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When Jaclyn is not busy torching calories on the touch rugby field, she's scanning nutrition labels for hidden fat. "Dine-out meals tend to be greasy, so when I'm stocking my pantry, I go for low- or non-fat foods," explains the 31-year-old. High-fibre options are also at the top of her list, as she believes these may help prevent cancer.

● **DRIED HERBS** "To keep my sodium intake low, I don't use salt in my cooking. Instead, I flavour the dishes with herbs and spices. Oregano is my favourite – it's versatile and can be used in a variety of recipes from potatoes to roasted vegetables and poultry."

● **ALMONDS** "Rich in protein and fibre, they're one of the healthiest snacks around. I like adding them to salads for an extra crunch and that lovely nutty taste."

● **OLIVE OIL** "It's high in monounsaturated fats that are heart-healthy. It doesn't have a high smoking point, but it's good enough for stir-fries. I don't cook my veggies for very long as I want to preserve their nutrient content."

● **MINESTRONE SOUP** "Low in fat and high in fibre, this hearty soup is a complete meal in a can. Sometimes, I'll use it as a sauce for baked pasta. I'll mix it with some minced meat, onion, and capsicum, then top with cheese before popping it into the oven."

● **CANNED BUTTON MUSHROOMS** "A good source of energy-boosting

B vitamins and other cancer-fighting compounds, these can be added to stir-fries, soups, and fried rice."

● **CANNED TUNA IN SPRING WATER** "This version contains fewer calories than those packed in oil, and less salt than those soaked in brine. Tuna's great as a simple sandwich filling, salad topping or addition to pasta sauce."

● **OYSTER SAUCE** "I'd rather use this than salt, which has sodium and nothing else. Oyster sauce imparts a nice aroma and a little goes a long way."

● **SOYA SAUCE** "Besides pairing this with sushi and sashimi, I also use it to marinate leaner cuts of meat, which tend to have less flavour than the fatty parts."

● **WHOLEMEAL PASTA** "With more fibre than the regular version, this keeps me full for longer. I usually eat about 100g (in cooked weight) per serving."

● **BROWN RICE** "This is my main staple. It's rich in carbohydrates as well as B vitamins and fibre."

● **WHEAT BRAN CEREAL**: "Packed with fibre, vitamins, and minerals, this is my usual breakfast which keeps me full for at least four hours."

