

# infuse™

STEEP YOURSELF IN INSPIRATION, INNOVATION & DEBATE



FEATURE ISSUE  
INCLUDES:

.....  
+ **Get involved in  
Gut Health Month  
2023**  
.....

+ **Introducing our  
Gut Health Month  
ambassador,  
Nicole Dynan**  
.....

+ **That's mental!**  
with Dr Joanna McMillan  
.....

+ **Gut-loving recipe  
inspo to share with  
your patients for  
breakfast, lunch or  
dinner**  
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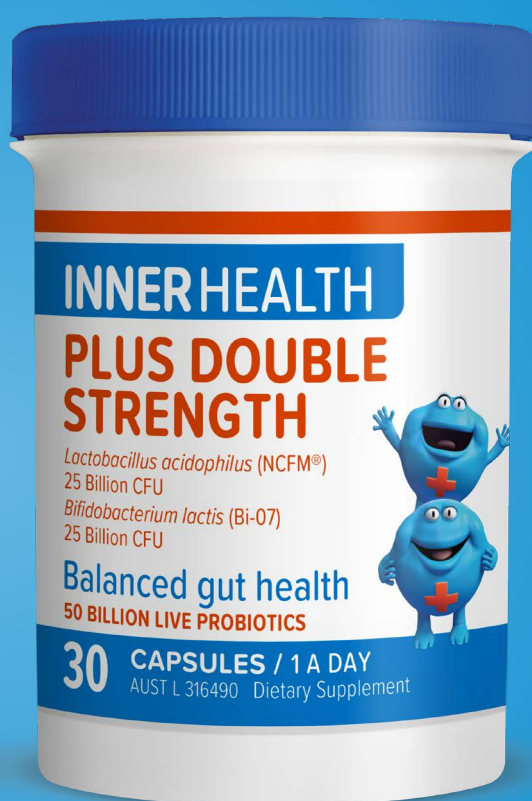
FEBRUARY 2023







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# FEBRUARY

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***infuse***

STEEP YOURSELF IN INSPIRATION,  
INNOVATION & DEBATE

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# Symptoms of milk intolerance, but maybe it's not lactose?

Although it is commonly assumed that gastrointestinal symptoms experienced after consuming regular milk are due to lactose intolerance, lactose might not be the only cause of some people's digestive discomfort. Some people may have a sensitivity to the A1 protein and not simply to the lactose itself.

a2 Milk® comes from cows specially selected to naturally produce milk with only the A2 beta-casein protein type, and no A1.



So how do you know if symptoms are due to lactose or the A1 protein?

a2 Milk® Lactose Free contains no A1 protein, and no lactose, making it the ideal starting point for exploring milk intolerance.

## How to do an a2 Milk® trial

The first step when exploring milk intolerance should be a 1-2 week dairy elimination diet to resolve symptoms. This means avoiding all dairy milk, cheese, yoghurt, cream, ice cream, butter, and also dairy as an ingredient in foods, such as milk solids, whey protein and cheese powder.

Then, follow these simple steps:

1

**Start with a small portion of a2 Milk® Lactose Free, which contains only the A2 protein and no lactose\***  
in tea, coffee, on cereal and in recipes

*\*Or use a2 Milk® with a lactase enzyme tablet*

DAY 1



2 tbsp

DAY 2



4 tbsp

DAY 3



1/2 cup



2

**Gradually increase**  
over a week  
to a full cup of  
a2 Milk® Lactose Free

DAY 7



1 cup

3

**Avoid other regular dairy foods and lactose**  
during the  
reintroduction phase



4

**If no symptoms arise during the reintroduction phase,**  
the next step is to reintroduce lactose.



5

**Repeat steps 1-3 with a2 Milk® which contains only the A2 protein, and also contains lactose.**

If still no symptoms arise, milk containing only the A2 protein could be the answer.





## Gut Health Symposium:

# How can dietitians lead the way in managing gut health?

Did you know 1 in 2 Australians experience gut health issues? This Gut Health Month, we're bringing you the latest gut health science in our Gut Health Symposium to help you flourish as a leading dietitian in the gut health space.

In the symposium, MC'd by Gut Health Month ambassador Nicole Dynan, you'll hear from incredible speakers, including:

- **Dr Tim Crowe**, exploring the latest research on foods and dietary patterns that support a healthy gut
- **Sandra Mikhail**, presenting two real-life case studies on irritable bowel syndrome (IBS) and small intestinal bacterial overgrowth (SIBO)
- **Joanna Baker**, who will deep dive into the use of gut-directed hypnotherapy in IBS
- **Michelle Theodosi**, discussing the relationship between eating disorders and gut health
- **Dr Heidi Staudacher**, from the Food & Mood Centre, covering the link between IBS and mental health

We can't wait to see you there!

**Wednesday 15th February, 9am-1pm** (Syd/Melb time)

[CLICK HERE TO REGISTER](#)

*Dr Tim Crowe*



*Sandra Mikhail*



*Joanna Baker*



*Michelle Theodosi*



*Dr Heidi Staudacher*



*Nicole Dynan*



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[dietitianconnection.com/guthealthmonth](https://dietitianconnection.com/guthealthmonth)



## *From the desk* of Maree Ferguson

Founder and Director, Dietitian Connection



Our vision at Dietitian Connection is to inspire and empower dietitians to realise their professional dreams. As such, I'm thrilled to formally welcome you to our second annual Gut Health Month.

The theme for this year's campaign is: **Eat your way to wellness**. We've been working tirelessly behind the scenes to:

1. Help you flourish as a dietitian by inspiring you with gut health education and providing you with tools to use in your practice
2. Raise the profile of dietitians as the nutrition experts in the gut health space
3. Increase the number of people wanting to see a dietitian to improve their gut health, thereby growing your practice.

I am so incredibly proud of the Gut Health Month campaign we created last year, and I'm even more excited about what our bigger and better 2023 iteration will bring. In 2022, Gut Health Month reached 5.2 million people via online and print media, 1.7 million people via national TV segments and 1.3 million people via radio. We also had almost 14,000 dietitians tune in to our Gut Health Month podcasts and over 2,000 dietitians join us for our Gut Health Month webinars. It still blows me away! But, in 2023, we're reaching even higher and want those statistics to be even more impressive – **so we need your help**.

We're handing the reins over to you, our dietitian community, to be our loud and proud Gut Health Month ambassadors, spreading the gut health message with everyone you can. Please get involved by hosting awareness-building activities online and in your workplace. Here's some of our favourite ideas:

- Share gut-friendly tips online using #guthealthmonth
- Run a gut health challenge in your workplace
- Host a gut-loving cooking class
- Write an article or blog post about gut health
- Decorate your office with all things Gut Health Month.

**[Explore our posters and flyers here.](#)**





We've also got two websites for you to check out:

- The [Dietitian Connection website](#), where you'll find all the gut health professional development initiatives we've got coming your way, a healthcare professional toolkit, resources to use in practice and social media tiles
- The consumer website, [guthealthmonth.com](#), where you can send your patients and clients for consumer-friendly information and delicious gut-healthy recipes

Last but not least, we're undertaking a very exciting initiative in the Victorian town of Poowong. **We're going to turn Poowong into Pooright!** Over a week in February, a crew of dietitians will work with selected households to implement gut healthy dietary and lifestyle changes. The campaign will kick off with a big bang event at the local football club, recruiting local community groups to create buzz and drive awareness about gut health. We're hoping this case study will be picked up by the media and demonstrate to the nation how a dietitian can make a massive difference to gut health and overall wellbeing. Keep your eyes and ears peeled for exciting updates!



So please, stand with us this Gut Health Month and make as much noise as possible in the gut health space. We cannot do this without your support and involvement. Collectively, we can improve the health of all Australians, one digestive system at a time.

*Maree Ferguson*

Gut Health Month 2023 is proudly supported by:





# Get involved in Gut Health Month 2023 for your chance to WIN a FREE ticket to Dietitians Unite or one of five \$50 gift cards

We'd love for you to get involved and spread the gut health message with your colleagues, patients, family and friends. The **three most innovative promotions** of Gut Health Month will win a **FREE ticket to Dietitians Unite in Melbourne on 12th May 2023**. There are also **five \$50 gift cards up for grabs** for the runners up. To enter the competition, share your Gut Health Month activities on social media with the hashtag #guthealthmonth and tag us [@dietitianconnection](https://www.instagram.com/dietitianconnection). If you're not on social media, email us your photos with permission for us to re-share them on social media.

Here's a list of our ideas to get your creative juices flowing:

**Run a gut health challenge in your workplace**

**Create your own suite of gut health resources** to use in your practice

**Host a gut health workshop or cooking class** for your clients or colleagues

*Put up our Gut Health Month flyers in your office*

**Have a gut health trivia night** with your colleagues

**Set up a Gut Health Month booth at your workplace** with gut health information and products

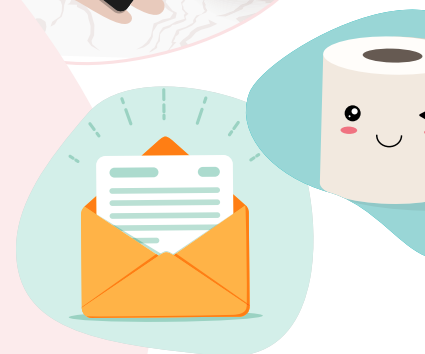
**Share your learnings** from our Gut Health Month symposium in a creative way on social media

**Hang our Gut Health Month stool chart** on toilet cubicle doors

**Develop your own gut-loving recipes** and post them on social media

*Publish an article on gut health in your workplace's newsletter or intranet*

**Host a gut health morning tea with plenty of gut-loving foods**



Make sure you share what you're doing far and wide – tag us [@dietitianconnection](https://www.instagram.com/dietitianconnection) and use the hashtag [#guthealthmonth](https://www.instagram.com/dietitianconnection)

# Let's make some #guthealthmonth noise on social media!



We'd love for you to spread the Gut Health Month message via your social media channels. Below is our suggested calendar of social media posts. We'll be posting similar content, so feel free to re-share our posts if you would like to or don't have time to create your own. Please use #guthealthmonth and direct your audience to [www.guthealthmonth.com](http://www.guthealthmonth.com) for more information (there is no need to tag @dietitianconnection in your posts). Please don't mention any brands in your posts or make any health claims.

## Wednesday 1st Feb

A post highlighting February is Gut Health Month. Include a short caption about how what you eat affects your gut health, and therefore your overall wellbeing, e.g. **Did you know what you eat plays a big role in the health of your gut? Gut Health Month is a great opportunity to include more gut-loving foods in your diet and improve your overall wellbeing.**

## Week starting 6th Feb

A post with 3-5 generic, simple swaps that are good for gut health. Some examples are:

- **Swap white bread** for wholegrain bread
- **Swap chips** for wholegrain crackers
- **Swap low fibre cereal** for high fibre cereal
- **Swap plain yoghurt** for probiotic yoghurt
- **Swap biscuits and pastries** for a piece of fresh fruit
- **Swap sandwich meats** like ham or salami for a legume-based dip like hummus

## Week starting 13th Feb

A post with a **quick and easy gut-loving meal idea** (breakfast, lunch, dinner or snacks). Some examples are:

- Wholegrain bread with avocado and tomato
- A smoothie made of milk, probiotic yoghurt and fresh fruit
- Wholegrain crackers with tzatziki and vegetable sticks
- High fibre cereal with milk and fresh fruit

## Tuesday 28th Feb

A post highlighting that February was Gut Health Month. Include a call to action for your audience to **see an Accredited Practising Dietitian for individualised advice** about their gut health concerns.





# Gut-lovin' resources

[CLICK HERE TO GET STARTED](#)

We've got a suite of downloadable gut health resources for you to use in practice:

Patient resources for you to share with your clients



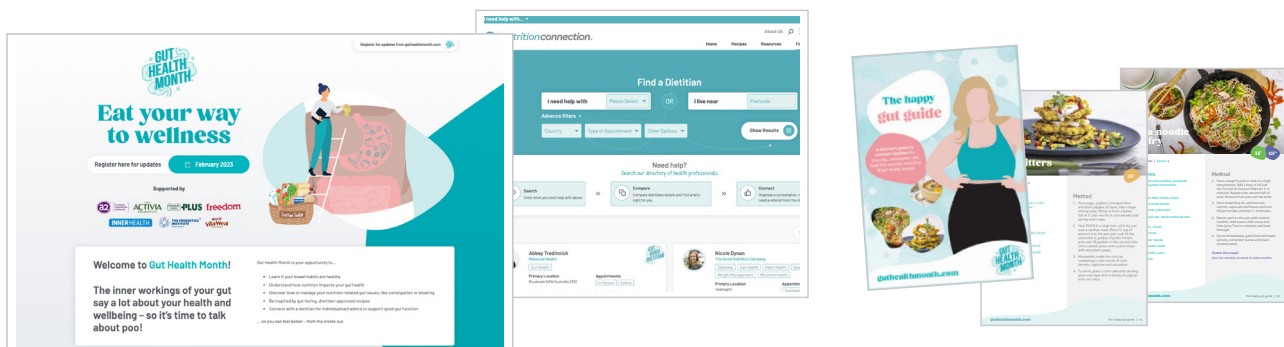
Social media tiles for you to re-share

A4 posters



**guthealthmonth.com**

- a consumer-facing website with consumer-friendly resource, delicious gut-friendly recipes and a gut health e-book



[VISIT SITE](#)

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**dietitianconnection.com/guthealthmonth**



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tract in sufficient numbers.



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## TO COINCIDE WITH GUT HEALTH MONTH

We invite all Australians to take part in the Activia 28-day  
Gut Health\* challenge\* from 31st Jan till end of March.  
For more information about it click here.

— 28 DAY —  
**GUT HEALTH\***  
— CHALLENGE\* —  
IT WORKS OR IT'S  
**FREE\*\***

References: 1. Guyonnet D, Schlumberger A, Mhamdi L, Jakob S, Chassany D. Fermented milk containing Bifidobacterium lactis DN-173 010 improves gastrointestinal well-being and digestive symptoms in women reporting minor digestive symptoms: a randomised, double-blind, parallel, controlled study. Br J Nutr. 2009;102(11):1654-62. 2. Marteau P, Guyonnet D, Lafaye De Micheaux P, Gelu S. A randomized, double-blind, controlled study and pooled analysis of two identical trials of fermented milk containing probiotic Bifidobacterium lactis CNCM I-2494 in healthy women reporting minor digestive symptoms. Neurogastroenterol Motil. 2013;25(4):331-e252. \*Activia helps improve digestive comfort when 250g (2x125g) is consumed daily for at least 4 weeks, as part of the healthy lifestyle and balanced diet. \*\*Terms and Conditions at [activia.com.au](#)



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**VITAMIN B3** to help unlock energy.



### Vita-Weat with Avocado & Chickpea Smash

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

#### INGREDIENTS:

4 x Vita-WEAT Soy & Linseed  
crispbreads

8 x slices avocado

4 x cos lettuce leaves

1/2 x cup chickpeas, drained, roughly smashed

✓ Fibre  
✓ Plant-based

### Tuna & Smashed Avocado

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

#### INGREDIENTS:

4 x Vita-Weat 9 Grains  
Crispbreads

1 x Avocado

1 x Tin of Serena Tuna

✓ Healthy fats  
✓ Protein



### Roast pumpkin & avocado

PREP TIME: 10MINS | COOK TIME: NIL | SERVES: 1

#### INGREDIENTS:

4 x Vita-Weat Pumpkin Seed  
& Grains crispbreads

1 x cup roasted pumpkin,  
roughly mashed

8 x slices avocado

Cracked black pepper, to taste

✓ Plant-based  
✓ 1 serve veg  
✓ Fibre  
✓ Antioxidants

Scan for more  
Vita-Weat  
inspiration!



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WHOLEGRAINS



# Introducing our Gut Health Month ambassador, Nicole Dynan

February 2023 is Gut Health Month. To kickstart the celebrations, we sat down with Gut Health Month ambassador Nicole Dynan to chat all things Gut Health Month and working in the gut health space.

## Can you explain what Gut Health Month is and why you think it's important for dietitians.

Gut Health Month is designed to educate the public about the latest gut health science and reduce the stigma around bowel habits. It not only helps dietitians support their clients in managing their gut issues in an evidence-based way, but it also promotes dietitians as the standout nutrition experts in the gut health space.



**Nicole Dynan** is an Accredited Practising Dietitian, Accredited Sports Dietitian and the Founder and Director of The Good Nutrition Co. and The Gut Health Dietitian. Nicole was inspired to start the gut-health arm of her business after suffering allergies and food intolerances herself as a child and having the good fortune to complete her masters research project at the RPAH Allergy Unit in Sydney. When Nicole established the business nine years ago, she had a simple goal: To help people navigate the science to fix their gut issues and feel happy and healthy again. Nicole's business has a team of twelve dietitians and is recognised as one of Australia's largest telehealth nutrition providers, having consulted to over 30,000 individuals and hundreds of organisations. Nicole is a guest lecturer for The University of Sydney, The University of NSW and media spokesperson for Dietitians Australia.





### Can you tell us a little bit about the Poowong activity and what it is hoping to achieve?

As part of Gut Health Month, we're on a mission to make the Victorian town of Poowong, *Poorright!* Over the course of the week, we've got a team of dietitians – Ali Miles, Alex Stone and Olivia McArthur – working with selected households to provide gut healthy eating education. By implementing a series of simple dietary and lifestyle changes, the dietitians will demonstrate the benefits of a healthy gut, and how small changes can make a massive difference. We're really aiming to create the healthiest guts in Australia.



### What do you enjoy about working in the gut health space?

The thing I love the most is the life-changing results you can achieve with patients. They're so motivated to fix their symptoms and they're so grateful for the support. We can also give them a sense of hope, particularly when all medical avenues have been exhausted.



## And what are the biggest challenges for you?

Gut health is not a perfect science – it's a very young science, so we don't have definitive tests for things like food intolerances. The symptoms are quite individual to each patient as well, so it requires a good deal of detective work. You really need to listen very intently and have a lot of patience. It's important to convey that to the patients, so they know you could be going on a bit of a journey together to try and fix their symptoms. The other thing to overlay with that is the whole gut-brain connection, which can add another dimension to the cause of gut symptoms.

## What do you see as the opportunities for dietitians working in the gut health space?

There's a few that really excite me:

1

**Clarifying misinformation.** There's a tonne of it online, and it leads people down a slippery, unscientific, expensive slope. Dietitians can heighten their voice in this space by dispelling some of those myths and misinformation. They can lean into the science and convey evidence-based messages clearly and simply with confidence through myth busting posts on social media or tutorials in consultations.

2

**Empowering clients to make healthy gut choices on their own through close support and mentoring.**

So much can influence the gut, but food is one of the few things people can influence themselves to make a big difference to their gut health.

3

**Optimising gut health with simple but effective food swaps.**

It's not just about clients with symptoms, it's about optimising a healthy gut in everyone.

Try swapping...

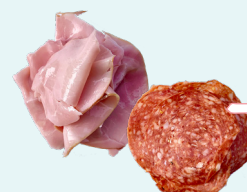
For this...



Potato chips



Whole grain crackers



Sandwich meats



Hummus dip





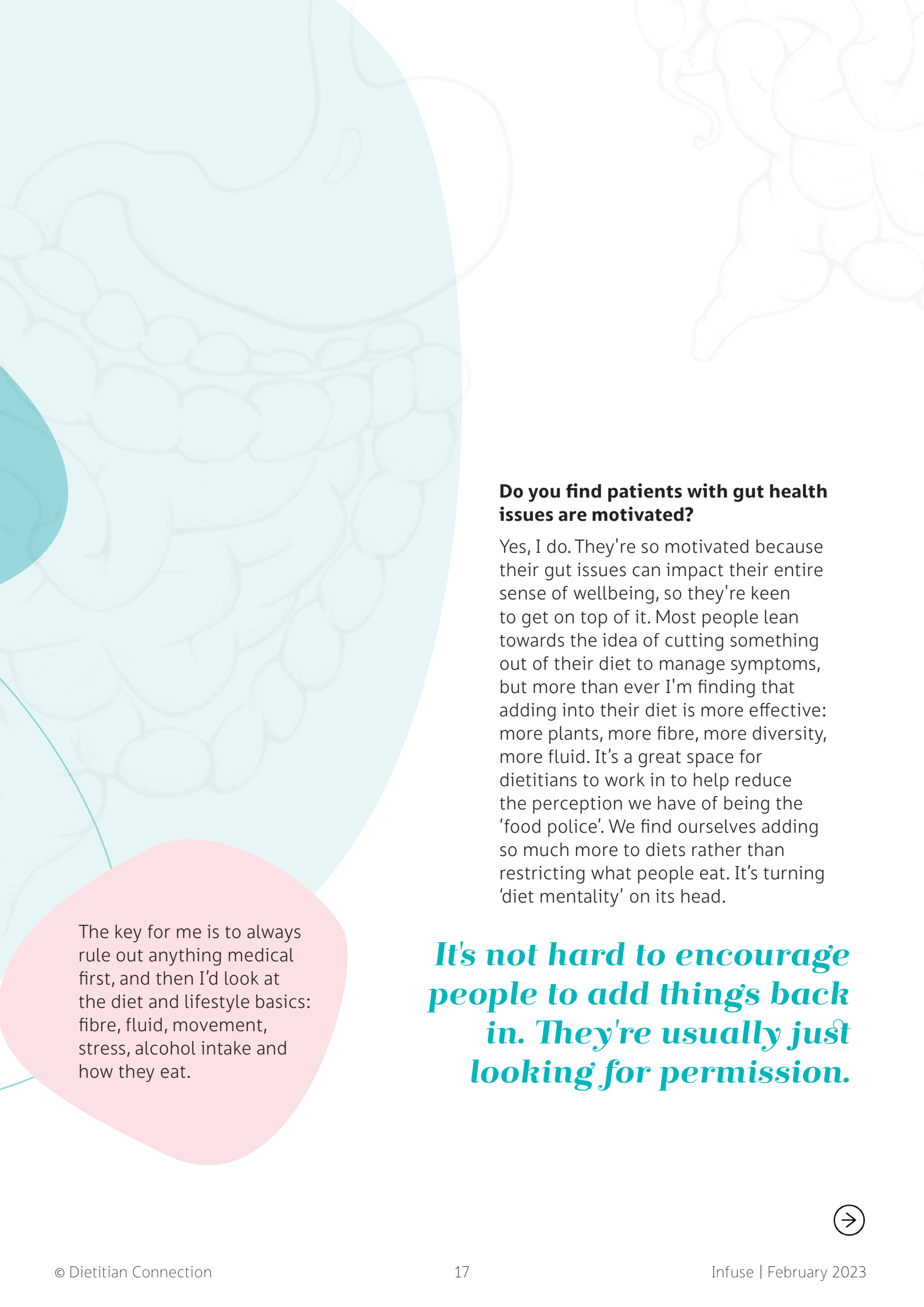
**Research has found that as many as one in two people may experience gut health issues. What are the most common gut health problems Australians have? And what are the first line treatments dietitians should consider for them?**

The most common issues I see are bloating, pain, diarrhoea and constipation. Most often, people have tried to manage these concerns on their own by avoiding key food groups or buying into fad fixes or detoxes. They end up with a very restrictive diet, which often worsens symptoms.



In each case, there's a few things I would always ask:

- 1** ***How long has the problem been going on?***
- 2** ***How severe are the symptoms?***
- 3** ***Are there any obvious triggers?***
- 4** ***What medical investigations have been done?***
- 5** ***What interventions have they tried?***



The key for me is to always rule out anything medical first, and then I'd look at the diet and lifestyle basics: fibre, fluid, movement, stress, alcohol intake and how they eat.

### **Do you find patients with gut health issues are motivated?**

Yes, I do. They're so motivated because their gut issues can impact their entire sense of wellbeing, so they're keen to get on top of it. Most people lean towards the idea of cutting something out of their diet to manage symptoms, but more than ever I'm finding that adding into their diet is more effective: more plants, more fibre, more diversity, more fluid. It's a great space for dietitians to work in to help reduce the perception we have of being the 'food police'. We find ourselves adding so much more to diets rather than restricting what people eat. It's turning 'diet mentality' on its head.

***It's not hard to encourage people to add things back in. They're usually just looking for permission.***





***Your clients will be great teachers,  
so listen carefully to them - they'll  
guide you to areas where you need  
to upskill.***

**Are clients with long term gut issues frightened of the concept of reintroducing foods into their diet?**

Yes. Some of them are really keen, but you will get a handful of clients who are extremely fearful. They're the ones you need to monitor closely and check in with regularly to reassure them it's okay. You really do need to nurture them because it can become disordered eating over time. I have found some success with breathing techniques and relaxation exercises prior to eating; it helps to calm the nervous system in the gut.

**What are the three most common gut health misconceptions you see in practice?**

1. Cutting out dairy.
2. Cutting out whole grains.
3. Cutting out gluten.

There's so much on social media and in alternative practices that guide people to cut these foods out. Rarely is it ever that they're told to cut out junk food!



**What would your three key takeaways be for dietitians who want to expand their practice in gut health?**

- 1. Don't be afraid. Just start where you feel comfortable.***
- 2. Look for upskilling opportunities.***
- 3. Find a mentor or join an interest group.***

LEARN MORE:  @nicoledynan/

 @the.guthealthdietitian/



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By Chr. Hansen



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# Say hello...

## Introducing Dietitian Connection team member Sarah Bramah

Analytics Consultant

### **Tell us how pursuing a career in dietetics first started?**

First and foremost, I love food. Talking about it, cooking it, eating it. I also have a passion for science and understanding how things work, especially the human body. A career that combines the two is the dream. I knew I wanted to be a dietitian before I left high school, and completed an undergraduate degree in health science, before my Masters in Nutrition and Dietetics. Life has a way of throwing surprises and opportunities at you, so along the way I've also completed studies in pharmacy and business administration, while getting experience in some of the less conventional parts of dietetics.

### **What attracted you to working at Dietitian Connection?**

I was very fortunate to have Maree as my supervisor way back when I completed the research major component of my Masters. I've watched Dietitian Connection grow from its very inception and have always admired and respected Maree's drive and determination. We kept in touch over the years, and when I moved back to Brisbane prior to having my second baby, Maree reached out to see if I could help fill a gap as the business grew. That was five years ago, and the rest is history! I'm forever grateful to work with an amazing, diverse, talented group of people and for our community, who contribute to our profession every day.



Above: Sarah teaching daughter Georgia the art of pizza making.





# That's mental!

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*This is an edited extract from Episode 7: That's Mental! From the Audible Original audiobook Gutfull.*





## THE GUT: YOUR SECOND BRAIN

**One of the most extraordinary areas to emerge from gut health research is the link between your gut and your brain.** Some have even called the gut the second brain because, although it doesn't have its own consciousness, it does have its own nervous system. Plus, it has a communication highway to the brain via the vagus nerve. There are 12 cranial nerves that connect the brain to other parts of the body, and the vagus nerve is the longest and most complex. It runs from the brain all the way to the abdomen and connects not only the gut, but other organs to the brain, too. Most of the communication runs from the gut to the brain, but there is also some chatter in the other direction. There are other routes of communication between the gut and the brain, too.

We certainly know that diet impacts brain function, mood disorders, brain performance and influences the risk of cognitive decline, Alzheimer's disease and Parkinson's disease. Diet is not the only factor, but it is a factor we have control over, so it is a huge area of interest in research.

**Certain dietary patterns have also proved to be beneficial in preventing and treating depression and anxiety. The evidence points to dietary patterns that incorporate a number of different features:**

- **A wholefood diet with plenty of variety**
- **Limiting ultra-processed foods**
- **Boosting your intake of wholegrains, nuts and seeds, legumes, vegetables and fruits.**

### **Meet Dr Joanna McMillan.**

*As well as a PhD qualified nutrition scientist and Accredited Practising Dietitian, Joanna is an Adjunct Senior Research Fellow at La Trobe University and guest lecturer at The University of Sydney. She is a Fellow of the Australasian Society of Lifestyle Medicine and Graduate of The Australian Institute of Company Directors. An experienced TV presenter, Jo is a regular on radio and in print media, an experienced speaker with more than 1 million views of her TEDx talk, the author of eight books and four Audible Original series. She is also a non-executive board member of Cobram Estate Olives.*





## DIETARY PATTERNS FOR A HEALTHY GUT AND BRAIN

**The Mediterranean diet has been studied for its impact on reducing cognitive decline and various forms of dementia.**

This diet is rich in plant foods, favours seafood over red meat, with white meats somewhere in between, has plenty of beans and lentils, and at its heart is extra virgin olive oil. What is interesting is that the combination of extra virgin olive oil and vegetables, as well as other plant foods, improves the absorption of the antioxidants in the vegetables as well as adding those from the oil. In other words, you get a double-whammy of protective, beneficial compounds, and it all tastes better in the process. Grains are one of those foods that seem to attract controversy, but they are central to a Mediterranean diet. Highly refined grains are another matter, but wholegrain intake is associated with less inflammation and better cognitive health, particularly as we get older.

Researchers in the US developed a hybrid diet combining the Mediterranean diet with the DASH (dietary approach to stop hypertension) diet, called the MIND diet. The MIND diet has been shown to reduce the risk of cognitive decline significantly, and in one major study, it reduced the risk of Alzheimer's disease by more than 50%! The MIND diet emphasises plant foods and limits animal foods, saturated fat and salt. It makes special mention of green leafy vegetables and berries, which are high in polyphenols.





## GET YOUR GUTFULL

A Mediterranean-style diet is definitely one of the best for fuelling your microbiome and promoting gut and brain health. So, what exactly is it and what do you eat to achieve it?

- ✓ ***Include lots of fruits and vegetables - two to three fruits and six to seven vegies each day. Across the week, ensure a variety of colours, textures and both cooked and raw as there are advantages in both***
- ✓ ***Consume grain foods every day, but mostly in wholegrain form***
- ✓ ***Have three tablespoons of extra virgin olive oil eacy day***
- ✓ ***Eat olives every day***
- ✓ ***Eat a handful of nuts and seeds every day***
- ✓ ***Include two daily serves of dairy***
- ✓ ***Use plenty of herbs, spices, garlic and onions***
- ✓ ***Choose seafood over red meat, with at least two serves a week***
- ✓ ***White meat such as poultry can feature a couple of times a week***
- ✓ ***Enjoy four to eight eggs a week***
- ✓ ***Include legumes in at least a couple of meals***
- ✓ ***Enjoy an occasional sweet treat, but no more than twice a week, and keep the portion size pretty teeny tiny***
- ✓ ***Have water as the main drink***

### **Garlic and onions are key ingredients in Mediterranean cuisine.**

Many dishes start with a mixture of garlic, onions, tomato and other vegetables cooked in extra virgin olive oil, called sofrito. Sofrito has been analysed by Spanish researchers, who found some 40 polyphenols, all associated with health benefits.







One of the things I love most about this dietary pattern is that it is not just about what you eat, but how you eat. Mealtimes are given priority, especially the main meal of the day, and cooking is seen as important. There is an emphasis on using local foods in season and traditional cooking techniques, as well as sitting together to eat. Plus, you can enjoy a glass or two of wine should you wish. Wine is indeed consumed traditionally, but usually only with meals and not to excess. Such a relaxed and pleasant setting to eat is good for your digestion as stress levels come

down, you tend to eat slower as you chat at the same time and you allow time for your stomach to begin to empty before rushing off to the next activity.

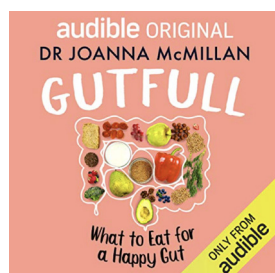
Eating this way has the potential to improve your mood, power your brain performance, improve your long-term brain health...and your microbiome is, as usual, at the heart of the story, facilitating many of these effects.

**Feed your gut bugs to help look after your brain and maybe even boost your happiness at the same time.**








***Feed your gut bugs to help  
look after your brain and  
maybe even boost your  
happiness at the same time.***



LEARN MORE:

-  To listen to the full episode of 'That's Mental!', [click here](#)
-  @drjoannamcmillan
-  @drjoannamcmillan



# TRUST YOUR GUT WITH FREEDOM



When your gut health is good, you feel good. Freedom's range of gluten free cereals has something for every taste and tummy.







GUT  
HEALTH  
MONTH

# Gut-loving recipe inspo to share with your patients for breakfast, lunch or dinner

Use the following key to assist with your dietary needs.

**FF**

FODMAP  
friendly

**GF**

Gluten free

**GF\***

Can be  
tweaked to be  
gluten free

Brought to you by  dietitianconnection.

Access more dietitian-approved recipes at [guthealthmonth.com](https://guthealthmonth.com)





# Homemade roasted muesli

Serve with yoghurt (probiotic), kefir or milk and fresh seasonal fruit.

GF\*

Serves: 4

Preparation time: 10 mins | Cooking time: 20 mins

## Ingredients

2 cups rolled oats

$\frac{1}{4}$  cup whole almonds, roughly chopped

$\frac{1}{4}$  cup linseeds

$\frac{1}{4}$  cup pepitas

$\frac{1}{4}$  cup coconut flakes

2 tbsp extra virgin olive oil (EVOO)

## Method

1. Preheat oven to 180°C.
2. Mix together oats, nuts, seeds and coconut in a large bowl. Add EVOO and stir through to coat evenly. Spread muesli on a lined baking tray.
3. Roast for 20 minutes or until lightly toasted. Stir the muesli after 10 minutes to avoid burning.
4. Remove from oven and allow to cool. Seal in an airtight container and use as required.

**\*Can be tweaked to be gluten free:**

Use quinoa flakes or buckwheat groats instead of rolled oats



# Braised mushrooms on sourdough with poached eggs

FF

GF\*

Serves: 4

Preparation time: 15 mins | Cooking time: 20 mins

## Ingredients

4 eggs, cracked into a small saucer or cup

3 tbsp extra virgin olive oil (EVOO)

500g large oyster mushrooms

4 sprigs lemon thyme

Ground black pepper, to taste

Lemon juice

4 slices wholemeal sourdough

## Method

1. Fill a medium-sized saucepan with water and bring to a simmer. Gently slide each egg into the water and cook for 3 minutes or until the white has set and the yolk is cooked to your liking. Lift eggs out of the saucepan with a slotted spoon.
2. Meanwhile, heat 2 tbsp EVOO in a large frying pan. Add mushrooms and thyme, stirring occasionally. Cook for 10 minutes or until golden and tender. Remove the pan from the heat and season with pepper and lemon juice.
3. Toast the bread and drizzle with remaining EVOO.
4. Assemble mushrooms and egg on toast and serve immediately.

**\*Can be tweaked to be gluten free:**

Use gluten free bread instead of sourdough





# Soba noodle stir fry

FF

GF\*

Serves: 4

Preparation time: 15 mins | Cooking time: 15 mins

## Ingredients

3 tbsp extra virgin olive oil (EVOO)

300g lean pork fillet, thinly sliced

2 cups broccoli head florets

2 medium carrots, julienned

1 small red capsicum, seeds removed and julienned

15 green beans, sliced

1 x 270g packet soba noodles, prepared according to packet instructions

2 tbsp gluten free sweet chilli sauce

2 tbsp lime juice

1 cup bean sprouts

½ cup coriander leaves

2 tsp black sesame seeds

## Method

1. Heat a large fry pan or wok to a high temperature. Add 1 tbsp of EVOO and stir fry half of the pork fillet for 3–4 minutes. Repeat with second half of pork. Remove from pan and set aside.
2. Heat remaining EVOO, add broccoli, carrots, capsicum and beans and toss till just tender, another 3–4 minutes.
3. Return pork to the pan with cooked noodles. Add sweet chilli sauce and lime juice. Toss to combine and heat through.
4. Serve immediately garnished with bean sprouts, coriander leaves and black sesame seeds.

**\*Can be tweaked to be gluten free:**

Use rice noodles instead of soba noodles



# Apricot and coconut bliss balls

GF

**Serves:** Makes approx. 20 balls

**Preparation time:** 20 mins

## Ingredients

3 cups dried apricots

1 cup almond meal

½ cup shredded coconut

½ cup linseeds

2 tbsp orange juice

1 tbsp orange zest

1 tbsp maple syrup

1 cup white sesame seeds, for rolling

## Method

1. Place all the ingredients except sesame seeds into a food processor. Blitz until combined and holding together.
2. Roll mixture into large walnut-sized balls, then roll in sesame seeds to coat.
3. Store in an air-tight container in the refrigerator.





## LIVE Workshop

# Applying sensory science to change eating behaviour



Hurry...  
SPACES ARE  
LIMITED!\*



Emma  
Stirling

Join us in our face-to-face culinary nutrition workshop with Emma Stirling and the culinary nutrition science team from Australian Catholic University to **explore how dietitians can masterfully bring together the science of nutrition and the art of cooking.**

**Venue:** Melbourne Polytechnic  
– Preston Campus

**Date:** Thursday 11th May,  
1pm – 6pm

(Day before Dietitians Unite)

[Click to learn more\\*](#)

\*Due to limited availability, can only be purchased as an add-on to a Dietitians Unite 2023 ticket.

## LIVE Workshop

# Navigating nutrition and the NDIS

Whether you're a seasoned veteran or a complete novice, this half-day face-to-face workshop will help you to provide the best support for your NDIS clients.

**Our speaker lineup includes:**



Shanelle Bailey



Brooke Harcourt



Mandy and Kate  
(Hosts of Too Peas in a Podcast)



**Venue:** Crown Conference  
Centre, Melbourne

**Date:** Thursday 11th May,  
1pm – 5pm

(Day before Dietitians Unite)

[Click to learn more\\*\\*](#)

\*\*Can be purchased separately to a Dietitians Unite 2023 ticket.

MELBOURNE | MAY 12, 2023

# *Dietitians Unite*

The face-to-face Dietitians Unite you know and love is back, bigger than ever... Join us as we unite to showcase inspiring leadership and innovations.

## Meet our CLINICAL STREAM SPEAKERS...



**Clinical  
stream MC:**  
**Dr Tim Crowe**



**Leigh Seidel Marks**  
*Impacts of long covid*



**Dr Melissa Whitelaw**  
*Eating disorders*



**Shannyn Thatcher**  
*Nutrition in ADD/ADHD*



**Tim McMaster**  
*Low carb diets*

## ... and BUSINESS STREAM SPEAKERS



**Main event  
+ Business  
stream MC:**  
**Karen Inge**



**Dr Emma Beckett**  
*Public communication*



**Emma Stirling**  
*Culinary nutrition*



**Dr Joanna McMillan**  
*Successful career tips*



**Dr Maree Ferguson**  
*Business lessons*

## SAVE \$50 with our Early Bird Tickets!

Early bird offer ends 5pm, 20th March 2023 (Syd/Melb time)

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*Always trust  
your gut.*

It knows what your  
head hasn't  
figured out yet.

*Author unknown*

