

# Get outside to beat the winter blues

## Deal will drive up fuel prices

PETER JEAN

ROADS will receive a \$1 billion funding boost for the next two years but under a deal struck between the Federal Government and Labor, motorists will pay between \$60 and \$129 extra each year to fill up.

The Federal Government has hit the accelerator on its revival of indexation of the fuel excise, bringing draft laws to the Lower House yesterday just hours after securing Labor's backing. Similar measures were enacted through tariff proposals last year but the laws ensure regular rises will be permanent. Typical motorists will pay about 40 cents extra each week.

"The impact on households has been modest, but the impact on the budget is significant," Treasurer Joe Hockey told parliament. A special fund will be set up to put \$1 billion towards fixing regional roads.

Opposition treasury spokesman Chris Bowen said Labor had no choice but to agree to the deal because the revenue raised so far was likely to go back to big oil companies.

Local Government Association of SA president Dave Burgess said the extra money would help councils hurt by an ongoing freeze in federal assistance grants.

DIANNE MATTSOON

STEP outside, eat a meaty sandwich with an orange juice, and you will be well on the way to fending off winter ills caused by a lack of essential vitamins.

Getting outside is the best way to absorb the "sunshine vitamin" D, said dietitian Julie Dundon of Nutrition Professionals Australia.

While the recommended 25-38 minutes of sunlight on hands, arms and the face can be difficult in winter, "even a 10-15 minute walk each day will help", she said.

"Deficiency is related to problems with muscle function and falls and fractures," Ms Dundon said.

Helpful foods include fatty items such as mackerel, salmon, herring, liver, eggs, fortified milks and margarines with added vitamin D, "but you would have to eat considerable amounts... so they are not a reliable solution," she said.

A lesser-known hero is mushrooms. Dietitian Glenn Cardwell, a consultant to the Heart Foundation, said farmers who expose mushrooms to 1-2 seconds of UV light after harvesting create a product that provides the daily dose of vitamin D needed in one (100g) serve. These are labelled as vitamin D mushrooms.

"Even regular retail mushrooms have more than 20 per cent of your daily needs," he said. Mr Cardwell suggests a DIY option by placing regular mushrooms in direct sunlight for an hour (in winter).

Veronique Droulez, nutrition manager at Meat and Livestock Australia, said it was important to consume iron-rich foods, such as lean beef or lamb, to meet iron and zinc needs.

"When having a meal without beef, lamb, pork, chicken or fish, add a vitamin-C rich food," she said. "This will increase the amount of iron absorbed from the meal."

Red meat also contains zinc,



OUTSIDE BREAK: Public cafe CBD staff member Charmaine Tabbe has lunch in Victoria Square. Picture: CALUM ROBERTSON

which "nurtures the immune system", she said.

Both Ms Dundon and Ms Droulez warn against drinking a cuppa with your meal.

"Tea contains phytates which bind with iron and prevent it from being absorbed," Ms Dundon said. "It's important to have citrus with whole-grain cereals and leafy veg."

Public CBD cafe staffer Charmaine Tabbe enjoyed

lunch in the sun with an orange juice this week.

"Hot water with lemon is also great for keeping you warm," Ms Tabbe said, adding that she would make an effort to get outside during winter.

"I'll be trying to keep active and walking in my lunch breaks," she said.

"In winter, I make an effort not to overeat. Lighter options keep me energised."

### HOW TO GET YOUR VITAMIN FIX

**Go** for a 10-15 walk every day.

**Eat** UV-exposed mushrooms.

**Drink** citrus juice, with no added sugar, instead of coffee or tea with meals.

**Switch** leafy summer salads for warming soups and stir-fries with vegetables, which are rich in antioxidants.

**Only** drink caffeine in between meals. It decreases the amount of iron absorbed from your meal.

**Beware** of vitamin D supplements - take a blood test first. As a fat-soluble vitamin it will be stored in the body, so don't take it if it isn't needed.

**Keep** up your water intake.

## Snap poll a 'possibility'

OPPOSITION Leader Bill Shorten has warned Labor MPs to prepare for a possible snap election before Parliament returns in August.

Mr Shorten told the last Labor caucus meeting before Parliament rises, it was possible Prime Minister Tony Abbott would call an early election. "If they want to make it an election about workers and a fair go in the workplace, I say 'bring it on'," he said.

If Mr Abbott did go early he would need to call either a Double Dissolution or an election for the House of Representatives only.

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