

Labels on food still puzzling

Mitchell Toy

CONFUSING food nutrition labels have come under fire from diet experts who say rules demanding simple language packaging do not go far enough.

Mind-boggling tables and coded numbers will still be commonplace on supermarket shelves despite recent recommendations by an independent government panel to make all food nutrition labels "clear and comprehensible", critics said.

Food additives banned overseas and linked to health problems will also continue to be permitted in Australia.

Accredited dietician Melanie McGrice, of Health Kick Nutrition, said consumers were often left clueless about the fat, salt, fibre and sugar content of packaged foods.

"That makes it harder for someone to improve their diet," she said.

Chair of the labelling review, Dr Neal Blewett, said the burden on manufacturers to comply with labelling regulations had to be considered.

"The panel is fully conscious that food labelling requirements impose cost," he said.

Wisdom from the



THE BIKINI QUEEN

"I wish I had known you didn't need to be a virgin for so long! I'm 90 now, so I can say that!"

- Paula Stafford

THE SHOWSTOPPER

"One of my biggest challenges is to enjoy every moment, as time is really precious. I learnt this lesson at a young age when I lost my first boyfriend in a car accident"

- Model Miranda Kerr



THE WILDLIFE WARRIOR

"We each make choices when times are tough: we can close up and withdraw, or we can find an opportunity in every difficulty"

- Australia Zoo's Terri Irwin



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Sharing their

Daryl Passmore
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TAMMY Hamawi says she is humbled at being named in such illustrious company.

The Gold Coaster has been selected among the "influential achievers" in a new book featuring 50 leading Australian women and their insights on life, love and the world.

Known as the "Queen of Shipping", Ms Hamawi built a career in the male-dominated world of international freight. "I started as a rookie in 1985, hoping to have a three-month summer job," she says.

In the next 24 years, she rose to become a major shareholder, general manager and director of the Pacific Direct Line - building it into one of the most successful cargo companies trading between Australia, New Zealand and the Pacific Islands - before selling her stake to a Singaporean firm.

She is now managing director of Tribunity, a Southport-based consultancy specialising in leadership and entrepreneurship training throughout the Asia-Pacific region.

Ms Hamawi says the key lesson she has learnt in life is: "It's up to me!"

Her thoughts are included alongside those of Prime Minister Julia Gillard, fashion designers Carla Zampatti and

Collette Dinnigan, racehorse trainer Gai Waterhouse, actor Sigrid Thornton, singer Kasey Chambers and Aboriginal magistrate Pat O'Shane.

She is one of a dozen or so Queensland-based or raised achievers among the 50 interviewed for the book *Women's Words of Wisdom, Power and Passion*, to be launched on Tuesday, the 100th anniversary of International Women's Day.

Others include Australia Zoo chief Terri Irwin, triathlete Emma Snowsill and coal company boss Nicole Hollows. "The interviewees range from 27-year-old international model Miranda Kerr to 90-year-old Paula Stafford, who invented the bikini."

"It's a mix of people who are well-known and others who should be," said author Karen Phillips, a former journalist and TV presenter who has run one of Australia's longest-running business clubs - Early Risers - on the Gold Coast for 18 years.

The project was inspired when her friend, Gold Coast restaurateur Christine Fortelny, was battling cancer two years ago.

"She was having a very serious operation and may not have made it through. It got me thinking about what she would really like to say to friends and family, so I came up with asking her 20 questions about what life meant and her

50 LEADING LADIES



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- | | | |
|-----------------------|------------------------|--------------------|
| 1. Julie Anthony | 9. Kay Danes | 17. Julia Gillard |
| 2. Maggie Beer | 10. Liz Davenport | 18. Carrie Graf |
| 3. Roma Blair | 11. Collette Dinnigan | 19. Tammy Hamawi |
| 4. Roslynn Bracher | 12. Christine Fortelny | 20. Tania Hayes |
| 5. Kasey Chambers | 13. Jackie Frank | 21. Nicole Hollows |
| 6. Fiona Coots | 14. Lillian Frank | 22. Deborah Hutton |
| 7. Geraldine Cox | 15. Catherine Freeman | 23. Terri Irwin |
| 8. June Dally-Watkins | 16. Glen-Marie Frost | 24. Emma Isaacs |
| | | 25. Terri Janke |
| | | 26. Alana Johnson |

winners' circle

THE CHANGE MAKER

"Be passionate, energetic and have the confidence to take up the opportunities that cross your path. Work hard, persevere if it is important and work at it until you get there - whether personally or professionally"

- Business woman Nicole Hollows



THE MASTERMIND

"My mother celebrated her 97th birthday last year. She loves her life. She has a great attitude. She still sings to me. She is my inspiration. She is who I want to become when I grow up!"

- Sarina Russo

AUTHOR:
Karen Phillips

... and no added porkies

COLES has been accused of a "dodgy" advertising campaign by spruiking "no added hormones" in its chicken - even though hormones haven't been added to any chickens in Australia for almost 50 years.

According to industry groups and consumer watchdog Choice, the supermarket giant is trying to capitalise on the common misconception and urban myth that chickens are given hormones to speed up their growth.

Adding hormones to Australian poultry was outlawed in the early 1960s but the myth of pumped-up chickens has persisted, according to Andreas Debs, the executive director of the Australian Chicken Meat Federation.

"Factually it's correct for Coles to say that, but, there is a concern that it implies everyone else uses hormones," Mr Debs said.

"We have spent the past many, many years trying to bust this myth about hormones but it's ingrained in people's beliefs."

Choice spokesman Christopher Zinn branded the Coles campaign as "dodgy" and likened it to promoting "plutonium-free chicken".

lessons in life



YES, I CAN: Believing in herself has put Tammy Hamawi on top.

thoughts on love and happiness and if she could do it all again, what would she do. If you could share what was in your heart, what would that be?"

Fortunately, Ms Fortelny survived the operation.

When singer Olivia Newton-John attended a charity event in Queensland last year, Ms Phillips asked her similar questions and the entertainer agreed to be part of a book.

"Women of all ages, no matter what level of success they are at, are after mentors and the ability to learn. We'd all

like an hour with a famous person if we could to ask questions to help with our own journey."

There are pearls of wisdom and great insights.

"And as a mate of mine said, blokes should read this book because it's a bible on women," Ms Phillips says.

The strongest message from the book, she says, is that "if you believe in something and want it enough, you must follow it."

"You don't need to be a millionaire to be successful but you have to believe in yourself."

"Interviewing these incredible women, I learnt that they had bad-hair days, they had difficult days, days they wish would just pass and they look forward to tomorrow just as regular people do."

The author had to overcome a major challenge to complete the book after breaking her back in a fall while in Bali. "Doctors said I was fortunate to live, let alone walk. That made me realise there were probably things I had left unsaid in my 45 years on earth."

Website www.womenswords.com will be launched in about a week to allow ordinary women to share their stories of empowerment and inspiration.

Ten per cent of all profits from the book will go to the Olivia Newton-John Cancer and Wellness Centre.



27. Kerri-Anne Kennerley
28. Miranda Kerr
29. Sharon Kolkka
30. Karri Liddell
31. Kathy Lette

32. Elizabeth Masamune
33. Ann Middleton
34. Sue Middleton
35. Tara Moss
36. Olivia Newton-John
37. Emma Nicholas
38. Margaret Olley
39. Pat O'Shane

40. Ann Peacock
41. Sarina Russo
42. Emma Snowsill
43. Paula Stafford
44. Shelley Taylor-Smith
45. Deborah Thomas



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