



Active Nutrition

Newsletter January 2013



Happy New Year and wishing 2013 is a great year for you.

By looking after your health through regular exercise and healthy eating you can minimise poor health and negative feelings whilst improving chances of longevity, looking great and to say nothing about feeling wonderful.

Unfortunately there is a lot of confusing and sometimes very misleading information out there that can lead to the exact opposite of what you are trying to achieve with health and fitness.

Over the holiday break I found myself discussing the benefits of calcium with a group of friends. One friend owned up to drinking a litre of milk a day – courtesy of his place of work. He was mixing 4 to 5 tablespoons of Milo with the (dark blue top) milk in the belief he was having a healthy mid-morning snack. I was duly horrified for, though full of good nutrients, consuming this volume for a snack is approximately 800+ calories, with a large proportion coming from the high fat content (43g +), mostly contained in the milk. A morning or afternoon snack should only contain about 200 calories. By changing the milk to either light blue top or trim (green top) he would have reduced the calorie intake down to approximately 620 calories or 540.



Milk – the good and not so good

Milk and other dairy products contain a wide variety of nutrients. They provide a quick and easy way of up-taking these nutrients, be it consumed as is or included in your cooking. The main nutrients are:

Calcium - for healthy bones and teeth

Magnesium - for muscle function

Vitamin B12 - for production of healthy cells

Zinc - for immune functions

Vitamin C - for healthy connective tissues

Vitamin A - for good eyesight and immune function

Phosphorous - for energy release

Protein - for growth and repair

Riboflavin (B2) - for healthy skin

Folate - for production of healthy cells

Iodine - for regulation of metabolism



The Heart Foundation advocates that we should only drink standard milk (dark blue top) up to the age of 2 years old; then change to light blue top. Once we reach the age of 12 years of age

we need to change to skim milk (green top) or better still calci-trim which has additional calcium.

The following details some of the nutrients found in milk in comparison with other products that are often used as a substitute to dairy milk. As you can see there is good (best option in green) and bad (worst option in red) in most products. For those with lactose intolerances there is a fairly new product on the market that gives all the goodness of dairy milk without the lactose content. However, this milk is very sweet and fairly “watery” which has tended to put consumers off purchasing the product.

Values per 100 ml of Milk										
Type of milk	Calories	Protein	Fat	Saturated Fat	Carbs	Calcium	Phosphorus	Magnesium	Potassium	Sodium
	per 100ml	grams	grams	grams	grams	mg	mg	mg	mg	mg
Dark Blue Top	62	3.4	4	2.2	4.9	116	85	9	155	43
Light Blue Top	48	3.7	1.5	0.4	4.9	127	93	11.7	149	44
Green Top	39	3.8	0.2	0.1	4.8	132	99	10.3	174	45
Calci +	46	5.8	0.2	0.1	4.7	201	144	15	175	45
Soymilk	42	3	1.7	0.3	3.8	119	116	13	235	43
Calci + Soymilk	64	3.2	3	0.5	6	160	108	20	126	43
Rice Milk	49	nil	0.8	trace	10.2	trace	nil	nil	nil	35
Almond Milk	17	0.4	1.3	trace	0.8	83	16.7	6.7	nil	75
Oat Milk	55	1.7	1.1	trace	10	150	yes	yes	50	46

The down-side of dairy is that many people refuse to eat the low-fat options, citing that they are “too watery” or “don’t have enough taste” – this is the saturated fat content of the full-cream products dictating. However, considering that we should only consume between 16g and 20g of saturated fat per day to meet our requirements the following should be considered:

<u>Dairy Products - Fat Content</u>			
Dairy Product (100g)	Total Fat (grams)	Saturated Fat (grams)	Calories
Tasty Cheddar Cheese	37.7	24	430
Edam Cheese	26.7	17	347
Natural Yoghurt	8.6	5.7	110
Fat-reduced Yoghurt	0.4	0.2	39
Cream	40	24.9	371
Reduced Fat Cream	20.8	13	208
Ice Cream (vanilla)	10.8	7.1	188
Ice Cream Reduced Fat (vanilla)	3.1	2.2	128

Research suggests that low fat milk is an ideal food to have after training as it contains fast-absorbing protein, some carbohydrates and sodium for electrolyte replacement. This

post-training food is even better if it is made into a fruit smoothy as the added carbohydrates help up-take the protein for repair and building muscles.



Would you like further information?

Book an appointment for a full nutrition consultation.

At: www.activenutrition.co.nz

There are no barriers to good information.

“Take care of your body. It’s the only place you have to live.”

By Jim Rohn



Recipe of the Month



Chicken & Vermicelli Salad (serves 4)

Quick, easy, and perfect for those warm summer nights

High in protein, iron, niacin, and vitamins C, A and B12

250g vermicelli noodles
2 spring onions. Thinly sliced
½ cup fresh mint or coriander, chopped
1 red chilli, seeds removed and finely chopped
1 1/5 cup mung beans
¼ cup sweet chilli sauce

2 medium carrots, thinly sliced
1 red capsicum, thinly sliced
2 cloves garlic, crushed
400g cooked chicken, skin removed
3 celery sticks, finely sliced
2-3 tbsp. lemon juice

Place vermicelli in a large heat proof dish, cover with boiling water and let stand until tender (between 5 – 10 minutes) then drain

In a large bowl combine vermicelli, carrots, onions, capsicum, celery, sprouts, herbs, garlic and chilli

Add shredded chicken

Make dressing by combining the sweet chilli sauce and lemon juice. Pour over the salad and gently toss to combine

Refrigerate until ready to serve

“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”

Spanish Proverb