

MEDIA RELEASE

Tuesday 24 January 2017

PLAN FOR 'SMART EATING' THIS AUSTRALIA DAY

As we prepare to celebrate all things Australian on 26 January, the nation's peak body for nutrition professionals is launching a new website, full of recipes, healthy eating tips and nutrition information to share with your mates.

The 'Smart Eating for a Healthier You' section of the Dietitians Association of Australia's new website (www.daa.asn.au) is designed for any member of the Australian public who wants to live a long, healthy and vibrant life, and who doesn't?!

"The whole website has been updated with new information and a more user-friendly look and feel. Through 'Smart Eating for a Healthier You', people can take a healthy eating quiz, and even sign up to receive regular nutrition updates," said Nicole Dynan, Accredited Practising Dietitian and Spokesperson for the Dietitians Association of Australia (DAA).

'Smart Eating for a Healthier You' also has a recipe section with everyday recipes consistent with the Australian Dietary Guidelines – making healthy eating even easier.

DAA's Accredited Practising Dietitian members and also DAA partners have contributed simple, delicious and nutritious recipes – like the rosemary lamb skewers recipe below, which is sure to be a hit this Australia Day.

Smart Eating for a Healthier You user Sam Chambers, from Canberra, will be serving this up to her friends on Australia Day, along with a couple of interesting nutrition facts.

"Smart Eating for a Healthier You is my one-stop-shop for healthy recipes and nutrition information," said Ms Chambers.

Check out 'Smart Eating for a Healthier You' and also the 'Find an Accredited Practising Dietitian' function via www.daa.asn.au

ENDS

For further information or to organise an interview with Nicole Dynan, contact Felicity Curtain, Dietitians Association of Australia, on 0409 661 920.

Rosemary lamb skewers and carrot turnip salad with rosewater pistachio dressing

Recipe courtesy of Sandy Chan Accredited Practising Dietitian

Serves 2

Ingredients

200g minced lamb, seasoned with salt and pepper

2 tablespoons of vegetable oil (to brush the rosemary lamb skewer)

2 cloves of garlic, finely chopped.

1 tablespoon of rosemary leaves, finely chopped.

6 long rosemary sprigs (15-20 cm)

6 Dutch carrots (washed and not peeled)

1 heirloom carrot (purple variety, washed and not peeled)

2 turnips (washed and not peeled)

4 tablespoons of low fat plain yoghurt

Rose water pistachio dressing

2 tablespoons of white wine vinegar

2 tablespoons of olive oil

1 tablespoon of rose water

30g of shelled pistachios

Method

Preheat griddle pan or fry pan to medium–high heat. Combine minced lamb with chopped rosemary leaves and garlic.

Place carrot and turnip in a saucepan of cold water and bring it to the boil. Turn down to a simmer and cook for 5 minutes or until just tender. Drain, then slice the carrot in half and the turnip in quarters.

Combine white wine vinegar, olive oil, rose water and pistachios in a bowl for the dressing.

To assemble, place 3 rosemary lamb skewers on one side. Put yoghurt on the other side of the plate, then add carrot turnip salad on top. Dress the salad with rose water pistachio dressing.

Access this recipe via [‘Smart Eating For A Healthier You’](#) along with other tasty recipes such as:

- Figs, walnut, and goats feta salad: <https://daa.asn.au/recipes/sally-joesphs-fig-walnut-and-goats-feta-salad/> (courtesy of DAA Corporate Partner Cobram Estate)
- Chilli chicken with green mango salad: <https://daa.asn.au/recipes/chilli-chicken-with-green-mango-salad-2/> (courtesy of DAA Corporate Partner Australian Healthy Food Guide)
- Fish tacos with cabbage and coriander salad: <https://daa.asn.au/recipes/fish-tacos-with-cabbage-and-coriander-salad/> (courtesy of DAA Corporate Partner Australian Healthy Food Guide)
- Raspberry and yoghurt icypoles/popsicles: <https://daa.asn.au/recipes/raspberry-and-yoghourt-icypolespopsicles/> (courtesy of DAA Corporate Partner Jalna)