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Quote For June: Don't be a consumer that becomes a guinea pig in yet another food experiment, become a powerful and conscious consumer who does not support the food manufacturers that do not support your health. Cyndi O'Meara

Message from Cyndi - The New Margarine

1% Trans Fats in Margarine?

During the month of May I spent my time doing some publicity around Australia for the release of the 2007 edition of Changing Habits Changing Lives. I managed to get to all mediums around the country; radio, TV, magazine and newspaper. I was asked to do a television magazine show in Brisbane and the producer asked me to buy some food that exemplifies the foods we should not eat, so I went to the grocery store (with sunglasses on) and bought margarine, chocolate muffins, dried soups etc. I decided that buying margarine with the trans fat percentages, would dramatically show some good information for television. But as I looked through all the margarines on the shelf there was not one margarine with more than 1% trans fat. I stood puzzled at the fridge wondering; how do they make oil solid at room temperature if they do not hydrogenate the oil (this is the process that produces trans fats).

I thought maybe because most of the margarines were 30% saturated fat that they were using an animal fat or coconut or palm oil, but the food label didn't suggest that.

Home to the computer I started to research what was happening and slowly the puzzle unfolded. There are three ways to solidify a liquid oil at room temperature;

1. Partial Hydrogenation
2. Fractionation
3. Interesterification

Since the growing knowledge that trans fats are not good for health, manufacturers of margarine and partially hydrogenated vegetable oils needed to find a substitute. Both Fractionation and Interesterification have been used in the food industry for several decades but only since the public's growing awareness of

the bad affects of trans fats has there been a need to dramatically change. Most margarine manufacturers in Australia now use a combination of fractionation and interesterification, depending on the product, although some still use complete hydrogenation.

I'm always dubious about processes that change technologically, the physical and chemically properties of food, so of course I looked up the ramifications of both. I didn't find too much on fractionation except that it is a process that uses solvents in order to separate the solid and liquid fats. The solvents that are usually used are acetone and hexane, plus the oil is heated, then other processes are done to separate the solid part of the oil from the liquid part of the oil and then more is added to give it the right taste and colour.

Interesterification of oils proved to be more studied but only slightly, a very recent study found that interesterification produces some molecules that are rare or nonexistent in nature. The fats known as IF's (interesterification fats) negatively affect LDL and HDL cholesterol although a slightly weaker impact on cholesterol as compared to trans fats.

But what was astounding was that it changed sugar metabolism and decreased insulin production. The study showed that in one month the consumption of IF's raised blood glucose from a normal level to pre-diabetic. This further elevation of blood glucose and reduction in insulin levels could be dangerous to those who are already predisposed to diabetes. Further studies are needed, but this study has raised real concerns about the use of IFs to replace trans fats, especially if they are used widely and without the knowledge of consumers.

Interesterified fats are being marketed big-time around the world as a replacement for trans fats. We made a big mistake with trans fats 40 or 50 years ago. Let's not make the same mistake now.

Don't be a consumer that becomes a guinea pig in yet another food experiment, become a powerful and conscious consumer who does not support the food manufacturers that do not support your health. Question manufacturers and don't buy anything unless it has been made by nature. Tell your friends and family about this, send this e-mail to as many people as you can. The information that I send through this newsletter is updates from the book, direct people to the book **Changing Habits Changing Lives** in order to create a greater awareness of the trickery and misconceptions of the food industry.

Cyndi O'Meara

Seminar's Coming Up - Cyndi's Public Speaking Around the Country

I'm in a lot of different places this year so I hope to meet more people who want to change their habits and their lives. Please support the people who have booked me to come to your area".

Health happiness and Looking Good Expo 2007 - Sunshine Coast

Saturday 21st July 2007 1 .00pm

Kawana Community Hall

Nanyima Street Buddina, Sunshine Coast \$10.00 Admission Tickets 07 54925588

Thermomix Demonstration and Talk - Sunshine Coast

28th July 2007 - 2pm-4pm

Maroochydore Community Centre

2-8 George Street Maroochydore QLD 4558< br />For more Information and Bookings call 1 800 004 838

Women's Forum - Boulia, Western Queensland

Queensland Country Women's Association Boulia Branch (south of Mt Isa)

8.30am August 4th 2007

Boulia Shire Hall

Queries please phone Ann Britton 47463105 or Tahna Jackson 47461239

Adjusting to the Challenges of Vaccination - Sunshine Coast

August, 25th, 2007, Sunshine Coast, QLD

For more information and bookings call Madeline 54446726

Perth, Western Australia

School Canteen Expo - Saturday August 8th

Thermomix Cooking Class - Sunday August 9th

Public Lecture - Monday August 10th

Perth Western Australia,

For more Information and bookings contact 1800 004 838

Women's Network Australia - Sydney CBD

Wednesday 12th September 2007 11.30am - 2.15pm

The Vibe Hotel - 111 Goulburn Street, Sydney

For bookings 1 800 052 476

What Women Want - Caloundra QLD

Guest speakers; Cyndi O'Meara, Lisa Curry, Kim Morrison, Allie Mooney, Rachael Bermingham

16th September 10.00am - 4.00pm

The Events Centre, Caloundra, Sunshine Coast

For more information and bookings call 0439 427535

Health Awareness Day - Narrabri NSW

October 13th 2007

Narrabri High School Hall

For more information and bookings call 02 67965259

Public Talk - Melbourne

17th October 2007

Place and time to be advised.

Kilcoy Farm Stay for Health and Wellbeing, Kilcoy QLD

23rd October - 25th October

Contact Evelyn McCorkell 0407 624 650

Thermomix - Sydney

28th October 2007

For more information and bookings call 1 800 004 838

Recipe of the Month - Vegetarian Sausage Rolls - Adapted from the Book 'About Face'

Vegetarian Sausage Rolls

3 organic free range eggs

½ cup of fresh walnuts

1 onion peeled and chopped

1 TBS tamari sauce

1 cup fetta cheese

½ cup organic bread crumbs
1 cup organic rolled oats
2 TBS mixed herbs
3 sheets of butter puff pastry

1. Whizz eggs, nuts, onion, tamari and cheese in a food processor or Thermomix until finely chopped, add breadcrumbs, oats and mixed herbs and mix.
2. Cut just thawed butter puff pastry in half on a working bench
3. Place 1/6th of the mixture onto the long edge of the pastry and roll, cut into four equal portions, brush the tops organic whole milk and sprinkle with sesame seeds.
4. Place sausage rolls on a baking dish and bake at 200C for 20 minutes until crisp and golden

Something More

The Heart Foundation has always given margarine their tick of approval even though the information about Trans Fats have been out for at least a decade if not more. Last year they changed their guidelines for margarine saying that margarine would only get their tick of approval with less than 1% trans fat. It took them long enough! But do they know about IF's?

Happy Changing Habits

Cyndi O'Meara

Changing Habits

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