



Multivitamins – do you need them?

Multivitamins are widely available in pharmacies and supermarkets, and their popularity has increased in the past few decades. They are often tablets, capsules or chewable gummies that contain a variety of vitamins and minerals, alongside a range of other ingredients. There is no standard that constitutes a multivitamin and their nutritional composition will vary by brand and product. They are seen to improve your health and wellbeing, compensate for poor eating habits, and reduce your risk of chronic diseases, but do we actually need them?

The purpose of a multivitamin is to supplement the vitamins and minerals that your body may be lacking through your diet and lifestyle. This means they aren't for everyone, and should only be taken under guidance from your healthcare provider.

To ensure you are getting all the vitamins and minerals your body needs to perform optimally, it is recommended you eat a balanced diet, rich in whole foods loaded in natural nutrients - some of which have higher nutrient contents than multivitamins.



Here are some examples of nutrient rich foods –



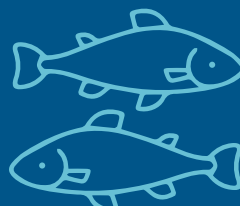
Kale

Vitamin K1,
Vitamin C, Fibre,
manganese,
Vitamin B6,
potassium & iron



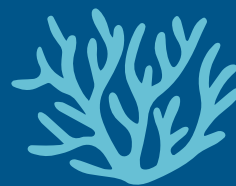
Mixed nuts

Vitamin E & B6,
niacin, folate,
magnesium,
zinc, iron,
calcium



Salmon

Omega-3
fatty acids,
magnesium,
potassium &
B vitamins



Seaweed

Iodine,
calcium, iron,
manganese



Blueberries

Fibre, calcium,
potassium.
Vitamin C,
folate

If you take multivitamins or eat many nutrient dense foods, you could exceed the recommended daily intake of many nutrients, which could lead to health issues. Please consult your healthcare provider if you have any questions about your own dietary requirements and supplement plan.



Australians are active users of social media, with 20.5 million active accounts in January 2021. That's 79.9% of the eligible population (age 13+) with at least one active social media account. On average, we have 7.2 social media accounts per person and spend 1 hour 48 minutes per day on social media. You may only spend a few minutes at a time on each app, but this can add up to a large portion of your day spent scrolling aimlessly. In our "time poor" world, it is shocking how much time we can still spend using our phone and social media accounts.

Did you know?

- ▶ 98% of Australian users access social media via a mobile device
- ▶ 52% of Australians use social media as a news source
- ▶ Facebook and YouTube are the most popular social media platforms in Australia
- ▶ There are approximately 1.9 million Facebook users over 65 years old

Here are some ways to limit your social media usage –

- ▶ Keep apps out of sight and out of mind
 - Put them in a folder and turn off notifications
 - You could go one step further and delete the apps from your phone
- ▶ Use apps to help you limit your usage
 - Set reminders or silence notifications so you don't get constantly distracted
 - Review your screen time in account settings – you may be shocked at your usage.
- ▶ Spend one hour per week on a screen free hobby
 - Go for a walk, join an exercise class or read a book
 - Remember to set your phone to do not disturb
- ▶ Enjoy a phone free dinner with friends
- ▶ Leave your phone outside the bedroom
 - Some phones have blue light filters to help wind down in the evening
- ▶ Set small realistic goals – reduce your time by 10 minutes per day
 - Be intentional with your new found time

Homemade sausage rolls

Total time: 50 mins / Prep: 20 mins /
Cook 30 mins / Serves 20

Ingredients

Filling

- ▶ 1/2 tbsp olive oil
- ▶ 2 cloves garlic, minced
- ▶ 1 small brown onion, finely chopped
- ▶ 1 celery stalk, finely chopped
- ▶ 150g bacon, finely diced
- ▶ 1 tsp fennel seeds, toasted (optional)
- ▶ 500g pork mince (ground pork)
- ▶ 3/4 cup / 40g panko breadcrumbs (Note 2)
- ▶ 1 egg
- ▶ Salt and pepper (optional)

Pastry

- ▶ 2 or 3 sheets of puff pastry
- ▶ 1 egg, lightly whisked

Method

- ▶ Heat oil in a non-stick fry pan over medium high heat. Sauté garlic, onion and celery for 2 minutes, then add bacon. Cook for a further 2 minutes, then transfer to bowl and allow to cool for 10 minutes.
- ▶ Add remaining Filling ingredients into the bowl. Use your hands to mix well.
- ▶ Lay out a rectangle of pastry, long edge closest to you. Brush egg along one long edge.
- ▶ Get a third of the filling and shape into a long log shape down the middle of the pastry. Ensure the meat is tight and compact.
- ▶ Brush edge of pastry with egg. Roll up, sealing on the edge with egg wash on it.
- ▶ Repeat with other sheets of pastry.
- ▶ Preheat oven to 180C.
- ▶ Cut each log into four equal lengths. Brush with egg.
- ▶ Place on baking trays lined with baking paper. Bake for 30 - 35 minutes in total, or until the pastry is deep golden brown.
- ▶ Cool slightly on trays. Serve hot or warm with tomato sauce!

(Note: The filling will still look pink because of the bacon, but it's easy to tell from texture that it's cooked)

