

Forget about eating out - home is where the healthy heart is

AUSTRALIANS are eating far too much saturated fat because manufacturers rely on cheap, imported palm oil.

suit, the foundation's national director of healthy weight, Susan Anderson, said. "They say it's a cost issue, but it is also costing Australians their health."



Of particular concern was the amount of "invisible" fat, which Australians consumed at restaurants and food outlets beyond the reach of labelling laws. "We've become so particular in the supermarket but when we eat out we have no idea what our food is being cooked in," Ms Anderson said. "There is a lack of transparency into what's going into a lot of our food."

McDonald's, Unilever and Goodman Fielder switched voluntarily to healthier oils

but a steady increase in the amount of imported palm oil, from 113,000 tonnes in 2003 to 130,000 tonnes in 2007, showed the industry as a whole was resisting change.

Food Standards Australia New Zealand says saturated fats and trans fatty acids together should not exceed 10 per cent of the daily energy intake but Australians were on

average consuming about 1½ times that amount.

But the food regulator has resisted mandatory labelling of trans fat and it rejected a proposal that would have compelled manufacturers to disclose the presence of palm oil in products. (It is often labelled generically as vegetable oil.)

The regulator said it rejected the proposal because it had been made in response to concerns about the destruction of native rainforests as a result of palm oil production. It said it was not required to respond to environmental issues and suggested consumers contact manufacturers to determine the source of vegetable oil.

The Heart Foundation will tell the World Congress on Oils and Fats in Sydney today that the food industry has run out of excuses for not switching to such healthier alternatives as locally produced canola oil, with 8 per cent saturated fat compared with 55 per cent in palm oil.

People were buying healthier oils for home cooking but too few manufacturers and food outlets were following

Hoey heave-ho upsets fans

F EARS for the future of a Surry Hills hotel mushroomed last night as patrons poured out their grief online after the much-loved live music venue was shut down for undisclosed reasons.

More than 1000 people this morning alone joined an online petition - now with more than 3000 members - to "save" the hotel, as news of its closure spread rapidly.

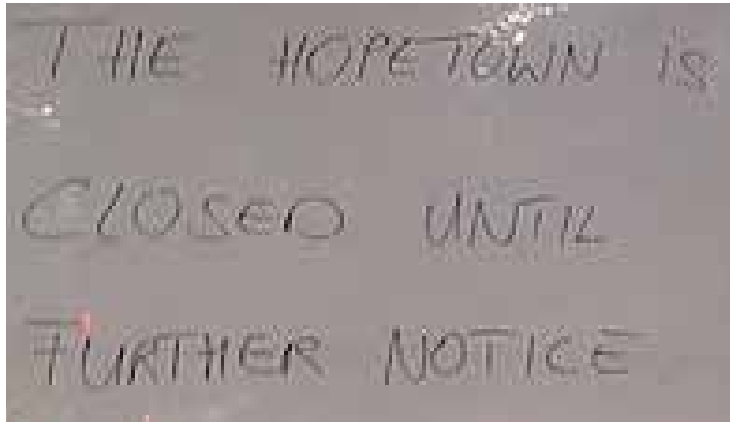
"The Hopetoun Hotel is closed until further notice," a notice stuck on the door said. "We apologise for any inconvenience to our patrons."

The closure was unexpected. Various music websites had promoted events scheduled at the hotel until the end of November.

Finance, noise and security problems were suggested as reasons for the abrupt closure. The venue was one of the city's most popular for emerging talent.

An email announcing the closure was circulated to artists who were due to play at the hotel in coming weeks, said entertainment website thevine.com.au.

"Due to circumstances beyond the control of the Hopetoun Hotel we need to carry out significant works associated with Local Council requirements which necessitate the closing of our venue until further notice,"



Hotel owner Evangelos Patakas said in the email, thevine.com.au reported.

City of Sydney council has been contacted for comment.

A "Save The Hopetoun Hotel" group on Facebook had more than 3000 members this morning. There were less than 2000 last night.

One patron, Angela, wrote: "Great, close another one of Sydney's best ever venues . . . no wonder Melbourne has the best and most flourishing music scene . . . this is bullshit!"

Others described the hotel as the "lifeblood" of the local community and music scene.

A band of regulars are trying to solve its apparent financial woes. Suggestions include donation drives, benefit gigs, an auction of signed band memorabilia and even a pool competition.

On the Facebook group "I Heart The Hopetoun",

Kristin wrote: "If anyone is doing anything to help rescue the Hoey - me and all my 'old school' mates will definitely be on board! We all grew up there . . . from the rock against work days to now."

The issue had a steady following on Twitter under "savethe hoey". Both this morning and last night the Herald was unable to contact the hotel's management.

The abrupt closure also caught off-guard the owners of Rider, a Mexican restaurant upstairs at the Hopetoun Hotel.

Co-owner Anna Sokol said while there had been frequent visits to the hotel in recent weeks by police, she had not been notified about the closure and arrived yesterday to find the hotel shut.

"We can't even get in there to get our stuff, we've got perishables and equipment," she said.

"No one's returning our calls."

SOUTH COAST GREEK COMMUNITY GREEK DANCE

SATURDAY 3RD OCTOBER 2009

@

ST GEORGES BASIN COMMUNITY CENTRE
MERITON ST., ST GEORGES BASIN

TIME: 7PM

DJ

BUFFET MEAL

13087

ADULTS: \$30.00 PER PERSON (INCLUDING FOOD)
CHILDREN: 6-12 YEARS \$10 EACH (INCLUDING FOOD)

PROCEEDS FROM THE NIGHT WILL BE DONATED TO SHOALHAVEN HOSPITAL CHILDRENS WARD

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