

## Schools encourage fresh food options

Childhood obesity numbers have been on the increase in Australia, and fortunately governments, community and industry groups, and schools are taking action.

School communities are supporting a healthy lifestyle through the development of health promoting initiatives, helping to connect students, families and the wider community, with the potential to impact on the health of future generations.

The latest fad-diets and unattainable physiques are constantly promoted in the media.

Add to this the volume of food advertising aimed at children in combination with sedentary activities such as computer games and watching television and it's no wonder children are getting 'bigger'. With this in mind, it seems even more important to establish healthy life-long habits early in life.

A nutritious diet is one key factor in establishing the health of children; playing a vital role in their physical and cognitive development.

Health promotion strategies encourage young individuals to choose healthy lifestyles; including regular activity and good eating habits.



Healthy eating policies in schools reinforce the nutrition education in practical terms by:

- Offering breakfast programs
- Eating only fresh fruit as a mid-morning snack
- Drinking water throughout the day
- Increasing the range of fresh, healthy foods available in canteens
- Selling items other than chocolate for fundraising activities
- Providing the use of vegetable gardens, where students plant and nurture a selection of 'rainbow' foods to use as ingredients in cooking classes
- Encouraging increased participation in sporting activities

A child's eating habits are not just the responsibility of the school, but also the parents.

Families must actively encourage young individuals to choose healthier lifestyles; including participating in regular activities and sustaining healthy eating habits. A great way to develop interest in food is to encourage children to be involved in meal preparation.

Yakult Australia's extensive education program contributes to nutrition education by educating students about the importance of a healthy diet, daily exercise and the benefits of a healthy digestive system. What we eat and drink affects our overall and internal wellbeing and Yakult is designed to be included as part of a balanced diet.

## Did you know?

**YAKULT HAS A REFRESHING, FRUITY TASTE.**

**YAKULT IS DERIVED FROM THE WORD "JAHURTO", MEANING "YOGHURT-LIKE" IN ESPERANTO.**



## Your questions

### What is *Lactobacillus casei* Shirota strain?

*Lactobacillus casei* are beneficial bacteria, which occur naturally in the small intestine. Yakult's unique, patented "Shirota Strain" is exceptionally acid resistant. It survives the journey through the gastric and bile juices to arrive alive in the intestine, helping to keep the digestive system working efficiently.

### How many bacteria are in a bottle of Yakult?

There are 6.5 billion *Lactobacillus casei* Shirota strain in every 65ml bottle of Yakult.

### "What's in a name?"

*Lactobacillus casei* is a type of naturally occurring bacteria found in the small intestine.

The genus name 'lactobacillus' refers to the bacterium's ability to ferment sugars to produce lactic acid (lacto) and its distinctive rod shape (bacillus). The species name 'casei' is Latin for cheese and relates to the use of these bacteria in cheese making.

As a tribute to the research performed by Dr Shirota in Japan in the 1930s, the particular strain of *L. casei* used in Yakult was named in his honour.

Masako's Market

# Stay happy on the inside!



By **Fiona Morrison**  
BSc. MNutrDiet. MDA.

Inevitably the summer season brings an endless round of social engagements like Christmas functions, summer barbeques, family outings, office parties and New Year celebrations.

While you might be relaxing and enjoying the summer weather, it can still be a busy time for your digestive system.

Summer festivities often result in poor food choices and over-indulging; leaving your digestive system with little to celebrate!

You can be good to your digestive system by treating it to a bottle of refreshing, fruity-tasting Yakult. Each bottle of Yakult contains 6.5 billion probiotic bacteria known as *Lactobacillus casei* Shirota strain. It's the one drink you won't regret this holiday season!

Your digestive system is home to more than 400 friendly and not-so-friendly species of bacteria, which constantly compete with each other for living space and nutrients.

Yakult's bacteria help to maintain the balance of friendly bacteria in your intestines. Just one bottle of Yakult daily can help keep your digestive system in good working condition.

So instead of your Christmas spirit feeling drained, top it up with Yakult's live, beneficial bacteria! Eat, drink and be merry!

Here are some tips to help you survive the festive season:

- Eat a small, healthy snack such as fruit, low fat yoghurt or a 'Yakult smoothie' to avoid turning up to parties feeling hungry.
- Beware of the hidden fat content of some snacks. Seek out low-fat snacks such as fresh fruit, fruit kebabs, low fat biscuits and yoghurt based dips. Alternatively, offer to bring a platter of healthy snacks!
- Alternate alcoholic drinks with non-alcoholic drinks. Some favorites are lime with lemon tonic water or lime and soda.
- Drink Yakult to restore the balance of good bacteria which is depleted by over-indulging.

Stay happy on the inside with Yakult this summer!



# Yakult Smoothie

Treat yourself to a delicious Yakult smoothie. Enjoy it as a healthy start to your day, at lunchtime, as an afternoon pick-me up or a pre-party snack.

## Ingredients

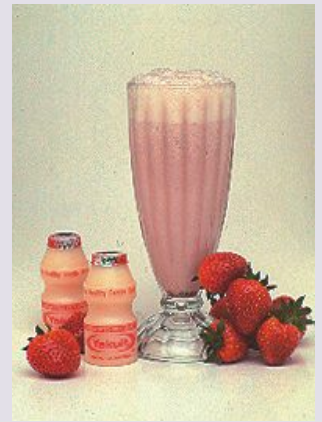
- 1 cup of low-fat milk
- 1 bottle of Yakult or Yakult LIGHT
- Your favourite fruit, chopped into small pieces

## Optional ingredients

- 1 scoop low-fat ice cream
- 1 tablespoon wheat germ
- 1 tablespoon honey
- 1 teaspoon nutmeg

## Method

Blend all ingredients until smooth and creamy.



# Editor's word:

This issue of Inside Matters is a reminder of the importance in establishing healthy lifestyle habits. Poor eating habits are often difficult to change, but it is up to each of us to choose wisely, and to support the choices of younger generations.

The main article brings to your attention how school communities are supporting school aged children to be active and eat fresh, healthy foods.

With Christmas and the end of this year approaching fast, Fiona includes information on how to survive the summer festivities in 'Tips from our Nutritionist.' It's a great time of the year so enjoy it with your family and friends.

We are dedicated to providing our loyal customers with up-to-date information about the importance of Yakult when included in a balanced diet.

Please contact the Public Relations Department at our Victorian Head Office, if you have any ideas for future issues or if you have any enquiries about Yakult.

We can be contacted on the Freecall number 1800 640 023 or visit our website [www.yakult.com.au](http://www.yakult.com.au)

Enjoy! **Tania O'Brien, Editor.**

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Tips from our Nutritionist