



Active Nutrition

Newsletter April 2014



Sugar

SUGAR

May Affect Brain Power

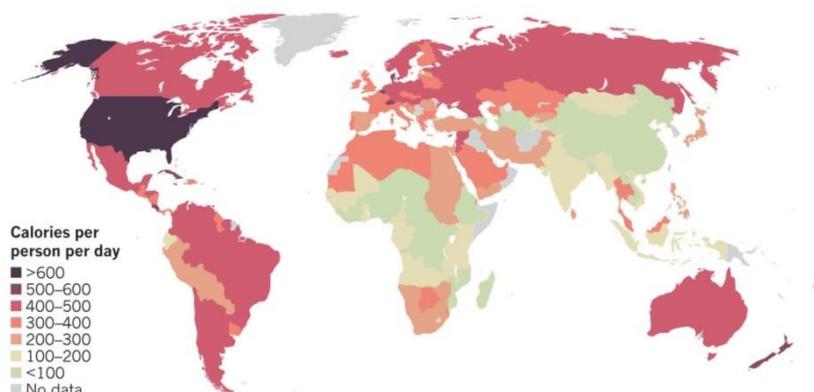


Having spent a couple of very interesting days at the NZ Heart Foundation Forum listening to the latest research and focus of the NZHF I am inspired to continue to spread the word on the evils of the BIG 3 – sodium, saturated fat and the hot topic: **sugar**.

Whilst the NZHF's focus is naturally on heart disease and how to prevent it I decided to find out what other health factors result from the eating of too much sugar and I was alarmed to find out what research has thrown up. (I have included a list below of the more credible research findings for those of you interested) From this research we can conclude that sugar is no friend of the human body and we need to take a good long look at how much we are consuming.

THE GLOBAL SUGAR GLUT

Global sugar supply (in the form of sugar and sugar crops, excluding fruit and wine) expressed as calories per person per day, for the year 2007.



It has been suggested that we reduce sugar consumption to no more than 6 teaspoons worth per day for women and 9 teaspoons for men.



But not all sugar is equal. If it ends in “ose” it denotes a type of sugar. It is found in many types of food including milk (lactose); and in fruit and some vegetables (fructose) – all health-giving, nutritious foods.

The experts are more concerned with the sugar in processed food especially in fizzy drinks, most of which contain more than the recommended daily maximum sugar intake in just one can of Coke.

SUGAR

Overload May Shorten Life



Our bodies have two options on how to deal with excess sugar, either



burn it off with exercise or convert it to fat and put it into storage.

Diseases and Afflictions Attributed to Excess Sugar Consumption

Suppressed immune system	Cell and tissue damage
Increase likelihood of cancer	Raises triglycerides (fat)
Leads to /increases obesity	Increases risk of diabetes II
Upset mineral and vitamin balances	Interferes with calcium and magnesium absorption
Causes hypoglycaemia	Can result in premature aging
Causes tooth decay	Can inflame arthritis
Causes heart disease	Decreases insulin sensitivity
Decreases growth hormones	Can increase cholesterol
Can inflame eczema in children	Can cause skin to wrinkle as it affects collagen



Suggested ways to reduce your sugar consumption:

1. Do it gradually – this way you train your taste buds not to crave sugary foods
2. Swap sugar for spices in your baking – again re-training your taste buds to appreciate other flavours
3. Swap sugary baking/treats for nuts or fruit or vegetables sticks
4. Swap fizzy drinks and/or fruit juice for water
5. Increase your protein
6. Never go shopping when you are hungry



Would you like further information?

Book an appointment for a nutrition consultation:

Phone: 021 047 6155

Email: info@activenutrition.co.nz

Book on web site: activenutrition.co.nz



Recipe of the Month



Banana Oat Bars

Great for snacks or pre-training food

Low sugar, low fat – makes 18 servings

125g wholegrain oats
2 tsp. baking powder
½ tap. Baking soda
1 cup mashed bananas
2 egg whites
1 tbsp. desecrated coconut

50g raw brown sugar
1 tsp. cinnamon
80g sultanas
60ml trim milk
1 tsp vanilla essence

Heat oven to 180 C. Line a swissroll tin (or baking tray 23 x 33 cm with baking paper.
In large bowl mix together all dry ingredients
In a separate bowl mix together bananas, egg whites, milk and vanilla essence. Slowly add this to the dry ingredients and mix well
Spread evenly over baking tray and cook about 35 minutes
Cool and cut into bars



Bioelectrical Impedance Analysis (BIA)

BIA is a non-invasive method of measuring:

- ✓ Actual muscle and fat mass
- ✓ Muscle balance of individual limbs, assisting with training methods
- ✓ Great for tracking training or weight loss progress
- ✓ Waist:Hip Ratio - research shows the importance of maintaining a healthy ratios.
- ✓ Metabolism - basal metabolic rate is the basic energy requirement of the body for "living". BIA measures the minimum calorie requirement based on age, gender, body size and muscle mass.

Book your Body Composition Analysis:

6th ; 7th & 8th May 2014

At Bodyzone Gym

Phone: 021 047 6155

OR

email: info@activenutrition.co.nz



Diana