Casstronomy
BY CASSANDRA AUSTIN

CASSTRONOMY'S FAST NUTRITION · 4TH EDITION

How can I learn to cook without recipes?

With recipes and more! Three chef's blends for busy women, with what each one is good for.

By Cassandra Austin, Chef and Food & Wellness Specialist. For a quality culinary life.

Updated with 2026



ABOUT THIS EDITION

4th edition, November 2026

This edition shows what each recipe is good for, includes the latest Australian health and nutrition data for women, and lists numbered references so you can check the science for yourself.

Copyright © 2026 Cassandra Austin

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means (electronic, photocopying, recording or otherwise) without the prior written permission of the copyright owner. Published by Cassandra Austin, Casstronomy. Printed in Australia. 1st edition 2021; 3rd edition October 2024; 4th edition November 2026.

Acknowledgements

To all of you for your ongoing love and support, with a special mention to my Mum, who was up at all hours of the night with my Auntie Maree's cornflour starch recipe getting chef's hats ready for exams. The starch was mixed a little too high and the rock-hard hats went whistling through the air! I can't thank you enough for your encouragement and commitment to me. I am forever grateful.

Thank you to everyone who has supported me on my journey to heal, and for being my guinea pigs while I created these recipes. And to my chef trainer Rodger Halsey, who kept me on track, and Anton Mosimann, who inspired me with *Cuisine Naturelle* as an apprentice chef, along with the many others who fed my mind and skills along the way.

INSIDE

Contents

The ugly truth	1
Why this matters for women	2
About the author	3
1. What you will learn and why	5
Learn to create your own culinary style	6
Casstronomy's secret weapons	7
15 ways your blends can work for you	8
Fingers and toes: the balance of your plate	9
2. The how: three secret blends	11
Casstronomy's self-care blend	12
Casstronomy's sizzle blend	16
Casstronomy's beauty blend	20
Which blend is right for me?	24
3. The next step	25
Success stories	27
Disclaimer	31
References	32
Thank you and stay in touch	33

THE UGLY TRUTH

Most of us aren't eating enough vegetables

The latest National Health Survey shows how far most Australians are from the recommended five serves of vegetables a day.[1]

6.5%	of Australian adults eat the recommended daily serves of vegetables.
9.8%	of women meet the vegetable recommendation. Women do better than men (3.0%), but it's still fewer than 1 in 10.
6.3%	of women meet both the fruit *and* vegetable recommendations.
31%	of the energy Australians eat comes from "discretionary" foods: the takeaway, sweets and snacks we're told to have only sometimes.[4]

That's exactly why I created these blends. A dollop of chef-made green goodness on your eggs, soup, fish or toast is one of the fastest ways I know to add more vegetables to your day, without cooking a whole extra dish.



NEW IN THIS EDITION

Why this matters for women

Women's bodies need more of some nutrients at certain life stages, and the latest national nutrition survey shows many of us are falling short.[3]

3 in 4	women (75.7%) don't get enough calcium from food. For women aged 50 to 64 it's 9 in 10 (90.7%).
47.7%	of women aged 18 to 29, and 42.2% aged 30 to 49, don't get enough iron.
17.5%	of women aged 18 to 29 don't get enough iodine, which the thyroid needs. Needs rise in pregnancy and breastfeeding.[5]
18.9%	of women aged 18 to 29 don't get enough folate, up from 10.5% in 2011–12.

Midlife and menopause

The average age of menopause in Australia is 51 to 52. Women can lose up to 10% of their bone density in the first five years after menopause, and about 1 in 2 women over 60 will have a fracture caused by osteoporosis.[7] Six in ten women (60.5%) are living with overweight or obesity,[2] which is now the leading risk factor for disease in Australia.[12]

Each blend in this book shows a "Good for" panel, so you can match it to what your body needs right now.

ABOUT THE AUTHOR



Hello! I'm Cassandra Austin

I'm a classically trained chef and Food & Wellness Specialist with 35 years of culinary experience and deep learning.

Along with my chef's training I hold extra qualifications in diet and nutrition, food and wellness, food psychology and kitchen medicine, a Diploma of Hospitality Management, a Diploma of Business and VET training. In practice I've been a commercial cookery and hospitality trainer, food consultant, brand ambassador, recipe developer and tester, and chef-owner of my own restaurant.

Successful people achieve their goals through hard work or by working smarter. When I stopped to look at my own life, I realised I had proven myself, but I'd pushed my body to exhaustion and ill health to do it. It may simply have taken a little longer if I'd looked after myself along the way.

That was the moment I decided to change. I became more proactive and looked after my physical and psychological self religiously. I ate a varied, healthy diet, started walking regularly and gave up cigarettes in favour of looking after my body and my mind.

Every week I noticed changes: I became fitter, stronger, calmer and more in control. I felt happier, even while still running the restaurant, teaching commercial cookery at college level and judging culinary competitions. People told me I looked ten years younger, and I felt it.

Alongside my growing responsibilities I served on the committee of the ACT Restaurant and Catering Association, as President of the ACT ACF Chapter, as a regional representative of the Women's Leadership Forum and as a Women in Trades Ambassador at the Canberra Institute of Technology. I also supported my husband, a highly regarded hospitality consultant, in his role as Director of Pacific Rim on the World Board of Chefs Societies.

My self-care journey continued while living between two national parks at the bottom of the Great Barrier Reef, growing as much of my own organic food as possible, with rainwater tanks and solar panels. I surfed, beach-walked and bushwalked for balance, and loved it so much it never felt like exercise. It's a way of life, and you can create it wherever you live.

What I do now

- **Learn and create:** online courses, virtual workshops and coaching for women, corporates and seniors.
- **Eat and play:** "We ate, we drank, we made a life change."
- **Refresh, invent, promote:** hospitality training and consulting, recipe creation, chef presenter and brand ambassador.

1. WHAT YOU WILL LEARN AND WHY

Be a superhero in your kitchen



Wonder Woman had a plethora of secret weapons that she used to achieve greatness. Tired of self-doubt, lack of confidence, lack of creativity or simply not knowing where to start? With a few easy-to-use weapons you'll have natural superpowers in the kitchen, and you can design your culinary life.

Stop feeling overwhelmed trying to manage a tasty, healthy diet for you and your loved ones around a busy schedule. It's horrible when you just can't seem to get control of your culinary life. Nurturing through food is one of the best ways to show community, care and love.

- Learn to cook nutritious food without relying on recipes
- Create your own culinary style
- Share your personal style with others

Learn to create your own culinary style

Here are real solutions and a few secrets you can master quickly to keep you on track. With your bracelets of victory, power rings and lasso of truth, jump in my magic plane and come with me! The solutions can be faster, cheaper and full of nutrition for optimum health and vitality. Not possible, you say? Let me show you.

There are a few tricks to learning and designing your own secret weapons, but I promise it can be fun and flexible. You can:

- substitute alternative ingredients
- swap any that are too expensive
- or choose another way if you don't like it.

Tweak them and change them to make your own style, then nourish your friends and family and share the quality time and life you deserve. Get over that feeling of "massive imperfection" in the kitchen and have fun with the culinary arts. It's quietly healing, you know!

> *If you're not sure your plan will work or you get stuck, just send me a message and I'll help you.*

"Like Wonder Woman, here is my lasso of truth"

Enough talk, let's get started! You know what a pesto is, right? These secret weapons are based on the same idea. Pesto means to pound, crush or blend. The Italians invented it, and traditionally it's made only with its classic ingredients.



One of my healthy kitchen secrets is to make these blends for whatever I need, tweaked to my needs, budget and the season. That makes them an invaluable tool you can learn, too. Make a big batch and freeze it, ready to use.

Freezing is your friend. Vegetables frozen soon after they're prepared keep their nutrients well, often better than "fresh" veg that has sat going soggy in the crisper for a week.

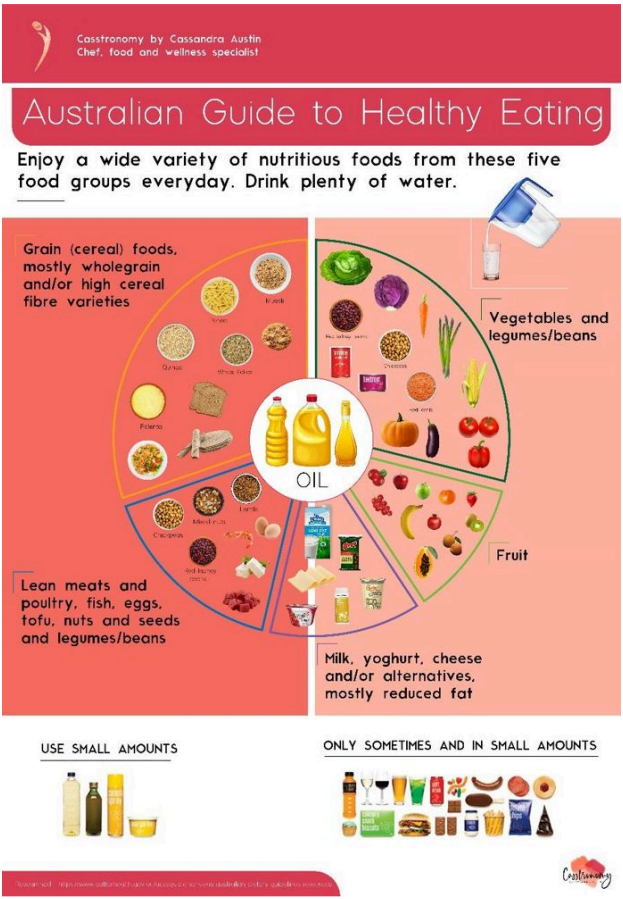
15 ways your blends can work for you

1. Breakfast spread, or mix through a smash
2. Fill the middle of an avocado for a tasty flavour bomb
3. Dollop on top of your favourite soup
4. Stir through bone broth with your favourite veggies and protein
5. Mix through finished pasta or risotto
6. Spread on sandwiches and crackers, then add your toppings
7. Use as a dressing base: add mustard, acid and oil
8. Finish a sauce for extra punch
9. Top cooked fish or chicken and baste at the end of cooking
10. Thin with water and citrus or vinegar for a dip or skewer sauce
11. Add to omelettes, quiches, coddled eggs and frittatas
12. Fill upturned chargrilled mushrooms and bake
13. Top a wheel of brie or camembert wrapped in vine leaves, bake and serve with crackers and crudités
14. Finish a cheese fondue with a good dollop
15. Stir into Greek yoghurt for a cold sauce, or hang it to make labneh (yoghurt cheese)

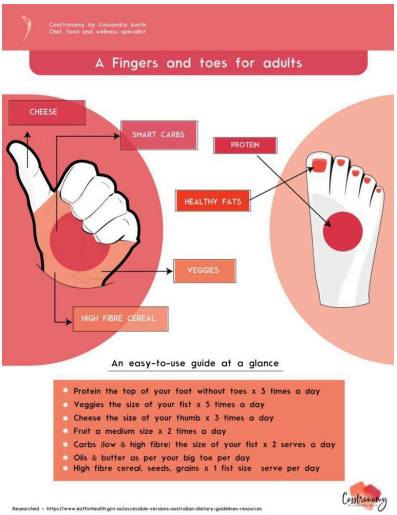
KEEP IT SIMPLE

The balance of your plate

Stick to a few basics and keep it fun. Aim for the recommended amount of each food group at each meal, using the Australian Guide to Healthy Eating as your map.[13]



Fingers and toes



I've mixed up the usual hand guide to make it easier to picture. Instead of the palm of your hand, think of the **top of your foot** for protein, three times a day.

Oils and fats: the size of your **big toe, less the toenail**. That's about the same as one finger.

Keep the size of each food on the infographic in proportion.

For the official serve sizes and guidelines, visit eatforhealth.gov.au/guidelines.[13]

2. THE HOW

Casstronomy's three secret blends

Three weapons to adapt so you become your own superhero in the kitchen: the self-care blend, the sizzle blend and the beauty blend. Each one comes with what it's good for, the key nutrients, the recipe and my chef's tips.

BLEND 1

Casstronomy's self-care blend



GOOD FOR

- **Your thyroid and energy:** nori is a natural source of iodine, which your thyroid needs to make the hormones that regulate metabolism. Women need 150 µg a day, rising to 220 µg in pregnancy and 270 µg when breastfeeding.[5]
- **Strong bones:** parmesan and anchovies add calcium, and pumpkin seeds add magnesium. Helpful when 3 in 4 women fall short on calcium.[3]
- **Healthy fats:** extra virgin olive oil, chia seeds (plant omega-3) and anchovies (marine omega-3).
- **Your gut:** fibre from chia and seeds, plus miso, a fermented food.

The real superhero ingredients

Calcium, magnesium, zinc, iron, iodine, selenium, potassium and phosphorus; vitamins A, C, E and K and B vitamins including niacin and folate; plant polyphenols, carotenoids and other phytonutrients; fibre, protein and healthy fats including oleic acid and omega-3s.

About miso: miso is made by fermenting soybeans with koji, the culture *Aspergillus oryzae*. Unpasteurised miso can contain live microbes, and fermented foods paired with fibre are a great habit for your gut. Add it at the end of cooking to keep it at its best.

> **Iodine: enough, but not too much**
>
> Iodine is important, and so is not overdoing it. The upper safe limit for adults is 1,100 µg a day.[5] Iodine levels vary a lot between seaweeds and even between batches. Nori is one of the milder seaweeds, but brown seaweeds such as kombu can contain very high, unsafe levels.[6]
>
> Use this blend sparingly: defrost one cube and enjoy it every couple of days. If you're pregnant, breastfeeding or have a thyroid condition, check with your doctor first.

SELF-CARE BLEND

Ingredients

- 2 cups toasted, soaked nori sheets
- 2 tbsp extra virgin olive oil
- 1 tbsp pumpkin seeds
- 1 tbsp sunflower seeds
- 1 tbsp chia seeds
- 1 tbsp parmesan cheese
- 1 clove garlic
- 1 tsp anchovy fillets
- 1 tsp lime zest (dried finger lime zest optional)
- 1 tsp miso paste
- 1 tsp capers
- ¼ tsp salt
- ¼ tsp pepper

Method

1. Toast the nori sheets lightly in a dry pan. Wet them with a little cold water, then squeeze out the excess moisture with your hands.
2. Place the nori in a blender with half the oil, the garlic, anchovies, lime zest and miso. Pulse until coarsely chopped.
3. Add the pumpkin, sunflower and chia seeds and blend again.
4. Finish with the capers and season to taste.
5. Coat an ice cube tray with extra virgin olive oil and freeze the blend in cubes until needed.





Chef's tips

Too strong in seaweed for you? Halve the nori and replace it with ½ cup of drained, wilted spinach. (See the sizzle blend method for how to wilt spinach.)

Watching your salt? Miso, anchovies, capers and parmesan are all salty, so taste before you add the extra ¼ teaspoon of salt. You may not need it.

Freeze it smart: one cube is about a tablespoon, a good amount for a bowl of soup, a plate of eggs or a piece of fish.



BLEND 2

Casstronomy's sizzle blend



GOOD FOR

- **Iron and folate for women:** spinach gives you plant (non-haem) iron and folate. The lemon juice adds vitamin C, and eating vitamin C foods with iron foods helps your body absorb the iron.[14] Women aged 19 to 50 need 18 mg of iron a day,[14] and almost half of younger women aren't getting enough.[3]
- **Feeling fuller for longer:** fibre from pearl barley, celery or fennel, chia and spinach helps with satiety and weight management.
- **Bones:** vitamin K from spinach and calcium from parmesan.
- **A gentle metabolism lift:** cayenne and matcha may give a small boost, but it's modest. The real win is filling, nutrient-rich veg.

SIZZLE BLEND

Optimum health and vitality benefits

This paste combines ingredients that help you feel full, with nutrient-rich energy foods that support vitality and weight management.

About raw garlic: raw garlic contains allicin. Early research, mostly in animals, suggests it may influence how the body stores fat, but human studies are still limited, so think of it as a delicious bonus rather than a fat-burner.

The real superhero ingredients

Magnesium, protein, calcium, iron, potassium, folate, vitamins A, B6, C and K, phosphorus, zinc, copper, manganese and selenium, plus soluble fibre from barley and antioxidants from spinach, cumin and green tea.

Ingredients

- 2 cups wilted spinach
- 3 tbsp water
- 2 tbsp olive oil
- 4 tbsp grated parmesan
- ¼ cup diced celery or fennel
- 2 tbsp cooked pearl barley
- ¼ tsp chia seeds
- 2 tsp lemon juice
- 3 cloves garlic
- 1 tsp spirulina or matcha powder
- 1 tsp cumin powder
- ⅛ tsp cayenne pepper
- ¼ tsp salt
- ¼ tsp pepper

SIZZLE BLEND

Method

1. Wilt the spinach: boil the kettle, pour just enough hot water over the spinach to wilt it, then drain and cool it in the fridge.
2. Gently dry-toast the cumin in a frying pan until it smells nutty and roasted. For even more flavour, toast cumin seeds and pound them in a mortar and pestle.
3. Place the cooled spinach in a blender with half the oil, the garlic, cumin, cayenne, spirulina or matcha and lemon juice. Pulse until coarsely chopped.
4. Add the parmesan, celery or fennel and chia seeds, and blend.
5. Stir through the water and pearl barley, then season with salt and pepper.
6. Spoon into sterilised jars, leaving room on top to float the remaining oil. Think about how much your household will use in 4 days and store it in batches that size, so the rest can be frozen.





Chef's tips

Prep ahead: soak and precook pearl barley, keep it in the freezer and take what you need. It's a great salad base too.

Swap your greens: Malabar spinach, Swiss chard, silverbeet and other leafy greens all work.

Boost your iron: serve it with a source of vitamin C, such as capsicum, tomato or citrus, or with a little red meat, chicken or fish, to help your body absorb more iron from the spinach.





BLEND 3

Casstronomy's beauty blend



GOOD FOR

- **Collagen and glow:** watercress topped a ranking of 41 "powerhouse" fruit and vegetables for nutrient density,[8] and it's rich in vitamin C, which your skin needs to make collagen.[9]
- **Sun-stressed skin:** sundried tomatoes concentrate lycopene, and eating tomato with oil helps you absorb it.[11] In one trial, tomato paste with olive oil gave modest protection against sunburn.[10] It's a bonus on top of sunscreen, never a replacement.
- **Your skin barrier and heart:** omega-3 fats from walnuts and anchovies, and vitamin E from avocado oil.
- **Bones and muscle:** protein and calcium from goat's cheese.

BEAUTY BLEND

Optimum health and vitality benefits

This blend brings together the nutrients your skin uses to make collagen and protect itself, along with fibre and healthy fats for your gut and heart. Healthy skin starts on your plate, alongside sunscreen, sleep and good skincare.

Lemon myrtle is a native Australian herb with a bright, lemony flavour, so you need less salt. It's rich in citral, and lab studies show it has antibacterial and antifungal activity, but that hasn't been proven to treat skin conditions in people.

The real superhero ingredients

Vitamins A, B6, C, E and K, beta-carotene, lycopene, protein, calcium, zinc, selenium, copper, fibre, and healthy fats including linoleic, oleic and omega-3 fatty acids.

Ingredients

- 2 cups watercress leaves
- 2 tbsp avocado oil
- 2 tbsp walnuts
- 1 tbsp sundried tomatoes
- 1 tsp chia seeds
- 4 tbsp goat's cheese
- 1 clove garlic
- 1 tsp anchovy fillets
- 1 tsp finely sliced lemon zest
- 2 tsp dried lemon myrtle
- ¼ tsp salt
- ¼ tsp pepper

BEAUTY BLEND

Method

1. Toast the walnuts gently in a pan until they smell nutty and roasted, then cool. Keep the heat low to medium: walnut fats are delicate.
2. Pick, wash and drain the watercress.
3. Place the watercress (and any other picked greens you like) in a blender with half the oil, the toasted walnuts, garlic, anchovies, lemon zest, lemon myrtle and roughly chopped sundried tomatoes. Pulse until coarsely chopped.
4. Add the goat's cheese and chia seeds and blend again.
5. Season with salt and pepper.
6. Spoon into sterilised jars, leaving room on top to float the remaining oil. Store what you'll use in 4 days in the fridge and freeze the rest in batches.

Chef's tips

No watercress? Use spinach instead.

Swap the oil: olive or macadamia oil works in place of avocado oil.

MAKE IT YOUR OWN

"Too many ingredients," you say?

"Great," you say. "Too many ingredients," you say, or "too expensive," or "I'm never going to do that." Just remember you can substitute less expensive ingredients that are pure and natural. You don't need the long list I've suggested. I just want you to have plenty of options.

Use the pesto principles: **a green base + a fat + a crunch + a savoury hit + something fresh and zesty + seasoning.** With a little practice, time and confidence, you'll be making your own beautifully delicious blends.



QUICK GUIDE

Which blend is right for me?

Self-care	Thyroid support (iodine), bones (calcium, magnesium), healthy fats and gut. Use sparingly, a cube every couple of days.
Sizzle	Iron and folate (with vitamin C to help absorption), fibre to keep you full, and vitamin K for bones. A great everyday choice for women aged 18 to 50.
Beauty	Vitamin C for collagen, lycopene, omega-3s and vitamin E for skin, and protein and calcium. A great everyday choice in midlife.

Rotate all three through the week for the widest range of nutrients. If you're pregnant, breastfeeding, managing a health condition or taking medication, check with your doctor or an Accredited Practising Dietitian.

3. THE NEXT STEP

Design your culinary life

The next step is to add extra skills so you can cook without recipes, although they're great to use as a guide. No pesky "miracle" potions or diet drinks with undelivered promises. Just real food, with the confidence, support and power to change for good.

The secret to long-lasting change is repetition and support. Just like a walking buddy keeps you honest, cooking with support makes it fun, creative and rewarding.

Self-Care for Women online course

A self-paced online course from Chef Cass, built around three sections: **eat well**, **get organised** and **make it last**. You'll learn how much and what to eat for your body, meal planning, knife skills, mise en place and growing your own, plus a vision worksheet for each of the 10 self-care factors and a full Beauty Food section.

12 weeks' access with downloadable resources you can keep, and a 14-day money-back guarantee.

See the course

3. THE NEXT STEP

Free Food for Beauty Starter Guide

A chef's skin-loving shopping list, three easy recipes and the everyday habits that help your skin from the inside out.

Get your free copy

Coaching and virtual workshops

Book a free 30-minute call to talk about what you need, or join me on Zoom with your work colleagues and friends for a virtual cooking class, including how to use your leftovers.

Book a 30-minute call · cassandra@casstronomy.info

Why cook with support?

- Save money
- Save time
- Improve health and nutrition
- Boost confidence
- Bond with family and friends
- Feel happier
- Lift your mood
- Build care and trust
- Get the recognition you deserve
- Master culinary creativity

SUCCESS STORIES

The proof is in the pudding

Corporate group presentation

> *"I have been in the hospitality industry for over 27 years and have seen many culinary workshops and masterclasses that have inspired me to do better. However, it is always refreshing to hear Cassandra Austin present. Her knowledge and passion for food, wellness and a healthy lifestyle is not only informative, but changes people's lives. She makes an excellent coach."*

Canberra Institute of Technology

> *"In her capacity as a food and wellness coach and CIT graduate, Cassandra was engaged as an ambassador for Women in Trades. Cassandra's learning journey and life story, coupled with her wealth of knowledge, made for a truly inspiring and educational presentation." She was also engaged to present her Food for Beauty workshop to inspire young female school leavers for our International Women's Day program: "a roaring success".*

Workshop attendees

> *"An innovative approach, enabling me to improve my and my family's life through a healthy diet and lifestyle. Highly recommended."*

> *"As a female it encouraged me that nothing is impossible. I am feeling more confident, and I can transfer the 101 coaching strategies to other areas of my life."*

SUCCESS STORIES

A coaching success story

> *"I am a 41-year-old mum of two healthy, active boys. For the past three to four years my digestion had me regularly bloated, flatulent, constipated and tired. It was often three to five days between bowel movements, and at about seven days I would take a laxative. I researched diets, spoke to friends, and tried gut health supplements, IBS supplements, probiotics, gluten free, high protein, low fat and low carb. You name it, I tried it. My doctor's blood tests were fine, and a nutritionist put me on the low FODMAP program. It worked for a month or so, then my old problems came back.*

> *In December I started chatting to Cass for advice. I am so glad I started that awkward conversation, because within one month I already feel 100% better and I'm regular without straining. Cass asked me to keep a food and exercise diary for about 10 days, then gave me realistic, simple, inexpensive tips. There were no special nuts or seeds or products you can't buy locally, and no 'activating almonds' tricks. Just simple, fresh food I can buy at any market or supermarket, and I could do it without changing things for the rest of my family.*

> *I have more energy, to the point that I've started exercising daily again. I'm sleeping better, I'm much less bloated, I'm regular, and my husband is even excited because he doesn't have to hear me complaining about tummy pains!"*

Not just a weight loss story, but a life-changing one

> *"For over eight years I have suffered from endometriosis and other abdominal issues, with countless hospital trips and surgeries. Being in pain often led to bad eating, because all I wanted was to be in bed, not in the kitchen. Bad eating led to weight gain, weight gain led to a bad self-image, my face would break out and I felt bloated all the time. It was a vicious cycle, and I was stuck. I wanted to eat healthy and be healthy, but I didn't have the knowledge or the motivation to find it.*

> *Over 12 weeks with Cassandra I learnt more about myself and my body than I had in 25 years. I was guided to find motivation for change: not just a mindset change for food, but for life itself. I was taught which foods are right for me, all based on foods I enjoy and new things I tried.*

> *I started in October at 70 kg and am now 59 kg. I haven't had any surgeries for 13 months, a winning record for the last five years, and only one hospital trip in 10 months, when it's usually one a month. With all this achieved, I had one final thing to do: quit smoking. I am now in my third week without a cigarette and going strong. For the first time in my life I actually have confidence within myself. I feel amazing inside and out, and I cannot thank Cass enough."*

Individual results vary. These are personal experiences shared by clients with their permission.

Tell me what you think

- Would you prefer an interactive Zoom workshop or cooking class, or an online course at your own pace?
- What else would you like to learn?
- Have you found this e-book helpful? Which blend did you make?

Email me at cassandra@casstronomy.info. I'd love to hear from you.

PLEASE READ

Disclaimer

The contents of this e-book come from my own first-hand experience, 35 years of study and practice, my qualifications and my own food and wellness journey. Statistics and research findings are referenced so you can check them, and were current at the time of publishing (November 2026).

I am a chef and food and wellness specialist, not a doctor or dietitian. This e-book is general information only. It is not intended to be a substitute for professional medical advice, diagnosis or treatment. Check with your doctor or an Accredited Practising Dietitian before making significant changes to your diet, especially if you are pregnant or breastfeeding, have a health condition (including a thyroid condition) or take medication.

Allergy note: these recipes contain fish, dairy, nuts, seeds and soy, and some contain gluten (pearl barley). Check ingredients and swap to suit your needs.

No responsibility is accepted for how you choose to use this information. Cassandra Austin is not responsible for third-party websites, materials or products mentioned; they are provided for your convenience.

CHECK THE SCIENCE

References

1. Australian Bureau of Statistics (2023). *Dietary behaviour, 2022* (National Health Survey). abs.gov.au
2. Australian Bureau of Statistics (2023). *Waist circumference and BMI, 2022*. abs.gov.au
3. Australian Bureau of Statistics (2026). *Usual nutrient intakes, 2023* (National Nutrition and Physical Activity Survey). abs.gov.au
4. Australian Bureau of Statistics (2025). *Food and nutrients, 2023*. abs.gov.au
5. NHMRC. *Nutrient Reference Values for Australia and New Zealand: Iodine*. eatforhealth.gov.au
6. Food Standards Australia New Zealand. *Inorganic arsenic and iodine in seaweed*; *Iodine in food*. foodstandards.gov.au
7. Better Health Channel (Victorian Government). *Menopause and osteoporosis*. betterhealth.vic.gov.au
8. Di Noia J (2014). Defining powerhouse fruits and vegetables: a nutrient density approach. *Preventing Chronic Disease* 11:130390.
9. Pullar JM, Carr AC, Vissers MCM (2017). The roles of vitamin C in skin health. *Nutrients* 9(8):866.
10. Rizwan M et al. (2011). Tomato paste rich in lycopene protects against cutaneous photodamage in humans in vivo: a randomized controlled trial. *British Journal of Dermatology* 164(1):154–162.
11. Fielding JM et al. (2005). Increases in plasma lycopene concentration after consumption of tomatoes cooked with olive oil. *Asia Pacific Journal of Clinical Nutrition* 14(2):131–136.
12. Australian Institute of Health and Welfare (2024). *Australian Burden of Disease Study 2024*: overweight (including obesity) 8.3% of total burden; dietary risks 4.8%. aihw.gov.au
13. NHMRC (2013). *Australian Dietary Guidelines* and *Australian Guide to Healthy Eating*. eatforhealth.gov.au
14. Nutrition Australia. *Iron* fact sheet (iron RDI for women; eat vitamin C foods with iron foods). nutritionaustralia.org



Thank you for reading my book!

I'd love to hear from you and see the blends you come up with. Please share them with me and stay in touch with your cooking adventures.

For more secret weapons, head over to my blog for the science-backed health benefits of pure and natural ingredients: casstronomy.info/blog

Connect with me

Website: casstronomy.info
Email: cassandra@casstronomy.info
Instagram: @casstronomy
Facebook: Casstronomy by Chef Cass
LinkedIn: Cassandra Austin
Pinterest: casstronomy

> *Look after yourself, and look after your sisters. Chef Cass*