



Active Nutrition

Newsletter February 2012



New Year Resolutions – Have they “Fallen off the Bandwagon”?

Statistics show that 75% of New Year resolutions are either to lose weight or improve fitness. Well we are into the second month of 2012 and time is flying by. How are those New Year’s resolutions going? Again - those statistics show that most of us will have forgotten those resolutions within the first month of making them!

There are a number of reasons why we fail to accomplish the goals we so readily set. This is because we see the vision, but do not have the strategies in place to succeed.

The first thing we need to do is to make a plan. If we do not have a map of how to get there we will never arrive. The following are a few strategies and some do’s and don’ts around weight loss and fitness goals.



Going on Diet?

DON’T

Never “go on diet” – a diet implies restrictions, limitations and are usually short lived. Even if they do work once we have accomplished the goals we revert to our “normal” way of eating and all the hard work is wasted. You can’t diet all your life. It is not realistic.



DO

Focus on creating a healthy lifestyle. Eat more of the things that are good for your health (more fruit, vegetables, wholegrains, good fats) and less of the foods bad for your health (processed foods, saturated fats, sodium and sugary foods). Look for foods high in nutritional value such as vitamins, minerals and antioxidants.



All or Nothing?

DON’T

Trying to overhaul your nutrition in one go will result in cravings for the foods you cut out and your willpower will be tested to the utmost limits. Giving up certain food completely can be extremely difficult and if there is a hic-up in your life suddenly you find yourself back on all the “bad” foods.



Set small goals. Plan to take little steps along the way. This enables you to put in place those good habits and allows them to become part of your lifestyle

Eating as little as Possible?

DON'T

Yes DON'T! Our bodies require nutrients and calories to remain healthy and keep our metabolism running. Eating a nutrient and calorie deficient diet will result in the body going into "survival mode" and will hang onto fat and use up muscle for energy!



Eat a variety of fruits, vegetables, wholegrains – carbohydrates are not the enemy. Just avoid the refined carbs

Confused?

Invest in a nutrition consultation and get some good, solid, research-based advice on how to balance your diet and support your health and your exercise. I can help you to meet your weight loss goals.

If you do not live in the Tauranga area I can consult you 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



Recipe of the Month



Deconstructed Sushi

Serves 6

Ingredients:

2 cups basmati rice	5 chillies finely chopped
3 tablespoons sesame oil	¾ cup cider vinegar
3 cloves garlic finely chopped	9 sheet nori (seaweed sheets)
3cm piece fresh garlic peeled and chopped	360g can of salmon
½ cup salt-reduced soy sauce	½ bag baby spinach
1/3 cup sesame, sunflower or linseeds	1 avocado
2 cups chopped cucumber (no seeds)	1 cup chopped red capsicum

Cook the rice. Rinse under warm water and drain. Place in a large bowl.

Put a little sesame oil in a pan and cook the garlic, half the ginger and a teaspoon of soy sauce for 3 minutes on high. Add to the rice along with the diced chillies, remaining ginger, sesame oil, soy sauce and cider vinegar.

Tear the nori sheets into pieces and add to the rice. Add the salmon, capsicum, cucumber and spinach to the rice mixture.

Garnish with sliced avocado.

Enjoy.

