

Easter Egg Portion Distortion



For food manufacturers, Easter is about packaging chocolate in fancy packets tempting you to spend much more on high fat, high sugar foods. Some advice for chocolate consumption this Easter, is to shop wisely and watch the portion size. Chocolate should only be eaten in very small quantities as part of a balanced diet because it is high in fat (mainly saturated fat which is not good for our health).

Below is a comparison of some Easter eggs available this year, and what they contain in terms of teaspoons of fat and sugar!

| Easter Egg | Energy (kJ) | Fat (teaspoons) | Sugar (teaspoons) |
|--------------------------------------------------|-------------|-----------------|-------------------|
| Hollow Egg (1kg) | 22400 | 60 | 146 |
| Novelty Hollow Egg (360g) | 8064 | 22 | 73 |
| Crème Egg (40g) | 762 | 1 ½ | 6 ½ |
| Large Marshmallow Egg (40g) | 630 | ¾ | 5 ¾ |
| Caramel Egg (11g) | 224 | ½ | 1 ½ |
| Moro Bar Egg (265g) including 2 single Moro Bars | 8176 | 19 | 55 |
| Regular Marshmallow Egg (25g) | 392 | ½ | 3 ¾ |

This table shows that it is better to choose marshmallow eggs or a small portioned chocolate egg as larger novelty eggs are very high in energy and fat, and if consumed should be shared between many. We suggest choosing a small single packaged egg without the added extras.

We hope you and your family have an enjoyable Easter.

Information: Alison Roberts, CPH Dietitian

New Free Resources

Please note that only Ministry of Health and CPH resources can be viewed or ordered from our website: www.cph.co.nz



Due to the popularity of last year's Awareness Calendar, we have produced a resource (HYG0021) with the same hand washing message.

The Ministry of Health has released their A5 booklet **Food Allergy** (NUT0039) which gives general information on this condition.

We are now able to distribute one of the printed resources from the **Never let your child get sunburnt** campaign (SAF0015). Please contact the Cancer Society for additional associated resources.



CPH has developed a series of magnets with the **Take Time Out** message (MNH0042), and a selection will be sent when ordered.



Active Movement: An Introduction (PHY0025) is the first in a series of brochures available from SPARC to help get your child active, helping their body to develop, and enabling them to learn, and to feel safe.

Another new BreastScreen Aotearoa factsheet is now in stock (WOH0020) which deals with breast cysts. We are currently awaiting the arrival of the Ductal Carcinoma in Situ information in this series.



ERRATUM Last issue, we highlighted several new BreastScreen resources. Unfortunately the reported codes for 2 were incorrect; Breast Calcification should be WOH18, and Fibroadenoma should be WOH15. We apologise for the error.

Deleted Resources

The following resources have recently been deleted, some which have been out of stock for a number of months

- MED0103 Can you avoid cancer? Pamphlet
- OLP0009 Risk of falling Pamphlet
- SAF0003 Preventing falls with under fives
- SEH0033 Contraception is your choice Poster
- MED0113 Get Checked—Free Diabetes Checks Wallet Card
- MAH0064 Step Up to the Challenge Booklet



Resource Revisions

The National Screening Unit (NSU) has been reviewing the Cervical Screening resources, and has consequently revised several or replaced them with a new pamphlet including

- WOH0051 Understanding cervical smear test results HE4598
- WOH0019 Cervical Smear Tests: What Women Need to Know HE1256
- WOH0070 Colposcopy HE1202



There will also be a number of new posters, all with

the new look for which we are awaiting supply from the Ministry of Health.

Additional Resource Revisions

- Can Your Child Hear the Story? (CHH0008) Revised October 2007
- Eating for Healthy Children Aged 2 to 12 (NUT0027) Revised December 2007
- Avoiding Listeria (SAF00046) Revised December 2007
- Repainting Lead-Based Paint (SAF0012) Revised November 2007

Visit us at www.cph.co.nz!

Awareness Dates

March

| | |
|----------|-----------------------------------|
| 2 | Children's Day |
| 3-7 | Feet First Walk to School Week |
| 3-8 | Schizophrenia Fellowship Appeal |
| 3-9 | Well Child Tamariki Ora Week |
| 6-12 | Victim Support Week |
| 10-16 | Brain Awareness Week |
| 19-27 | Child Cancer Foundation Awareness |
| 30-1 Apr | RNZFB Guide Dog Appeal |

April

| | |
|-------|------------------------|
| 4-6 | Red Puppy Appeal |
| 7 | World Health Day |
| 14-21 | Camp Quality NZ Week |
| 17 | World Haemophilia Day |
| 26 | Kidney Kids Appeal Day |

Useful Websites

Children's Day

www.childrensday.org.nz

Schizophrenia Fellowship

www.sfnat.org.nz

Brain Injury Association of NZ (BIANZ)

www.brain-injury.org.nz

Child Cancer

www.childcancer.org.nz

Foundation for the Blind

www.rnzfb.org.nz

Camp Quality

www.campqualitynz.org.nz

Haemophilia Foundation of NZ

www.haemophilia.org.nz



The Lowdown is a new interactive website, launched in December which aims to help young people with depression. Visit www.thelowdown.co.nz for more information.



**From the Community Health Information Centre (CHIC) Staff: Sue, Lesley and Claire
Free Health Resources. Supporting active and healthy lifestyles**