



FOOD for SPORT

**GOOD NUTRITION
TO AID PERFORMANCE**

As part of an increasing awareness of the importance of good nutrition in our lives, most of us know incorporating a balanced diet and exercise into our daily routine can help us feel good and stay healthy.

Whether we play sport for fun or to win, we need food for energy to keep us going. As a former elite athlete, I know how important the right food choices are for my performance, like choosing to include lean beef and lamb in my diet for protein and energy. The fuel you feed yourself can make all the difference during training and competition.

This booklet, 'Food for Sport' contains great information as well as useful tips and ideas on food and nutrition to help you achieve your individual goals.

So stay well, eat well and whatever your goal - go for it!

Sarah Uemee

Olympic Gold Medallist
Double Commonwealth Gold Medallist
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food for sport

The pace of life today can make eating well a challenge at times. A commitment to training and sport can leave you with less time to buy, prepare and eat nutritious food. But nutrition is an important component in reaching your personal best. Genetic factors and training also contribute to optimal performance.

When you are training, your body has increased nutrient needs, depending on your training volume, frequency and intensity.

The right type, quantity and quality of foods will help you cope with a rigorous training schedule and perform at your best. When you consider how much time and effort you put into your training, it makes sense to put the same into your nutrition plan.



GENES + TRAINING + NUTRITION = OPTIMUM PERFORMANCE

exercise intensity

Your nutritional needs for sport will vary depending on the intensity of the activity in which you are involved.

How do you know the intensity of your exercise? If you can have a conversation whilst exercising then it is probably low-intensity.

If breathing is an effort and you have to take a sharp breath to speak, it is moderate intensity exercise. If you can hardly speak and are panting quite heavily then it is high-intensity exercise. See below examples of exercise and sports in the associated intensity groups.

LOW INTENSITY	MODERATE INTENSITY	HIGH INTENSITY
Walking on the flat	Jogging (7km/hr)	Running (10-15km/hr)
Cycling on the flat	Walking uphill	Competitive sports
Golf	Netball, Tennis	Cycling (race pace)
Gardening	Weight training	Squash
Lawn bowls	Skiing	Swimming (race pace)
Water Walking	Aerobics	Rowing (race pace)

energy

Three types of food provide energy: carbohydrate, protein, and fat, each of which supplies different amounts of energy per gram. Iron, the mineral, is involved with both energy production and transporting oxygen around the body. These nutrients impact on energy levels and are important for good sports performance.

Athletes tend to think of energy as 'get up and go', and measure their own energy levels by the way they feel.

Nutritionists and dietitians refer to energy as fuel for body processes, measured in kilojoules (kJ) or kilocalories (kcal).

You will see kJ and/or kcal if you look at a nutrition information panel (NIP) on food packaging.

**To convert kJ to kcal, divide by 4.2,
eg $1200\text{kJ} / 4.2 = 286 \text{kcal}$**

**To convert kcal to kJ, multiply by
4.2, eg $200\text{kcal} \times 4.2 = 840\text{kJ}$**



carbohydrates

Carbohydrates are the major source of fuel for everyone, especially athletes. Specialist dietitians and nutritionists recommend carbohydrates, such as breads, cereals, fruits, vegetables and pulses, make up more than half our total energy intake.

As a general rule, aim for 5-10 grams carbohydrate per kilo of body weight per day.

The specific amount of carbohydrate your body needs though depends on your body weight and your level of training. The table below gives the recommended carbohydrate requirements for athletes. For example, someone who weighs 60kg and is involved with low intensity exercise, requires $4 \times 60 = 240\text{g}$ of carbohydrate each day.

ACTIVITY (4-7 days training/week)	GRAMS OF CARBOHYDRATE/KG BODY WEIGHT (g/kg/day)
Sports involving low intensity training, eg lawn bowls or slow walking.	4-5
Sports involving up to 60 mins moderate to high intensity training, eg swimming, fast walking.	5-6
Sports involving 60-120 mins moderate to high intensity training, eg most team sports, strength and lifting sports, such as soccer or rowing.	7-8
Endurance training 2-5 hours/day, eg long distance running.	8-10

Carbohydrates can be spread over the day into 20g portions:

EXAMPLES OF 20G CARBOHYDRATE PORTIONS		
2 slices thin bread	1 medium potato/kumara	1 large apple/orange
2 plain crackers	2 cereal wheat biscuits	200ml fruit yoghurt
1 cup cooked porridge	1 cup pumpkin	300ml sports drink
½ cup cooked pasta/rice	1 medium banana	1 Tbsp jam/honey/sugar

Carbohydrates are stored in our muscles and liver as glycogen. Glycogen is the main source of energy for the muscles to perform during exercise, but as the body can only store a limited amount

of glycogen, it is essential to eat carbohydrates every day. The sample meal plan on pages 9-10 show how carbohydrate foods can fit into your daily eating pattern.

the glycaemic index

The Glycaemic Index (GI) provides a ranking for carbohydrate foods, based on how they influence blood sugar levels.

A low GI pre-exercise meal has been shown to maintain better blood sugar levels during exercise and an improved use of fat stores. This effect helps athletes protect their energy stores (glycogen) throughout prolonged exercise and therefore improve endurance performance. In contrast a high GI pre-exercise meal may 'spike' blood sugars, then cause a drop within the first 30 minutes of exercise.

Eating moderate to high GI carbohydrates after exercise will raise blood sugar levels quickly and will enhance recovery. (If an athlete is involved in a weight-restricted sport it may be better to select low GI carbohydrates for recovery as they will not suppress fat usage).

The table below provides some examples of carbohydrate foods and their GI rating.

LOW (55 OR UNDER)	MODERATE (56 TO 69)	HIGH (70 OR ABOVE)
Wholegrain breads	Pita bread	Bagels
Rolled oats/porridge	Hamburger buns	Scones
Muesli	Wheat biscuits	White bread
Baked beans	Couscous, risotto	Instant porridge
Chickpeas	basmati rice	Cornflakes
Sushi rice	Udon Noodles	Popcorn
Pasta	Ripe banana	Jasmine and brown rice
Vermicelli	Pineapple, mango, pawpaw	Corn and rice pasta
Milk	Raisins/sultanas	Watermelon
Yoghurt	New potatoes	Dates
Most fruit		Kumara/potatoes
Dried apples, apricots, prunes		Glucose
Corn, taro, green banana		Sports drink and gels
		Jellybeans and gummy lollies

protein

Protein is an essential nutrient in the diet; it is used to manufacture body proteins with important structural and functional roles in the body.

Protein also provides energy if glycogen stores are low, but when used in this way it cannot contribute to the important areas of muscle growth, repair and recovery. This can happen when low carbohydrate, high protein diets are being used. Carbohydrates should therefore contribute the majority of your energy needs (50-60%). By having good glycogen stores, protein is spared and used more appropriately.

In the same way, to gain muscle mass it is important to eat enough energy, mainly from carbohydrates,

otherwise you will use some of your body protein to provide energy – and hence lose muscle.

Athletes have slightly higher protein needs than the average person due to extra wear and tear on their bodies. It's not difficult to meet the daily recommended amounts of protein by eating a balanced diet with a variety of food. This is achieved by most New Zealanders. The use of protein or amino acid supplements is therefore not usually recommended.

The table below gives the recommended protein requirements for adolescents and adults.

ACTIVITY	GRAMS OF PROTEIN/ KG BODY WEIGHT (G/KG/DAY)
General public and athletes taking part in low intensity training, eg golf	0.8 - 1 g/kg per day
Endurance training, eg distance running	1.2 - 1.4 g/kg per day
Strength or power training, eg weight training for field sports, or body building	1.2 - 1.7 g/kg per day
Adolescent athletes	2 g/kg per day
Female athletes	Approximately 15% lower than male athletes

The amount of protein your body needs can be divided into 15g portions spread over the day. See table below for examples.

The sample eating plan on pages 9-10 show how protein can fit into your daily eating pattern.

EXAMPLES OF 15G PROTEIN PORTIONS

55g cooked lean beef or lamb	350ml trim milk
70g cooked lean mince	325ml low fat unsweetened yoghurt
1 hamburger patty	120g cottage cheese
100g meat and vegetable casserole	1 cup beans
50g cooked skinless chicken	½ cup hummus
2 large eggs	3 Tbsp pumpkin seeds
1 small fillet of fish	3 cups cooked rice or pasta
60g canned tuna	1 cup muesli with fruit and nuts

Protein from animal foods, such as lean red meat, is a high quality protein. It contains all the essential amino acids required by the body.

In addition, these foods provide a good source of iron, zinc and vitamin B₁₂. Recipes containing high quality protein are given on pages 19-22.

Plant foods such as bread, pasta, rice, breakfast cereal, legumes, lentils and nuts also contribute protein, as do mixed dishes made up of these basic ingredients. Mixing foods is a good way to team up protein, carbohydrate and other nutrients.

Ideally a mixture of protein sources should be included in the diet, distributed throughout the day, to ensure the full complement of amino acids is eaten.



Sarah Walker,
BMX World Champion

PROTEIN BEFORE TRAINING

A pre-exercise meal (1-4 hours before exercise) should be high in carbohydrates and moderate in protein. For example a piece of wholemeal toast thinly spread with peanut butter. Whatever is chosen should be familiar to an athlete, particularly prior to an event. New foods should be tried at a time least likely to impact an event or competition. Protein consumption during events lasting one hour or less is not recommended.

PROTEIN AFTER TRAINING

Following exercise, the recovery process includes refuelling, rehydrating and repairing. Muscle and body protein metabolism is a constant balance between protein breakdown and protein rebuilding. During exercise the balance shifts towards protein breakdown, while during recovery the balance tips in the opposite direction. Evidence shows consuming 10-20g protein immediately after exercise enhances muscle uptake and retention of amino acids, and promotes a more positive protein balance.

High-quality protein from foods such as lean red meat is best for the maintenance, repair and synthesis of muscle protein in response to training.

Protein is most effective combined with a carbohydrate, which stimulates the hormone insulin. Insulin, in turn, stimulates muscles to take up the amino acids.

EXAMPLES OF 'RECOVERY' SNACKS CONTAINING PROTEIN AND CARBOHYDRATE:

- Sandwiches with meat, cheese, fish or peanut butter
- Yoghurt
- Flavoured milk drinks
- Fruit smoothies
- Breakfast cereal and milk
- Sports bars

WEIGHT LOSS

If you want to control your weight, protein can help curb your appetite. Including a small amount of protein with each meal can lower the glycaemic index (GI) of a carbohydrate food (see GI table on page 5). This means you may feel full or satisfied for longer. Low-carbohydrate, high-protein diets can however reduce your energy levels, impair your performance and cause nausea and lethargy. High-protein diets restrict the intake of many essential nutrients in the diet and can, for example, increase calcium loss. In the long term, these diets will decrease muscle mass. High-protein, low-carbohydrate diets are not recommended for athletes.

Here is a sample eating plan with enough carbohydrate and protein portions suitable for either a 55kg long distance runner training 1-2 hours per day, or a 68kg soccer player training at least an hour per day, or an 85kg person who walks an hour a day.

BREAKFAST 7AM

6 carbohydrate portions	2 slices toast/bread with 2 Tbsp jam, honey or peanut butter
1 protein portion	1 cup cereal with ½ cup milk, small pot of yoghurt and a banana
	1 glass fruit juice
	1 glass water

MID-MORNING 10.30AM

3 carbohydrate portions	1 scone with thin spread of margarine and jam
	1 apple
	1 glass water

LUNCH 12 NOON

5 carbohydrate portions	2 pita breads with lettuce, tomato, cold meat
2 protein portions	1 apple
	1 large cereal bar
	200ml flavoured milk
	1 glass water

MID-AFTERNOON 3PM (PRE-TRAINING MEAL)

3 carbohydrate portions	1 sandwich with jam
	1 glass water

BEFORE TRAINING

1 glass water

TRAINING 5PM

Water

AFTER TRAINING (POST TRAINING SNACK)

3 carbohydrate portions	1 banana
	1 cereal bar
	300ml sports drink

DINNER 7.30PM (POST TRAINING MEAL)

5 carbohydrate portions	125g lean red meat
3 protein portions	1½ cups cooked rice
	Stir-fried vegetables
	2 Tbsp raisins
	¼ cup cashew nuts
	1 glass water

SUPPER 10PM

1 carbohydrate portion	1 cup hot chocolate
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fat

Dietary fat has important roles in the body including insulation from the cold and helping in the absorption and transportation of the fat-soluble vitamins (A, D, E and K).

Fat has over twice the energy value of carbohydrates or protein. One gram of fat provides 9 kcal, compared to the 4kcal/gram from carbohydrate or protein. It is therefore a concentrated form of energy so, whilst important, it is easy to eat more than you need.

Excess fat can contribute to weight gain, heart disease and other health problems. Even for athletes who burn off the extra energy fat supplies, there is an increased risk of adverse effects later in life.

A high intake of saturated fat, from foods such as high fat dairy products, cakes and pies, is associated with an increased blood cholesterol. Any fat eaten should be predominantly in the unsaturated form.

By choosing low fat dairy products, lean red meat, skinless chicken, fish and plant oils, you will reduce your intake of saturated fat, replacing it with unsaturated fat.

TIPS FOR REDUCING SATURATED FAT:

- Buy lean red meat and trim off all visible fat.
- Remove skin and fat from chicken before cooking.
- Choose low fat dairy products, eg milk, yoghurt, cheese.
- Limit high fat snacks (eg chips, chocolate) and fried foods.
- Use low fat cooking methods, eg bake, grill, steam, microwave.
- Use vegetable oils, eg olive or canola, which provide mono and polyunsaturated fat instead of butter, a source of saturated fat.

In general we need 1 gram of fat per kilogram of body weight per day, up to 90 grams/day, eg a 60kg person needs about 60g fat.

FAT CONTENT OF EVERYDAY FOODS	
80g lean beef mince	5g
1 lean grilled lamb chop	5g
2 chocolate biscuits	6g
1 fruit and nut bar	7g
1 slice pizza	9g
1 blueberry muffin	11g
1 croissant	17g
1 50g packet potato chips	18g

calcium

Calcium is needed for building and maintaining strong bones and teeth, muscle function, blood clotting and nerve transmission. Insufficient calcium intake can contribute to stress fractures (broken bones) in the short term or osteoporosis (thinning of the bones) later in life, especially in females.

Women in endurance sports, gymnasts and ballet dancers who lower body fat to a minimum level are at particular risk. They may develop athletic amenorrhoea, where menstruation ceases altogether. This can lead to a loss of calcium, causing fragile bones. If you are female and experience altered monthly periods, or if they stop altogether, see a doctor.

A high calcium intake can help. Low fat dairy products are the best sources of calcium in the New Zealand diet, eg calcium-enriched or trim milk, yoghurt or lower fat cheeses (Edam or cottage).



Iron is an essential component of two blood proteins: haemoglobin, which carries oxygen around the body and myoglobin, which holds oxygen in the muscles. Iron deficiency reduces oxygen supply to muscles and slows down metabolic reactions required for energy. This can decrease performance, as you can suffer fatigue, cramps, headaches and shortness of breath. Therefore an adequate iron intake is vital for people involved in sports and exercise.

IRON DEFICIENCY OCCURS WHEN:

- You do not eat enough foods containing iron, eg fad diets, low energy diets, poorly balanced vegetarian diets.
- You have increased iron needs, eg to replace monthly blood loss for females, in times of growth (childhood and adolescents) and increased physical activity.

Females are at higher risk of iron deficiency due to regular loss in menstruation. It is important they choose foods rich in iron, eg lean red meat. Dietary iron in foods is found in two forms:

Haem iron is only found in animal products. It is easily absorbed and used by the body. About 25% of haem iron is absorbed, depending on iron stores - more is absorbed if iron stores are low. Generally the redder the meat, the higher the iron content. Beef and lamb are two of the richest sources of haem iron.

Non-haem iron is found in both animal and plant products. It is poorly absorbed by the body, about 5%. Consumption of animal proteins (meat, fish or poultry) and foods containing vitamin C can boost absorption of non-haem iron. Iron absorption from plant foods can be increased by up to four times by combining with red meat in a meal, ie eating meat and vegetables together. Tannins in tea, phytates in wholegrain cereals, oxalates in some vegetables (eg spinach) and some types of fibre inhibit absorption of non-haem iron.

Iron supplements should only be taken under medical supervision. In the long term, food is the safest and healthiest way to maintain iron status. Frequent use of iron supplements may reduce the absorption of zinc, copper and calcium, increasing the risk of deficiencies.

TIPS TO IMPROVE IRON ABSORPTION:

- Include lean red meat in your meals three to five days a week (red meat provides iron and increases the absorption of non-haem iron in the meal).
- If you are not having a haem iron food in your meal, include a good source of non-haem iron (see table below).

- Include foods containing vitamin C with your meal, eg fruit and vegetables or orange juice. Avoid tea and coffee for 1-2 hours around meal times.

The recommended dietary iron intake is 18mg a day for women and 8mg a day for men.

IRON CONTENT OF HAEM AND NON-HAEM FOODS:

HAEM IRON FOODS (well absorbed)	IRON (mg)	NON-HAEM IRON FOODS (poorly absorbed)	IRON (mg)
120g grilled lean beef sirloin	4.6mg	1 boiled egg	1.1mg
120g grilled lean rump steak	4.3mg	1 cup boiled brown rice	1.0mg
2 grilled lean lamb chops	3.0mg	¼ cup baked beans	1.0mg
¼ cup lean beef mince	3.5mg	½ cup porridge (no milk)	0.7mg
2 chicken drumsticks	1.6mg	½ cup cooked spinach	0.6mg
100g tuna in brine, canned	0.6mg	1 slice wholemeal bread	0.5mg

fibre

Fibre is an important dietary factor that aids bowel function and helps reduce cholesterol levels.

Sources of fibre include fruit, vegetables, wholegrain cereals and pulses such as beans. These foods can help you feel full for longer, which can make weight control easier.

Excessive intake of fibre may cause gut discomfort in some athletes, especially runners. In this case, choose foods lower in fibre before exercise, eg white bread and peeled fruit and vegetables.

fluids

Maintaining an adequate fluid intake is essential in any healthy diet and is particularly important for athletes.

Water prevents dehydration, which can impair performance and helps keep the body cool while exercising.

Thirst is not a good indicator you need fluid – by the time you are thirsty, you have started to become dehydrated.

A fluid loss of 2% body weight can impair performance by up to 20%. Therefore it is important to drink before you feel thirsty.

See the competition nutrition section on pages 17-18 for tips on fluid intake. To establish your exact fluid needs during training, see a Sports Nutritionist or Dietitian.

sodium (salt)

Many foods contain salt. Adding excess salt to your meals or consuming a lot of high salt foods can disturb your balance of calcium (for bones) and may contribute to high blood pressure. You should not cut salt out of your diet completely, but try to reduce intake.

If you are competing in endurance sports such as triathlons or long distance running, salt is important to replace losses during sweating.

THE SODIUM IN SPORTS DRINKS HAS SEVERAL IMPORTANT ROLES:

- Enhances absorption of water and glucose.
- Maintains fluid balance.
- Enhances fluid retention (so you don't urinate so much).
- Makes you want to drink more, which is good!

Alcohol can be a pleasant part of your lifestyle but can impair sporting performance in several ways:

- Decrease in reaction time.
- Problems with movement, balance, coordination, concentration and effective decision-making.
- Changes in attitude, for example decreased motivation.
- Dehydration and fatigue.
- Delayed healing of soft tissue injuries, eg sprained ankle.
- Weight gain.

PRACTICAL TIPS ABOUT ALCOHOL:

- When you have finished exercising, rehydrate with water, sports drinks or juice before drinking alcohol.
- Avoid alcohol for 2 days before a competition or important event.
- Avoid alcohol if injured as healing can be prolonged.

AND PERFORMANCE ENHANCERS

A dietary supplement contains similar amounts of nutrients to those available in food. They can be convenient and practical for athletes. Examples include sports drinks, sports bars, carbohydrate powders or liquids.

A nutritional ergogenic aid contains nutrients in amounts greater than those typically found in food. They often rely on information unsupported by scientific evidence. They are generally not

recommended by sports nutrition experts except where scientific trials have documented a significant effect. Nutritional ergogenic aids with clear scientific support include creatine, caffeine and bicarbonate. See a Sports Nutritionist or Dietitian for advice on using these.



PRE-COMPETITION NUTRITION:

- To ensure you perform at your best, low GI carbohydrate foods (see table page 5) before an event are ideal, such as fruit salad and yoghurt; a banana sandwich; pasta with tomato-based sauce; or a sports drink and sports bar. Ensure you have practised with foods in training before competition day.
- A pre-competition meal is especially important if involved in events lasting longer than 90 minutes.
- Aim to eat 1 to 4 hours prior to the event depending on the size of the meal, time of the event and type of activity.
- If you are involved in sports of long duration (over 90 minutes) and are interested in carbohydrate loading, see a Sports Nutritionist or Dietitian.
- To reduce stomach upsets, choose a pre-competition meal low in fibre and low in fat, such as white bread with no butter.
- Ensure you are hydrated before starting an event. Drink as much fluid as comfortable (1-2 cups), eg water, sports drinks or diluted fruit drinks.
- Talk to a Sports Nutritionist or Dietitian if your sport involves making weight.

NUTRITION DURING COMPETITION:

- Find out what food and drinks will be available on competition day and familiarise yourself with these in training, or take your own food and fluids.
- In high intensity and long duration events such as tournaments, plan to consume carbohydrate and fluid at regular intervals (every 20 minutes if practical) throughout the event.
- Sports drinks provide an excellent source of both carbohydrate and fluid when drunk regularly during an event.

POST-COMPETITION NUTRITION:

THE MAIN GOALS OF POST-COMPETITION NUTRITION ARE:

- To replace fluids and electrolytes (salts).
- To replenish depleted glycogen stores.
- To provide nutrients to help repair muscle damage.

PRACTICAL SUGGESTIONS:

1. Water is a good option if training for less than an hour at low intensity.
2. Avoid drinks containing caffeine and alcohol after competing – these encourage dehydration and can delay recovery from injuries.
3. Include some protein in the recovery meal to help replenish muscle glycogen stores. See recipes pages 19-22.
4. Carbohydrates can be consumed as solids, fluids or both. Moderate to high GI carbohydrates are ideal.

5. Sports drinks and salty foods can replace salt lost from sweating. A sports drink with 4-8% (4-8g/100ml) carbohydrate and 500-700mg/L sodium is generally recommended. Drinks with high levels of carbohydrate (8-10%) can increase dehydration as they reduce fluid absorption. See nutritional panel below.

NOTE: Fruit juices and cordials can be diluted if consuming before and during exercise, but do not contain any sodium to replace losses caused by sweating.

Below is an example of a nutrition information panel (NIP) you may see on a sports drink. NOTE: Look at the 'per 100ml' column. 8g of carbohydrate is equivalent to 8%. 46mg of sodium is equivalent to 460mg per litre.

NUTRITIONAL INFORMATION		
Serving Size: 500ml		
NUTRIENT	QUANTITY	
	PER SERVING	PER 100ML
Energy	668 kJ (160 kcal)	133kJ (32 kcal)
Carbohydrate - Total	40.5g	8.0g
- Sugars	30g	6.0g
Protein	0g	0g
Fat - Total	0g	0g
- Saturated	0g	0g
Sodium	230mg	46mg
Potassium	95mg	19mg

GEORGINA EARL'S FAVOURITE

Lamb Pitas With Tomato, Yoghurt & Chilli Sauce



INGREDIENTS - SERVES 4

- 500g lean lamb
- Olive oil, salt & pepper
- A little ground cumin or coriander for seasoning
- 8 small pita pockets
- 1 cup hummus
- 2 cups prepared coleslaw
- ¼ cup chopped mint

Tomato, Yoghurt & Chilli Sauce

- ¼ cup tomato purée
- ¼ cup plain unsweetened yoghurt
- ¼ cup sour cream
- ½ - 1 tsp minced chilli (optional)

METHOD

1. Slice the lamb thinly. Season well with oil, salt, pepper and a little ground cumin or coriander.
2. In a bowl, combine all the Tomato, Yoghurt & Chilli Sauce ingredients.
3. Heat an oiled BBQ or pan until hot, then sear the lamb, stirring until cooked through. Alternatively, cook under a hot grill. Set aside.
4. Spread a generous amount of hummus inside the pita pockets. Fill with coleslaw, sliced lamb, mint and a spoonful of the Tomato, Yoghurt & Chilli Sauce. Serve warm.



CAROLINE EVERS-SWINDELL'S FAVOURITE

Spaghetti Bolognese



INGREDIENTS - SERVES 6

- 500g lean beef mince
- 1 Tbsp oil
- 1 onion, peeled and chopped
- 2 Tbsp tomato purée
- 400g can tomatoes in juice
- 1 tsp mixed herbs or 1 Tbsp chopped fresh herbs (optional)
- Spaghetti or pasta

METHOD

1. Heat the oil in a frying pan, and cook the onion gently for 5-6 minutes, until tender. Add the mince, breaking up with the back of a spoon to form small pieces until cooked thoroughly and no longer pink.
2. Stir in tomato purée, canned tomatoes and herbs. Bring to the boil and simmer gently for 30 minutes until reduced and thick, but still moist.
3. Serve the mince mixture over spaghetti or stir through your favourite pasta. Serve with salad or seasonal vegetables.



SARAH ULMER'S FAVOURITE Raznici Lamb Kebabs



INGREDIENTS - SERVES 5-6

- 600-750g lean lamb
- 1 small onion, peeled
- 1 tsp minced garlic
- 2 Tbsp white wine
- 2 Tbsp soy sauce
- 1 Tbsp lemon juice or cider vinegar
- 2 Tbsp oil
- 1 tsp sugar
- 2 yellow peppers, cored

METHOD

1. Cut the lean lamb into 2cm cubes and place in a snap-lock plastic bag.
2. In a food processor, put the onion, garlic, white wine, soy sauce, lemon juice or cider vinegar, oil and sugar. Season well with pepper then process until smooth. Pour over the lamb, seal and toss to coat. Marinate for 30 minutes at room temperature or refrigerate for up to 8 hours.
3. Cut the yellow pepper into 2cm dice. Thread the lamb and pepper onto skewers. Brush the kebabs with oil.
4. Barbecue or grill over a moderately high heat for about 6-8 minutes until the lamb is cooked, turning regularly.
5. Serve with salad.

COOK'S TIP

If using bamboo skewers, soak them in water for about 30 minutes before threading with the ingredients. This will help prevent them from burning.



SARAH WALKER'S FAVOURITE Beef Stir-fry with Black Bean Sauce

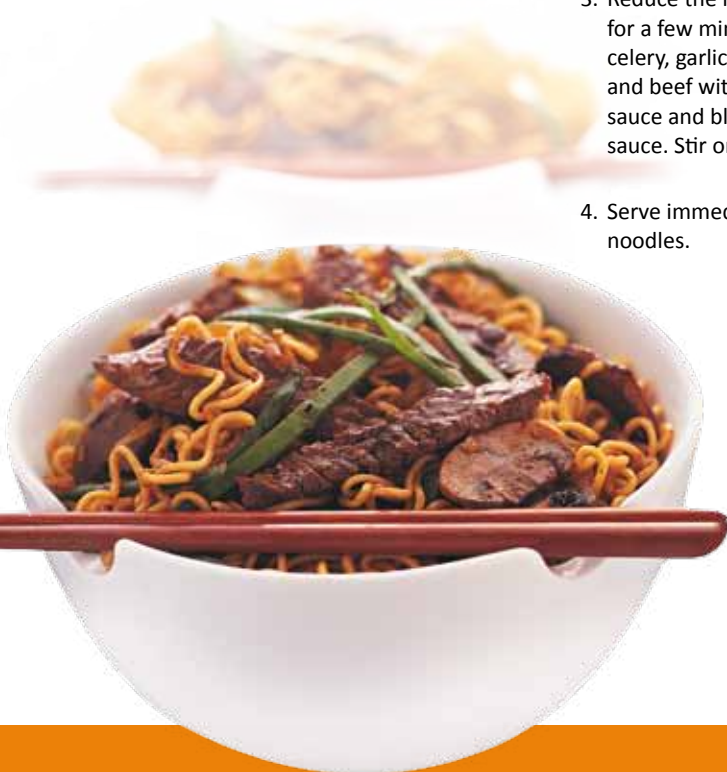


INGREDIENTS - SERVES 6

- 500g lean beef rump or schnitzel
- 2 Tbsp dark soy sauce
- 1 onion, peeled and sliced
- 2 stalks celery, thinly sliced
- 3 tsp minced garlic
- 150g mushroom, sliced
- 100g snowpeas or green beans, finely sliced
- 1-2 Tbsp black bean and garlic sauce

METHOD

1. Cut the beef across the grain into thin strips. Mix with 1 tablespoon dark soy sauce and a seasoning of pepper. Cover and set aside for 5-10 minutes.
2. Heat a dash of oil in a large wok or frying pan. Over a high heat stir-fry the beef in two or three batches, until just browned. Remove meat as it browns. Do not overcook.
3. Reduce the heat, stir-fry the onion for a few minutes then add the celery, garlic, mushrooms, snowpeas and beef with the remaining soy sauce and black bean and garlic sauce. Stir or toss well until very hot.
4. Serve immediately with rice or noodles.



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