption in Australia, especially in young males.

With a 600-millilitre bottle of soft drink containing more than 13 teaspoons of sugars, eliminating sugary drinks altogether is a key step in slashing your added sugar intake.

The next step is to consider how often you enjoy treats as part of your weekly routine. Is dessert an occasional treat or do you reward yourself with biscuits, cakes, chocolate and lollies a little too frequently? Limiting the occasions each week in which you indulge in sweet food is another easy way to significantly reduce your intake of added sugars.

Soft drink is a major contributor to added sugar consumption in Australia, especially in young males. *Photo: iStock*



When it comes to seeking out low-sugar processed foods, checking the nutritional panel and seeking out foods without added sugars, or less than 5 grams of sugars per serve will help you to keep an eye on your intake.

One of the biggest issues in Australia is that we do not require food manufacturers to differentiate naturally occurring and added sugars on food labels. This means that dairy and foods that contain fruit can appear high in sugars. The trick here is to seek out products that are clearly labelled as "no added sugars".

It's also important to familiarise yourself with all the ingredients on food labels that are other names for sugar – syrup is a good example as is dextrose, rice malt, glucose, honey, maltodextrin, beet sugar, coconut sugar, just to name a few. As soon as you see added sugars listed on an ingredient list, or several varieties of different sugars added to a food, there are probably better options.

Daily low-sugar eating plan

Breakfast Bowl of oats with Greek yoghurt and berries (5g sugars)

Snack Cheese and crackers, piccolo (4g sugars)

Lunch Salmon salad with crackers, bowl of vegie soup (3g sugars)

Snack Nut-based snack bar, carrot sticks (5g sugars)

Dinner Steak and roasted vegies with hummus (1g sugars)

Dessert Frozen Greek yoghurt with passionfruit (7g sugars)

Total = 25g sugars

How much sugar is in your food (per serve)?

Oats 0g

Handful of nuts 0g

Almond spread 0g

Soda water 0g

Extra virgin olive oil 0g

Chilli sauce 3g

Two fresh apricots 4g

Nut snack bar 5g

Vodka, lime and soda 5g

Fruit muesli 6g

Sweet chilli sauce 7g

Mayonnaise 7g

Plain Greek yoghurt 8g

Vegetable juice 10g

Yoghurt muesli bar 10g

Chocolate nut spread 11g

Coconut water 12g

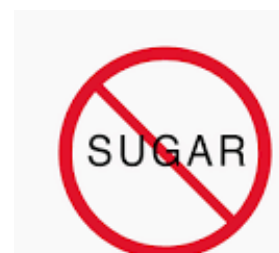
Five dried apricots 12g
18g

Bliss balls

Fruit yoghurt 23g
26g

Mixed fruit juice

Can of bourbon and cola 33g



Susie Burrell is an accredited practicing dietitian and nutritionist and holds a master in coaching psychology.



8 easy swaps to eat less sugar every day

With these eight easy food swaps, you'll cut down on your daily sugar without ever feeling like you're missing out.

Reducing the added sugars, we eat can help with weight management and prevent tooth decay. The World Health Organization recommends we limit added sugar intake to no more than 24g or six teaspoons a day. Making small tweaks to your diet can cut your sugar intake with very little effort.

1. Swap sugary cereals for porridge

A large serving of some cereals can contain half your daily sugar limit. [Porridge](#) made with skim milk has no added sugars – just top with fresh fruit or stir in some cinnamon or vanilla for extra flavour.

2. Swap fruit juice for a piece of fruit

A 300ml glass of orange juice can contain as much as 25g sugar, but you don't need to worry about the sugar in whole fruit because fruit is digested slowly and comes with important nutrients and gut-friendly fibre. So why not enjoy it as it is!

3. Swap fizzy drinks for sparkling water

There's 35g sugar (9tsp) in a typical 330ml can of cola. If it's the fizz you love, switch to diet versions or, better still, sparkling water. Avoid flavoured varieties that can sometimes contain just as much added sugar as regular fizzy drinks.

4. Swap bought dressings for homemade vinaigrette

You might also be interested in:

- [6 simple ways to stop sugar cravings](#)
- [Low-sugar baking, desserts and treats](#)



Some salad dressings can add a few grams of unexpected sugar to your healthy meal. Swap for a homemade vinaigrette of 1 part balsamic vinegar to 1 part extra virgin olive oil to keep the sugar content down while also adding zing to your dish.

5. Swap fruit yoghurt for natural yoghurt with fruit

Some yoghurts contain 2tsp-plus of added sugar per small 125ml pot. Switch to low-fat natural yoghurt and add fresh or canned (in juice, not syrup) fruit for sweet flavour as well as one of your five-a-day

6. Swap ready-made pasta sauce

Bought jars can have up to 3g sugar per 100g. Instead, make your own for the freezer: drizzle 1kg tomatoes with 2tbsp olive oil and roast at your oven's lowest setting for 2 hr. When really soft, blitz with some fresh basil.

7. Swap chocolate nut spread for peanut butter

Nutella, for instance, has 8.5g sugars per 15g spoonful. Opting for no-added-sugar [peanut butter](#) instead is a great way to turn toast into a filling snack without free sugars. Stick to a 1tsp serving as the nut content means it's still high in calories.

8. Swap a muffin for a crumpet

Muffins do vary in sugar content, but some can pack in more than an adult's daily limit for sugar. A crumpet has just 1g free sugars. Spread with 1tsp low-fat spread or a little reduced-sugar jam if you prefer them sweet.

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[Ready to put your health first?](#)



Calendar:

JUNE

- | | |
|------------------|---|
| 6 th | Healthy Food – bring in something – for winter |
| 13 th | Calories in Baking Ingredients, Oils & Fats, Herbs & Spices |
| 20 th | Understanding Portion sizes can help you meet eating Goals |
| 27 th | Self-Monitoring for a Healthy Lifestyle |

MENTAL HEALTH TIP

CONNECT WITH NATURE-GO TO THE BEACH, WALK IN THE GRASS BAREFOOT OR ENJOY SOME FRESH AIR. BEING IN NATURE CAN GENERATE A MULTITUDE OF POSITIVE EMOTIONS, SUCH AS CALMNESS, JOY, CREATIVITY AND CAN FACILITATE CONCENTRATION.



Till next time: Unity is Strength

MT WARREN WEIGHT REDUCTION CLUB

JUNE ISSUE 2022

Hi everyone,

Welcome to another edition of Mt Warren's ups, downs and in-betweens....that includes our weights, our meeting information, birthdays and some general information!!

Let's start with some numbers:

MAR-22	3 meetings	1 st for month	Pat Pinnock	2.3kgs
<u>LOSS</u>	21.9	<u>GAINS</u>	14.8	<u>TOTAL FOR MONTH: LOSS 7.1KGS</u>

APR-22	3 meetings	1 st for month	Sandy Meeds	1.8kgs
<u>LOSS</u>	12.8	<u>GAINS</u>	15.6	<u>TOTAL FOR MONTH: GAIN 2.8KGS</u>

MAY-22	4 meetings	1 st for month	Kim Perryman	2.8kgs
<u>LOSS</u>	22.0	<u>GAINS</u>	13.8	<u>TOTAL FOR MONTH: LOSS 8.2KGS</u>

NOW SOME FUN.....BIRTHDAYS! Who doesn't love a bit of birthday love, not to mention the food that usually goes along with it, the celebrations with family and loved ones, and for those lucky enough.....the unwrapping of some lovely gifts! The following are our birthday girls for the last couple of months:

<u>MARCH</u>	Tess S
<u>APRIL</u>	No Birthdays
<u>MAY</u>	Heather J, Cathy E, Lyn D



WEEKLY MEETINGS

From the 5th of April until the 7th June, our weekly meetings have been interesting, with a real mix of topics and information shared and learnt. Each week we have a discussion, a visitor, an activity etc plus we always get a Fact Sheet for the week which are always full of wonderful information, sometimes relating to aforementioned topic.

On the 5th of April we had presentation of our Monthly Awards and also the set-up of our new Buddy Groups. (These groups will run through until the 7th June) Everyone always finds the Buddy Groups fun and motivating. We set an individual goal each week and one for the group to achieve together. At the start we set a 'major' goal individually for the 10 weeks and Heather puts in so much time each week allocating points to each group for those that achieved their individual goal, those groups that succeeded in their main goal and at the end whether or not we achieved the goal we set on the 5th April. She adds them all up and there is a winning group which gets a prize.....so the whole thing is about working together for the bigger goal (and prize!)

On the 12th April we were fortunate enough to have one of our members, the great Sandy Meeds, run a Zumba class for those of us that wanted to participate and a bit of light entertainment for those that watched. Sandy is in the process of getting her full qualification as a Zumba instructor!! She certainly bounces around with a lot of motivating energy....and a loud voice!! Our Fact Sheet this night was from Annette Sym and was information about Tips for Cooking for 1 or 2 People. Excellent information for me as I live alone and I do have her cookbooks!

On the 19th April we had no meeting as it was Easter.

The 26th of April we had lots of fun with different quizzes. Always great to get everyone involved, taking part and having a laugh. Our Fact Sheet was generally about having a good breakfast and getting some good fruits into your day.

The 3rd May we had our Monthly Awards and some lovely members brought in some delicious cooking samples for us to try. Always great when we have these nights, because I don't have to go home and cook dinner!! Our Fact Sheet this night was on Stir Fry Tips. Some interesting things that you may not have thought of including things like, don't overcrowd your stir-fry, it makes it difficult to taste all the flavours and don't use coconut cream, use evaporated light milk with coconut essence.

On the 10th May we had a weigh in only, due to bad weather and many members being sick.

The 17th May we had a guest speaker. Scott from Beenleigh Podiatry Centre came and spent some time with us and imparted lots and lots of knowledge. He certainly knows his subject. He answered questions on topics from bunions and blisters, to corns, to in-soles, to some corrective surgeries for chronic problems, talked about the importance of footcare and diabetes, correct footwear for whatever task you're performing.....he talked non-stop for about an hour and there wasn't a question he couldn't answer! Obviously that night our Fact Sheet was on podiatry and the importance of footcare. It is important to wash our feet daily, moisturise, keep toenails trimmed, or for those that can't keep up with this care themselves go and see a podiatrist regularly. Your feet are very important. After all, they carry us through this world every day!!

On the 24th of May Gael, Heather's right hand man!!.....gave us a general talk which linked in with the Fact Sheet for the night which was How to Lose Weight the Healthy Way. It was an interesting talk and started with understanding our current eating and exercising habits. We talked about keeping a food diary and how helpful this can be to keep yourself accountable, even if it is just to you to start with. Then there was some talk about how to slowly increase your exercise in your daily life....the small things really do start to add up!

The 31st May was such a controversial topic to those trying to lose weight....CARBOHYDRATES! Why do we all think hot chips and gravy, baked potatoes with sour cream, creamy pasta dishes....warm bulky, tasty, comfort food???? We had a good conversation on this very topic and came to realise there are options when it comes to this big, scary dieters' word. The body really does need carbohydrates to function. The brain needs them to operate, and the muscles wouldn't keep strong and functional without them either. But it is in the knowing of which and how to consume these tasty morsels. Low carb diets are not recommended. By meal planning, you can make your week considerably less traumatic when it comes to counting carbohydrates and you can stay on track and accountable. Needless to say our Fact Sheet was all about Carbohydrates, which covered a lot from low carb foods, meal planning and carrying low carb snacks with you.

On the 7th June again we had presentation of our Monthly Awards and ended our Buddy Groups. So everyone got into their groups and worked through to see if they had achieved their personal goal they had set back on the 5th April, 2022. Needless to say, there were some successes and some not quite there but everyone gave it a red hot go, helped motivate their "buddies" and tried their hardest along the way. Our Fact Sheet on this night was on winter tips, and let me tell you, we needed some tips.....it was freezing this night!! Some offerings to try and tempt us away from "comfort" foods and drinks were porridge, herbal teas, soups, baked beans and stewed fruit. Give some of those a go!



POST GRADUATE ACHIEVERS

Sandra Perryman, Rose Hildebrandt and Dianne Lamb

All pictured here with our Club President Heather Jewell
Being presented with flowers, certificates, and gift cards for
Post Graduate efforts.

Sandra and Dianne have both achieved Post Graduate status 5 times
and Rose has achieved her Post Graduate status 4 times.

WELL DONE LADIES. SUCH AN INSPIRATION TO ALL YOUR CLUB MEMBERS!!

And in closing,

We have 14 members attending the Achiever of the Year luncheon on the 11th June 2022 at the Redcliffe Leagues Club. Hoping for another great get together with all the other clubs and seeing the inspiration behind this year's achievers. Well done.

This year we hopefully have 12 members attending Convention. We are busily organizing the Friday night entertainment. Hopefully you'll all have some great fun. Again look forward to seeing those that attend this year.

Thanks for reading,
Put together for you by: Kim Perryman xo

WEIGHT REDUCTION CLUB of STRATHPINE

Well it is that time of year again. We have started our "Spring into Spring" competition. We do it when winter starts to encourage our members to control their search for comfort food and also helps with the Convention Competitions. It lasts for three months with monthly prizes along the way. During the first week of Spring we have a lovely dinner out to celebrate and announce the winners.

We have been doing very well lately and let's hope this continues.

MAY WEIGHT REPORT-

Gain – 1.8 kg

Loss - 5.8 kg

Overall loss – 4 kg

Weight loss raffle winner – Ann

Achiever of the Month - Colleen

President's Award – Colleen 2.7Kg, Bronwyn 1.7kg, Ann 1.1Kg.

Weight Recorder's Encouragement Award – Bronwyn

Never, never, never give up.

Ann

AOY TOMBOLA WINNERS 2022

	PRIZE	DONATED BY	WINNING RAFFE NO	WON BY
1	Painted Glasses	Caboolture Night	488	Jan Masters Geebung Day
2	Floral Arrangement	Eagleby	155	Lorraine Bowden Caboolture Night
3	Floral Arrangement	Eagleby	420	Ellen Sherbek Geebung
4	Floral Arrangement	Eagleby	642	June Meredith Caboolture Day
5	Fruit Platter	Strathpine	257	Monica Schuhkraft Arana
6	Stationery Set	Strathpine	567	Gwen O'Connell Geebung Day
7	Toilet Bag	Strathpine	516	Glenys Douglas Mt Warren Park
8	Throw Rug	Woodridge	310	Leone Ward Eagleby
9	Throw Rug	Woodridge	172	Ann Green Strathpine
10	Throw Rug	Woodridge	372	Charleen Augustus Deception bay
11	Throw Rug	Woodridge	174	Bec Christensen Eagleby
12	Wine Glasses	Woodridge	687	Kin Alexandra Peninsula
13	Wine	Woodridge		Di Christensen Eagleby
14	Dove Set	Woodridge	424	Ann McDonald Ipswich Eve
15	Towel Cake	Deception Bay	151	Lorraine Bowden Caboolture Night
16	Crystal	Woodridge	650	Jean Hoffman Arana
17	Toilet Set	Woodridge	184	Kerry Gibbs Eagleby
18	Toilet Set	Woodridge	227	Shannon Brimson Caboolture Day
19	Tea set for 1	Cleveland	210	Di Christensen Eagleby

20	Paddle Board with serving set	Cleveland	510	David Ladini Woodridge
21	Voucher \$25	Geebung Day	634	Debby Knight Arana
22	Voucher \$50	Mt Gravatt Day	470	Anita Page Ipswich Eve
23	Slow Cooker	Redcliffe	289	Christine Spires Woodridge
24	Frame Horse	Mt warren Park	399	Helen Scott Deception Bay
25	Casserole with Lid	Mt Warren Park	691	Elanor Longman Caboolture Day
26	Tupperware	Boonah	036	C Langdon Strathpine
27	Voucher \$30	Ipswich Eve	628	Myee Richardson Caboolture Day
28	Voucher \$50	Arana	118	Elaine Wright Redcliffe
29	Voucher \$50	Arana	676	Gail Falkenhagen Boonah
30	Picnic Set Backpack	Caboolture Day	614	Debbie Knight Arana
31	Voucher \$50	Peninsula	342	I Clem Caboolture Day
32	Voucher \$30	Woodford	562	Lyn Guy Woodridge

Congratulations!

AOY Major Raffle Winners 2022

\$50 Vouchers

1. Jenny Morrow - Eagleby
2. Miriam - Ipswich Eve
3. Margaret - Caboolture Day
4. Jenny Cram- Ipswich Eve
5. Dawn Kleyn - Caboolture Day
6. G O'Connell - Geebung Day
7. Lindy Lutvey - Toowoomba
8. Heather Jewel - Mt Warren Park
9. Edwin Harvey - Caboolture Night
10. Pamela Summers - Eagleby
11. Jenny Morrow - Eagleby
12. Glenys Humphries - Boonah
13. Di Serhan - Caboolture Night
14. Christine Parlett - Ipswich Eve

Congratulations!

DATES TO BE REMEMBERED

Board of Management Meeting	2nd Friday of every month
<u>CONVENTION</u>	
Bookings open	On receipt of booking booklet
Cost of accommodation	\$265.00 per person
Day Visitors - Saturday	\$130.00 per person
Nominations for Rita Heath Competition Close	Friday 15th September, 2022
Last date for cancellation with a refund.	Friday 14th October, 2022
Final payment	Friday 7th October, 2022
Raffle Tickets & Monies	Friday 21st October, 2022
Medical Forms returned by	Friday 21st October, 2022
Nominations for Qld vs Nsw, Individual and Post Graduate competitions close.	Nominations will be taken from entries send in for all competitions by Pat Taylor
Fancy Dress & Talent Quest	LETTER H
Annual Convention	November 4th – 6th
Office Orders must be in by	1st FRIDAY OF THE MONTH
Newsletter Articles must be in	by 2nd Wednesday of the Month