



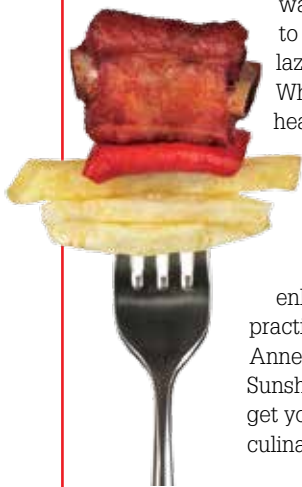
# food trend

phrasebook

With modern restaurant menus reading like a cross between a Korean street sign and chemistry textbook, we set out to decode the latest food trends with your health in mind. (By the end of this feature you'll be speaking fluent food snob and dodging dicey dishes like a ninja – promise.)

Words: Rashida Tayabali

If you've flicked to the food pages of the Sunday papers recently, you'll have noticed they read a bit like *Chemistry For Gifted Kids*. The evolution of food from sustenance to status symbol – thanks, Cravat Matt – has made menus about as easy to understand as the terms of a five-year interest free furniture package. And just when you had your head around the difference between a pork belly slider and lobster sandwich, a new



wave of food trends is set to spin you around like a lazy Susan on stimulants. Which makes making healthy food choices at a restaurant or café pot luck, rendering all your hard-earned nutritious redundant. We've enlisted accredited practising dietitian Sally-Anne Livock, director of Sunshine Coast Dietetics, to get you up to speed on the culinary catwalk.

## MOD-MEXICAN

Melbourne's uber-hip Mamasita and chain Guzman y Gomez are leading the trend towards authentic, fresh Mexican food served in effortlessly cool, casual settings. Key ingredients in mod-Mexican cuisine are generally pretty healthy, but there are a few curveballs. Our *Me-hi-can* friends are not afraid of a fried morsel – and their terminology can make it hard to spot.

### ✓ TOP CHOICE

Any dish with 'fajita' in it, which is

grilled meat served on a flour or corn tortilla. The tortillas are baked, as a rule. Salsa is also a low-cal, low-fat choice with plenty of flavour.

### ✗ SKIP IT

Nachos are drenched in saturated fat-containing cheese and dips. Ask about meat prep to avoid hidden oil, and skip cheese-based dishes and condiments.



## AMERICAN-STYLE BBQ

This involves cooking meat over coal for extended periods, sometimes over 12 hours, then smoking. This cuisine is a fun take on the classic Aus Day barbie.

### ✓ TOP CHOICE

Any lean meats grilled or cooked for long periods, during which much of the saturated fat will spill out.

### ✗ SKIP IT

Sweet barbecue sauce poured over the meats, as it adds a wallop of sugar and quick-release carbs.



## FOOD TRUCKS

The successor to the old pub-side kebab van, the food truck has made its way from Manhattan to Australia. But don't be distracted by the social media bells and whistles, with many trucks using Facebook to post their locations and specials. While the new fleet does cater to savvier (dare we say, more sober) consumers than Mr Kebabs, space limitations mean menus are about speed and a certain amount of pre-preparation. That doesn't always gel with the fresh theme.

### ✓ TOP CHOICE

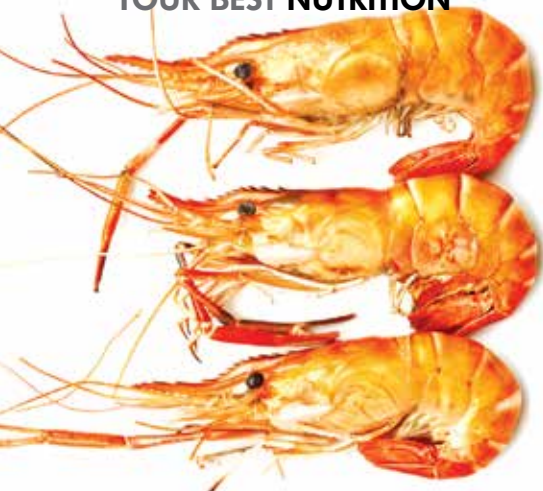
Any dish claiming 'seasonal' ingredients. That means fruit 'n' veg.

### ✗ SKIP IT

Pre-packaged or fast foods (hola, hot dog), which are highly processed and contain loads of sodium, sugar and saturated fats.



## YOUR BEST NUTRITION



### LUXE LATIN

The luxe Latin trend shows no sign of slowing, which is decent news for your health. The cuisine encompasses foods, beverages and cooking methods common to Argentinian, Brazilian and Cuban cooking. The runaway hit, in terms of health, is the use of live coals to impart flavour, as many cuisines call upon enough sauce to double a dish's fat and kilojoule counts.

#### ✓ TOP CHOICE

Fresh seafood or meat cooked over live coals on long skewers, as in Brazilian churrasco. The grilling and flame-cooking tend to preserve nutritional content and lower the saturated fat and calorie content of meats, particularly.

#### ✗ SKIP IT

Deep-fried foods and those made out of lard and corn meal. Not only are they very low in nutritional content, but their saturated fat content is extremely high, packing in copious calories in every bite.

### STREET FOOD

Taking its cue from the food truck trend, and vogue for mixing high and low brow culture, this comes with a near-guarantee of freshness. Food is often cooked while you wait, Saturday morning market-style. Popular menu items span cuisines and often include an all-in-one meat 'n' veg hero.

#### ✓ TOP CHOICE

Anything with chicken in it, and items grilled on skewers, which suggest less saturated fat.

#### ✗ SKIP IT

Stay away from fast food staples like hot dogs. Oodles of saturated fat in the snag, and a blood sugar assault from the white bread roll, will leave you feeling like a dog.



### TURKISH

With strong influences from Middle Eastern, Central Asian and Balkan cuisines, Turkish food extends far beyond a kebab on a plate. Specialty dishes are usually named after a local region, or sometimes outside of Turkey, and may refer to the specific technique or ingredients used in that area to create the dish. Turkish food centres on using Mediterranean ingredients with lots of fresh fruits, vegetables, grains and olive oil in preparing meals, offering both meat and vegetarian options for the health conscious consumer.

#### ✓ TOP CHOICE

A dish cooked with bulghur (cracked wheat) and lentils is a healthy alternative to white rice.

#### ✗ SKIP IT

Avoid buttery pastries like baklava, with just one piece containing approximately 203 calories.



FOOD TREND	✓ BEST CHOICES	✗ WORST CHOICES	DIETITIAN'S SUMMARY
Mod-Mexican	Tostada or taco, salsa, chilli con carne.	Avoid nachos, enchiladas, corn chips and burritos.	Aim for baked, not fried dishes.
American-style BBQ	Grilled steak or chicken, or lean ribs served with salad.	Fatty ribs with rich sauce, wedges, chips, breads.	Choose lean meats and add green vegetables or salad as a side.
Food trucks and Street food	Salad rolls, wraps, fruit salads, water, tacos, sushi rolls.	Pies, sausage rolls, cakes, chocolates, hamburgers.	Seek out vegetable and fruit options. Choose water as your drink.
Luxe Latin	Grilled seafood and shellfish, vegetarian versions of dishes, cold gazpacho soup.	Large paella portions. Rich 'tapas' such as cheeses, sausages, especially those that are deep fried.	Fresh seafood is a great choice, and it features prominently on the menus.
Turkish	Yoghurt, nuts and fruits as sides, hummus, grilled fish, fresh herbs, grilled lean meat kebabs.	Bread, pastry desserts and over ordering too many 'small plates', i.e., mezze.	Watch the small plates as they can be deceiving, and lead you to inadvertently over consume.
Regional Asian	Stir-fry, steamed vegetables and rice, hot pots, clear soups and noodle soups.	Coconut curries, fried rice, battered pork dishes, prawn toast crackers.	Embrace steamed dishes and try soups.



## YOUR BEST NUTRITION

### KOREAN BBQ

Korean dishes are often prepared on gas or charcoal grills that are built into the centre of the diner's table. The cuisine uses barbecuing as its main method of cooking, appealing to the typical Australian restaurant goer.

#### ✓ TOP CHOICE

A plain soup containing either meat or vegetables delivers high protein, vitamins and minerals.

#### ✗ SKIP IT

Avoid meats that have been deep fried with their skins on, such as chicken, as they contain high amounts of saturated fat, which is best avoided.



## CRAM FOR THAT EATING BEE

(G. A. N. A. C. H. E. Ganache.)

Beurre blanc	A rich French sauce made with butter and cream.	2 tablespoons* 60 calories High calorie sauce	
Brioche bun	French bread high in egg, butter and cream content, sometimes eaten as a pastry.	1 bun 280 calories High in saturated fat	
Béchamel	Uses flour and butter to make the sauce.	2 tablespoons 52 calories High in saturated fat	
Butter chicken	Heavily cooked and garnished with butter and cream.	1 serve 494 calories	
Ceviche	Made from fresh, raw fish marinated in lemon or lime juices and spiced with chili peppers.	1 cup 130 calories High in proteins, vitamins and minerals	
Ganache	A French glaze, icing or sauce created from cream and chocolate.	¼ cup 141 calories High in saturated fat	
Kimchi	Made from fermented cabbage and a combination of garlic, anchovies, onions and chili.	1 cup 60 calories Low calorie dish with high sodium.	
Masa	Dough made from corn, used in sweet and savoury Mexican dishes that are deep fried.	5 ½ inch by 2 ¼ inch pocket 311 calories High in fat and carbs	
Miso	Thick soy paste used for sauces, spreads, pickling vegetables or meats or in soup stock to serve as miso soup.	1 bowl of miso soup 70 calories High in protein and carbs	
Mole	Mexican sauce containing chocolate, chilies and seasonings served over a meat or poultry dish.	½ cup 756 calories High in saturated fat	
Ponzu sauce	A Japanese citrus based sauce served as a dip or added as a dressing over grilled meat.	1 tablespoon 5 calories Low calorie	
Pork scratchings	Made by frying or roasting pork skin.	20g 121 calories High in proteins, unsaturated fat and salt.	
Salted caramel	A triple concoction of cream, butter and sugar.	1 piece (40g) 190 calories High in saturated fat	
Tamale	Made from corn-based dough, steamed with a sweet or savoury meat filling and a sauce. The corn husk is not eaten.	1 tamale with meat 141 calories High in fat and carbs	
Truffle oil	Oil that has been infused with the taste of truffle, a fungus similar to a mushroom and drizzled over dishes just before serving.	1 tablespoon 120 calories High in saturated fat ■	

\*Source: LIVESTRONG.com