



Active Nutrition

Newsletter April 2013



Antioxidants

Hi All

Well it appears that our lovely summer is finally at an end. With the onset of autumn and winter we are suddenly bombarded with new and vicious strains of flu'. Many of these we have developed antibodies to fight, but some new strains pose serious health risks to those more vulnerable. Our bodies are designed to fight disease but need a little help to ensure we remain healthy and able to live life to the full. One of the weapons in this arsenal is antioxidants. Scientists believe antioxidants help prevent and repair cells damaged through natural stress that comes from oxidation as well as prepare the body to fight disease and illnesses. Eating a diet high in antioxidants helps you ward off damage from pollutants that cause us to become ill.



My Article From 12th April 2013

The Importance of Antioxidants

Trying to delay the aging process and avoid illnesses? It could all come down to whether or not you are getting enough antioxidants.

We hear a lot about antioxidants and that we should be including them in our diets, but how many of us understand why they are important and how we should consume them.

Day to day living subjects us to varying levels of oxidative stress through exposure to pollution, sunlight, smoking and even just breathing. Oxidative stress occurs when reactive molecules called free radicals are produced in our bodies. Free radicals can have some positive effects such as stimulating our immune systems.



However, it is these free radicals that damage cells in the body that have been linked to various cancers, Alzheimer's and can also speed the aging process. We exercise for our health, but with aerobic and endurance exercise where we use oxygen to produce energy a great number of free



radicals are produced and thus the higher the oxidative stress we place on our bodies.

Antioxidants neutralise free radicals. Antioxidants are produced by your body as well as coming from foods we eat. Common food sourced forms of antioxidants are vitamins E, C, A, beta-carotene and selenium. Research shows that antioxidant supplements are not as effective as antioxidants sourced from whole foods such as fruit and vegetables. This is because the plant based antioxidants have a whole range of secondary and very powerful antioxidants such as lycopene, which can be found in tomatoes and tomato based products such as tomato paste and tomato sauce; carotenoids and flavonoids found in citrus; and catechins found in green or oolong tea.



Beta-carotene is the orange pigment that can be found in vegetables such as carrots as well as in green vegetables where chlorophyll disguises the orange pigmentation.

Research around antioxidants suggests we should consume a wide range of whole foods which include fruit, vegetables, nuts, seeds and wholegrains to give us the best chance to obtain nutrients that will help our bodies recover after exercise, combat stress, pollutants and prevent diseases; as well as increase our ability to delay the aging

process, something we all want to achieve.



Would you like further information?

<p><u>Nutrition Analysis</u> \$85.00</p> <p>Includes: Food diary analysis</p> <p>Nutrient deficiencies</p> <p>Recommendation on changes</p> <p>Suggested menu plan</p>
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Book an appointment for a full nutrition consultation. I hold clinics in the Tauranga CBD, however am able to come to you if you live in the Tauranga/Mount Maunganui/Papamoa areas or if this is not suitable, 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

Handwritten signature "Diana".



Recipe of the Month



Chicken Lemon Kedgeree (serves 2)

Rice bran spray
1 red capsicum, chopped
2 cups salt-reduced chicken stock
1 cup frozen peas
2 tbsp. low fat natural yoghurt
½ onion, chopped

2 carrots, peeled & cubed
½ cup brown basmati rice
1 cooked, skinless chicken breast, chopped
1 lemon, zest & juice
2 tbsp. chopped parsley

Heat large frying pan/wok and spray with oil. Fry carrots, onion and capsicum until softened.

Add rice and stock and simmer for 10 minutes

Add shredded chicken, peas, lemon zest and juice. Simmer for 10-15 minutes until the rice is cooked

Serve immediately topped with yoghurt and of parsley



Fitness Tip

Always try to get 7 – 8 hours' sleep a night. It is the time we rebuild muscle after working out

You are what you eat



Bioelectrical Impedance Analysis (BIA)

Keep your training and/or weight loss on track

Get your BIA taken every 2 – 3 months to track:

Fat loss

To either book an appointment or find out more about BIA

Either go on my web OR

phone 0210476155