



LENTIL AND TUNA FRITTATA WITH TOMATO SALAD

Serves 4
\$2.90 per serve
Preparation time: 10 minutes
Cooking time: 15 minutes

Frittata

8 eggs
½ cup low fat milk
1 can lentils
1 onion, diced
½ red capsicum, diced
1 can tuna in spring water
Pepper to taste
Olive oil spray

Tomato Salad

4 tomatoes, medium sized,
cut into wedges (use different
colours and shapes if available)
½ red onion, diced
½ bunch chives, chopped
1 tsp balsamic vinegar
3 tsp extra virgin olive oil
Pepper to taste

Method

1. Preheat oven to 180°C.
2. Crack the eggs into a bowl add milk and whisk.
3. Spray an ovenproof pan or dish with oil, place onto the stovetop and heat.
4. Add onions and capsicum and sauté lightly.
5. Add tuna and lentils, stir and then add the egg mixture.
6. Stir and place into the oven for around 15 minutes or until cooked.
7. In the mean time place tomatoes onto a plate, sprinkle with onions, chives and drizzle with oil and vinegar, season with pepper.
8. Remove frittata from oven, leave to cool for 5 minutes then remove from pan and cut into portion size triangles.

Tip: Use fresh basil leaves instead of chives.

NUTRITIONAL ANALYSIS

Serving size: 439g

	QUANTITY PER SERVE	%DI / RDI*
Energy	1200kJ (287Cal)	14%
Protein	24.5g	49%
Fat, Total	14.5g	21%
- Saturated	3.8g	16%
Carbohydrate	12.5g	4%
- Sugars	7.7g	9%
Dietary Fibre	4.6g	15%
Sodium	356mg	15%
Folate	109mcg	55%
Iron	3.8mg	32%
Vitamin A	315ug	42%

* Source: FSANZ Standards 1.2.8 and 1.1.1 for labelling purposes

The recently approved Australian Dietary Guidelines recommend eggs as an inexpensive, versatile source of protein and vital nutrients which can be enjoyed regularly as part of a healthy balanced diet.

In addition, the Guidelines maintain that the everyday consumption of eggs is not associated with increased risk of coronary heart disease. These recommendations support a recent study published in the British Medical Journalⁱⁱ, which found that eating up to an egg a day does not increase the risk of coronary heart disease or stroke in a healthy person.

i National Health and Medical Research Council, Australian Dietary Guidelines 2013, viewed 30 August 2013. Available from: <http://www.nhmrc.gov.au/guidelines/publications/n55>.

ii RONG, Ying., et al. Egg consumption and risk of coronary heart disease and stroke: dose-response meta-analysis of prospective cohort studies. British Medical Journal [online]. January 2013, 346:e8539. [Viewed 17 January 2013]. Available from: doi: 10.1136/bmj.e8539.

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Eggs have the Tick because they are a nutritious food. The Tick helps all Australians make healthier food choices.

The Tick is not designed for the treatment of health issues. People with health concerns should seek dietary advice from their doctor or dietitian



MANAGING CHOLESTEROL THROUGH GOOD NUTRITION



So your doctor has told you that your cholesterol level is too high and you need to do something about it. High cholesterol can increase your risk of heart disease, particularly when combined with other risk factors, and should be reduced to keep you healthy.

While there are medicines that can be prescribed by your doctor to do this, there are simple changes that you can make to your diet that can also have a significant impact on your cholesterol levels.

That's why it's important to learn the facts about cholesterol, how it works and what it means for your diet.

WHAT IS CHOLESTEROL?

Cholesterol is an essential type of fat that is carried in the blood¹. When you get the results of your blood test your doctor may talk about two main types of cholesterol:

- **LDL – 'bad' cholesterol** – which can build-up and cause blockages in your arteries. This can lead to heart disease and stroke. This is also the cholesterol that mainly concerns doctors
- **HDL – 'good' cholesterol** – that takes the 'bad' cholesterol out of your blood and back to the liver, which helps prevent cholesterol from building up in your arteries

BUT ISN'T CHOLESTEROL ALSO IN FOOD?

It is true that dietary cholesterol occurs naturally in certain foods but dietary cholesterol is not always bad for you.

Blood cholesterol (sometimes referred to as serum cholesterol) is the type that your body makes which circulates in your arteries. Dietary cholesterol comes from the food that you eat. Dietary cholesterol has been shown to have little impact on blood cholesterol levels in most people. This is because the body reduces its 'in-house' cholesterol production if it gets cholesterol from the diet².

UNDERSTANDING CHOLESTEROL AND FOOD

In the past, you may have been told to avoid foods that contain cholesterol in order to lower your risk of heart disease. Although the amount of cholesterol you have

in your blood is affected by what you eat, research has shown that saturated and trans fats are the real culprit for raising 'bad' cholesterol levels.

Eating foods that are high in saturated and trans fats increases the levels of 'bad' cholesterol in your blood³ more than foods that are high in cholesterol. This is why saturated and trans fats are often called 'bad fat'.

One of the most effective ways to lower your cholesterol level is to limit the amount of foods you eat that are high in saturated and trans fats, and include foods that are sources of unsaturated fat¹. It is also important to eat a balanced diet that includes foods high in fibre (such as wholegrains, fruits and vegetables), plant sterols and soy, and to aim for a healthy weight when trying to alter your cholesterol levels.

LIMIT SATURATED FATS	CHOOSE HEALTHY FATS
Butter	Unsalted nuts and seeds
Fried foods	Olive, canola, sunflower, soybean, sesame and peanut oils for cooking
Fatty meats	Oily fish
Biscuits	Eggs
Cakes	Lean red meat and poultry (trimmed)
Cream	Avocado



SIMPLE CHANGES TO HELP MANAGE YOUR CHOLESTEROL

Cutting down on saturated fat doesn't have to mean giving up the foods you love. Making a number of simple changes to your diet can help your cholesterol levels fall by around 10 per cent¹ or more.

THREE SIMPLE STEPS TOWARDS HEART HEALTHY EATING

1. Use sunflower, canola or olive oil

These vegetable oils are packed with healthy fatty acids, which can help lower bad cholesterol in your blood.

2. Drink low or reduced-fat milk

Dairy is an important part of your diet, so it's very important that you include dairy foods daily. Switching from full cream milk, yoghurt and cheeses to lower fat options will reduce the amount of saturated fat you eat.

3. Eat more fruits and veggies

Fruit and veggies are high in fibre, which helps to naturally lower your cholesterol levels. The *Australian Dietary Guidelines* recommend that you eat at least 2 serves of fruit and 5 serves of vegetables every day.

YOU DON'T NEED TO AVOID FOODS JUST BECAUSE THEY CONTAIN DIETARY CHOLESTEROL

Some foods are high in dietary cholesterol but will not have negative effects on your blood cholesterol level and are important parts of a healthy, balanced diet.

Eggs and seafood are perfect examples of foods that you shouldn't eliminate just because they contain dietary cholesterol. They are both filled with protein and vital nutrients that help keep your body healthy.

A LITTLE MORE ABOUT EGGS

Eggs are a highly nutritious food and a natural source of 11 different vitamins and minerals. The protein in eggs is considered to be of the highest quality. The *Australian Dietary Guidelines* advise that the everyday consumption of eggs is not associated with an increased risk of coronary heart disease⁴.

