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MAGAZINE

APRIL 2010
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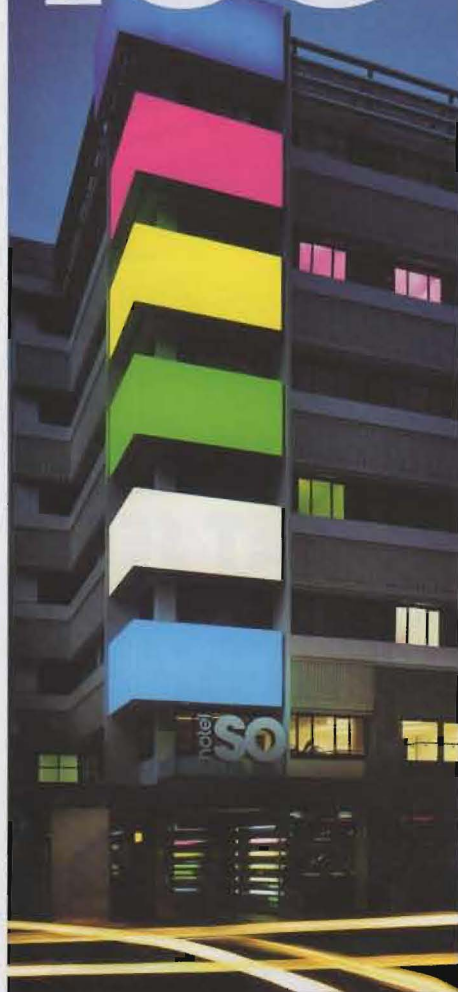
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GOOD TASTE



Food for Thought.

We ask an expert how to eat smart through the temptations of winter

INTERVIEW CRAIG TANSLEY

Janella Purcell has been teaching contestants on *The Biggest Loser* how to lose weight with her weekly Master Class. Who better to teach than this naturopath, nutritionist, chef and ambassador for Melrose Foods who's also made a career for herself in television, radio and writing books? The once-overweight Purcell shares some eating tips with us.

Why do you think more Australians are becoming obese?

I truly believe it's about education. How can you know how to shop, cook and eat for your health if you've never been taught?

What are the biggest eating mistakes you see?

Over-eating is one of the worst things and also eating mindlessly, like when you're driving or watching TV. Mindless eating usually leads to over-eating. We all do it sometimes, and sometimes is okay, all the time isn't.

Do you have any tricks to get people to reduce the amount of food they eat?

Chew, chew, chew! And notice how you feel when you're eating. If you eat whole foods, that is, foods that are in their natural state and chew them, then you'll likely eat half what you do now.



ROAST VEGETABLE AND BEAN SALAD

Serves 2

- 2 tbsp olive oil
- 4 cloves garlic, unpeeled
- 1 tsp sea salt and cracked pepper, or to taste
- 1 red onion, peeled and quartered
- 1 cup of Japanese pumpkin, roughly chopped (skin on)
- 1 cup sweet potato, cut into chunks
- 1 small bulb fennel, quartered
- 1 cup squash, trimmed and halved
- 4 baby beetroots, skin scrubbed clean
- 2 carrots, skin scrubbed clean and chopped
- 2 cups of any legumes, like cannellini, kidney or lima, or chickpeas
- Fresh rosemary (optional)
- 2 cups rocket leaves
- Handful of mint and basil, left whole
- 1 tbsp lemon or lime rind
- 2 tbsp of sunflower seeds, roasted in a pan

Combine veggies, oil and seasoning in a baking pan and mix well (add rosemary now if using). Roast, turning once at 200°C for 30–35 minutes or until the veggies are tender. Let cool slightly. In a mixing bowl, combine the veggies, legumes, greens, herbs and rind. This salad will last a few days.

Variations:

1. Stir through one cup of flaked smoked trout.
2. Serve with tahini dressing.
3. For a bigger, heartier salad, add 2 cups of cooked barley, brown rice or quinoa.

What are some winter foods we can try that won't make us overweight?

Winter's the time to eat root vegetables and hearty meals, but that doesn't mean loads of it. Actually we could eat less as our activity usually drops. Eat foods that take longer to cook, using more water — things like chicken and barley soup; lentil casseroles; stews; and one of my favourites, roast vegetable and quinoa salad with smoked trout. Or simply roast veggies with legumes and baby spinach.

Does your experience of having been overweight before make you empathise with the contestants?

Of course. It's difficult to understand how it feels to be in a body that's heavier than it should be if you haven't experienced it. Reading the contestants' profiles before we started shooting brought back many memories: like my own feelings of worthlessness because I was overweight. I know how they feel because I've been there.

Does eating healthy take more time and cost more money?

At first it does, especially when you see the

price of takeaway food. As you learn how to shop, how to put it together to taste good and be good for you, you won't buy processed food anymore. It may be cheap and convenient but the cost to your health is just too high. You don't have to buy organic to be healthy — think whole foods. ★

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