

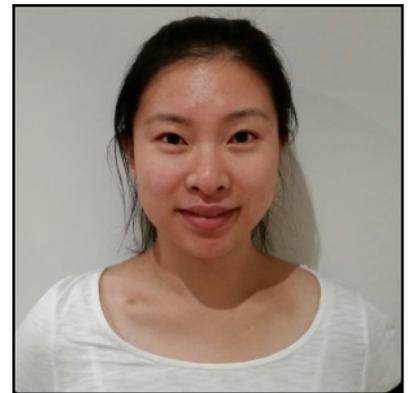
Promoting Healthy Outcomes for Refugees Newsletter

WELCOME

Happy New Year and welcome to our new members and subscribers! January marks a new beginning, and it is highly likely that many of us have made a promise to eat more fruit and vegetables.

In this issue, we look at the recommended fruit and vegetable serves, the seasonal fruit and vegetables to look out for between January and March and we have a recipe for a traditional Iraqi dish packed full of veggies!

As always, we welcome any suggestions you have for PHOR's Quarterly Newsletters. Please drop us a line or send your suggestions through to our [email](#).



LATEST NEWS

We would like to start by thanking our outgoing committee members for their dedication, support and commitment over 2017. A warm welcome to our new committee team who are already busy making plans for 2018! Check out their profiles on our [website](#).



We continue to deliver the program, Promoting Healthy Lifestyles in Refugee Families, with the support of Cancer Institute NSW. In term 4 last year, we delivered the program to parents of Berala Public School with Auburn Diversity Services Inc. At the end of the program, parents were happy to announce "we are eating more wholegrains and vegetables now!". In 2018, we will continue to deliver the program across New South Wales.

A NEW YEAR'S RESOLUTION: FRUIT AND VEGETABLES

We've heard it before, 'an apple a day keeps the doctor away', but how much fruit and vegetables should we be eating? More importantly, what is a serve?

According to the Australian Dietary Guidelines, an adult between 19 and 50 years of age should be eating 2 serves of fruit and at least 5 serves of vegetables. Of course the recommendations differ for children, pregnant and lactating women. Jump onto the [Australian Dietary Guidelines](#) to view the recommended serves for any of these groups.

According to the National Health Survey 2014-15, 49.8% of Australian adults (18 years and older) met the recommended 2 fruit serves, while only 7.0% met the recommended 5 or more vegetable serves. It may be worth packing a few more veggie snacks in our bag for when we're hungry. That leaves us with the important question, what is a serve? To give you an idea, each of the pictures below is equal to 1 serve.



1 apple



1 banana



1 cup berries



1 large carrot



1 cup leafy greens



1/2 cup cooked vegetables

WHAT'S IN SEASON FROM JANUARY TO MARCH?



Apricots



Okra



Nectarines



Onions



Green beans



Pomegranate



Pears



Cucumbers

RECIPE: VEGETARIAN IRAQI DOLMA

Serves 8 Cooking time 1 hour



Ingredients

250g vine leaves (silverbeet leaves can be used) 4 lemons, juiced
3 zucchinis 500g frozen mixed vegetables
2 long capsicums 1 bunch parsley, chopped
2 tomatoes 1 1/2 teaspoons mixed spice
2 Lebanese eggplants Black pepper, to taste
3 brown onions 250g broad beans

Filling

3 tablespoons olive oil 1/2 large jar tomato sauce
500g brown basmati rice *Dip*
1/2 garlic bulb, chopped 500g low fat natural yoghurt
1 can crushed tomatoes 1 bunch mint leaves, chopped

Method

1. Cook brown basmati rice according to packet instructions.
2. Core and halve zucchinis, capsicum, tomatoes and eggplants. Loosen the onion layers by microwaving the onions for 30 seconds. Remove 4 to 5 layers from each onion and set aside with the other vegetables.
3. Chop the remaining onion and place in a large bowl with 1 tablespoon olive oil, cooked rice, garlic, crushed tomatoes, half the lemon juice, mixed vegetables, parsley, mixed spice and pepper. Mix the ingredients together to form the filling.
4. Stuff the vegetables and vine leaves with the filling. To fill vine leaves, place a spoon of the filling in the centre. Fold the sides to the centre and fold the leaf over and roll tightly.
5. Place broad beans at the bottom of a deep pot with remaining olive oil. Layer the pot with stuffed vine leaves and vegetables. Add tomato sauce, 1 1/2 cups water and the remaining lemon juice to the pot. Place a heavy plate on top, cover the pot with a lid, bring to the boil then simmer for 30 minutes on low to medium heat.
6. Meanwhile, mix yoghurt and mint leaves in a small bowl and set aside.
7. Serve dolma with yoghurt dip and Iraqi bread (optional).