



Active Nutrition

Newsletter December 2012



Happy Christmas All

I can't believe how fast 2012 has flown by and suddenly we are a few weeks away from Christmas and already into the crazy season where we are tempted on all sides to indulge in "naughty" treats and over indulge in alcohol whilst our good intentions of fitness and good nutrition fly out the window! This newsletter is designed to help you over the next few weeks so you don't miss out on the fun and are able to maintain the good work you have made over the year with regard to health, fitness and weight loss (for some).



Managing the Christmas Season



Research shows that on average, a person will increase their weight by two to five kilograms over the festive season. Drinking an extra glass of wine, eating handfuls of party nibbles and eliminating your daily/regular exercise can result in a surplus 500 to 700 calories per day. Keep that up for two weeks and that could be one to three kilogram weight gain if you also stop exercising.

Alcohol:

As you have no doubt been informed often enough, alcohol and weight control don't go hand in hand—your body processes alcohol first, leaving carbohydrates and fats to get stored as fat instead of getting used as fuel (see my [March Newsletter on alcohol](http://www.activenutrition.co.nz/monthly-newsletters-2.php) <http://www.activenutrition.co.nz/monthly-newsletters-2.php>).



When consuming alcohol don't mix your drinks, if you drink wine, then stick to wine: or if you enjoy beer then don't mix it with any other drink. With spirits drink them with soda water, water, straight up or on ice. With every glass of alcohol you drink you must match it with a glass of water. This will help reduce the calorie intake over the evening as well as help prevent dehydration.

Rehydrate before you go to bed and again the next morning. Having a fresh fruit salad for breakfast to help boost your antioxidants, cleanse your system and purge the toxins from over indulgence of alcohol.

Know your limits with alcohol. Research shows that it is ok for women to have 1 and men 2 standard drinks in a day a few times per week. A standard drink is any drink that contains about 14 grams of pure alcohol. To understand how much alcohol a “drink” measure the following using measuring cups and you usual drinking glass:

Beer		
Full Strength 4.8%	Mid Strength 3.5%	Low Strength 2.7%
259 ml = 1 std drink	360 ml = 1 std drink	475 ml = 1 std drink
375 ml can/bottle = 1.4 std drinks	375 ml can/bottle = 1 std drink	375 ml can/bottle = 0.8 std drink
425 ml glass = 1.6 std drinks	425 ml glass = 1.2 std drinks	425 ml glass = 0.9 std drink
Wine		
Red Wine 13%	White Wine 11.5%	Champaign 12%
100 ml = 1 std drink	110 ml = 1 std drink	107 ml = 1 std drink
750 ml bottle = 7.7 std drinks	750 ml bottle = 6.8 std drinks	750 ml bottle = 7.1 std drinks
2 litre cask = 21 std drinks	2 litre cask = 18 std drinks	
High strength spirits (40%)	30 ml nip = 1 std drink	700 ml bottle = 22 std drinks
Ready Mixed (7%)	275 ml bottle = 1.5 std drinks	330 ml bottle = 1.8 std drinks
Ready Mixed (5%)	275 ml bottle = 1.1 std drinks	330 ml bottle = 1.2 std drinks

Food and Entertaining:

Christmas is a time of year to let the hair down and have a great time but here are a few hints on how to survive the endless array of Christmas parties, work do’s; summer entertainment and New Year celebrations.

Don’t deprive yourself. The more you resist the more chance you may binge on the “forbidden foods. Be selective – it is better to have a little of what you really like than eating foods you do not love. It is fine to say no. Look at all the foods available before making your selection. This way you do not miss out on great foods and control your calorie intake.



If you are expected to take a plate make sure that it is the foods you want to eat. Make it healthy such as fruit and marshmallow kebabs or vegetable kebabs if it is a barbeque or a low fat healthy dip and vegetable sticks.

Plan ahead. If you know that there will be no healthy nutritious food available have a small meal at home where you can fill up on fruit, vegetables and low fat proteins. This will help you avoid the chippies and high fat dips, calorie laden truffles and chocolates, creamy

desserts and deep-fried nibbles. Not only will you not add calories to your diet but you will wake in the morning feeling good.

If entertaining, provide your guests with delicious alternatives to alcohol can include low to non-alcoholic drinks. This also gives you the chance to avoid over indulging. Suggested alternatives include:

- Low calorie beer
- Wine Spritzer – mixing wine with either club soda or mineral water and a wedge of lime
- Tom Collins – mixing nip of gin with 2 tbsp. lemon juice, artificial sweetener, club soda and crushed ice
- Strawberry Daiquiri – ½ cup sliced strawberries, 1 tbsp. lime juice, nip of rum, cup of ice, equal sweetener to taste – just put it into the blender

Providing healthy delicious nibbles can also be helpful not only to you but also for your guests. If you are creative with platters your guests will not miss the high fat sodium loaded nibbles they come to expect. Try the recipe of the month as a great alternative or you can make a tasty guacamole and vegetable sticks. Finely chop up 2 ripe avocados, 1 tomato, ¼ red onion, large handful of coriander, add squeeze of lime juice, pepper and paprika to taste.



Quote by Buddha:

To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.



Recipe of the Month



Edamame Hummus on Crostini

Whole Grain Crostini:

6 to 8 slices whole grain bread
Unrefined sea salt

Extra virgin olive oil

Preheat the oven to 400° C

Trim the crust off each piece of bread. Cut the bread diagonally, forming triangles. Use a small basting brush and lightly brush the tops of each piece of bread with extra virgin olive oil. Season bread with salt

Place bread slices in the oven and bake for 10 to 12 minutes, or until brown and crispy. Remove from oven and spread with edamame hummus

Edamame Hummus:

2 tablespoons extra virgin olive oil
5 cloves finely chopped garlic
1/4 cup chopped parsley
Unrefined sea salt, to taste
Black olive slices

2 shallots, finely chopped
300g Edamame beans
2 tablespoons fresh lemon juice
Freshly ground black pepper, to taste

Heat the oil in a small frying pan over medium-high heat. Add the shallots and half of the garlic (set the remaining raw garlic aside); sauté 2 -3 minutes until shallots and garlic are soft. Remove from heat.

Add the edamame beans, parsley, lemon juice, sautéed garlic and shallots and reserved raw garlic to a food processor; process until smooth and creamy.

Season with unrefined sea salt and pepper to taste

Spread edamame hummus on top of the crostini. Top with olives and serve at once



Would you like further information?

I am based in Tauranga. However, if you do not live in the Tauranga area this is not a problem with nutrition consultations as I am able to consult via Skype, internet or by telephone. There are no barriers to good information. Book an appointment or just drop me a line from my web site www.activenutrition.co.nz

Wishing you and your family a very
Happy Christmas and peaceful New Year



Piana