



# Active Nutrition

## Newsletter June 2012



### Winter is Here! – Will You let it Affect Your Health?



With the onset of cold weather are you:

- Reaching for the comfort foods rather than your trainers?
- Eating more than you should?
- Ignoring the healthy salads for the fatty snacks?
- Have no desire to cook healthy foods?
- Feeling the onset of winter colds or flu?

If you said yes to any of the above you are in good company and there are reasons why we feel this way. As it gets darker earlier we get less exposure to sunlight which results in a drop of serotonin. This drop can cause depression, anxiety, overeating and food cravings.

This is the time when you need to boost your immune system. A healthy immune system will help protect you from viruses, bacteria and fungi. By functioning at peak performance you can remain healthy:-

#### Eat Right

Boost your serotonin with healthy carbs such as whole grains, fruit and vegetables such as yams, pumpkin, carrots and squash. Also vitamin rich foods high in vitamin C and E should be high in your list of priorities. Frozen fruit, especially blueberries and blackberries; and canned fruit (in their own juice or in water but NOT in syrup) are good substitutes for when fresh fruit is in short supply. Don't forget the omegas!



#### Exercise Regularly

Study shows that regular exercise reduces the number of sick days we take. When possible, use your lunch breaks to take some vigorous exercise be it in the gym or just a power walk around the pavements, keep moving. Stretch out the muscles that have been inactive and get your blood moving. When did you last take a run along the beach or in a scenic park? Your exercise environment can add to the pleasure of exercising – maximise your experience and you will be inspired to repeat the exercise more often.



## Sleep Well

Get your full allocation of sleep each day. Deep sleep stimulates your immune system and allows the body to heal and recover from intense training/exercise. Research has shown that the time we grow our muscles is when we are at rest, not when you are exercising.



## Quit Smoking

Smoking affects our immune system and causes a host of health problems.

## Manage Your Stress Levels

Keep stress to a minimum, thus you will minimise hormones such as cortisol that can put you at risk of obesity, heart disease and cancer. Again exercise, stretching activities such as yoga as well as eating healthily and not consuming alcohol in large doses will all help with reducing the effects of stress.



## Keep Hydrated

Often people find it hard to keep up their hydration in winter. We just don't seem to want to drink water in the quantities we can in summer. Water is essential for keeping our body functions operating at peak performance and it enhances our virus-fighting potential. Aim for your 8 glasses of water per day to keep your respiratory system hydrated and remove toxins from our bodies will all contribute to a healthy immune system.



### **Would you like further information?**

Find out how to avoid adding those extra kilos over winter - book an appointment for a full nutrition consultation.

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](http://www.activenutrition.co.nz)

A handwritten signature in blue ink that reads 'Diana'.



## Recipe of the Month



### **Chicken & Sweetcorn Soup** (serves 2)

Soup is a great winter lunch. You can get in a couple of your 5+ a day vegetables and at the same time have a nourishing and sustaining meal to get you through the day.

Takes about 25 minutes to make

1 chicken breast, skin off	500ml chicken stock
2 small kumera	2 cups frozen sweetcorn
1 egg	Dash sesame oil
1 spring onion chopped	Small handful chives (optional)
Sprinkle of cayenne pepper to taste	2 tablespoons natural, low fat yoghurt

Dice the chicken breast and kumera into small chunks (about 1 cm). Defrost the corn. Whisk the egg lightly in a small bowl. Bring the stock to the boil in a pot. Add the chicken and kumera and simmer for 5 minutes. Add the corn and cook for another 10-15 minutes, until the chicken is cooked. Pour in the egg, stirring, and cook for 2 minutes. Add the sesame oil, herbs and spring onions. Season with salt and pepper, top with yoghurt and serve with wholemeal pita pocket

