



Active Nutrition

Newsletter December 2013



Christmas

We are suddenly at the end of 2013 and into the frantic activity of preparing for Christmas and New Year with little thought as to where 2013 has gone and if we achieved all the goals we set ourselves in our last January resolutions.

Ideas on how to navigate the festive season reasonably unscathed:

- Try to keep to your regular eating patterns so you avoid snacking on high calorie snacks
- At functions only eat what you really like – don't be tempted to try everything, you need to enjoy the food and not regret the additional calories
- Only have a single helping and eat it slowly. This gives your body a chance to advise your brain that your stomach is full and you do not need seconds.



- Try to include some healthy foods such as fruit salad rather than Christmas pudding or skinless chicken rather than pork crackling or more green vegetables and less roasted potatoes.
 - If you know there will be limited healthy food choices at a party have a small meal of your favourite healthy foods. This will mean that you do not miss out on your favourites, you limit your calorie intake and you have no "food" regrets the next morning
- Alcohol is high in calories so alternate each drink with a glass of sparkling water with a dash of lemon. Not only will this reduce your energy intake but will have you feeling great the next morning (see my March 2012 newsletter on alcohol at <http://www.activenutrition.co.nz/monthly-newsletters-2.php>)
 - With the new drink driving rules provide a non-alcoholic punch for those friends driving. These can be tasty and low calorie at the same time – win-win for all
 - Find fun ways to get plenty of exercise with friends and family.



What every you do I wish you all a wonderful and safe Christmas



Would you like further information?

There are no barriers to good information.

Book an appointment for a full nutrition consultation or just drop me a line from my web site www.activenutrition.co.nz

Diana



Recipe of the Month

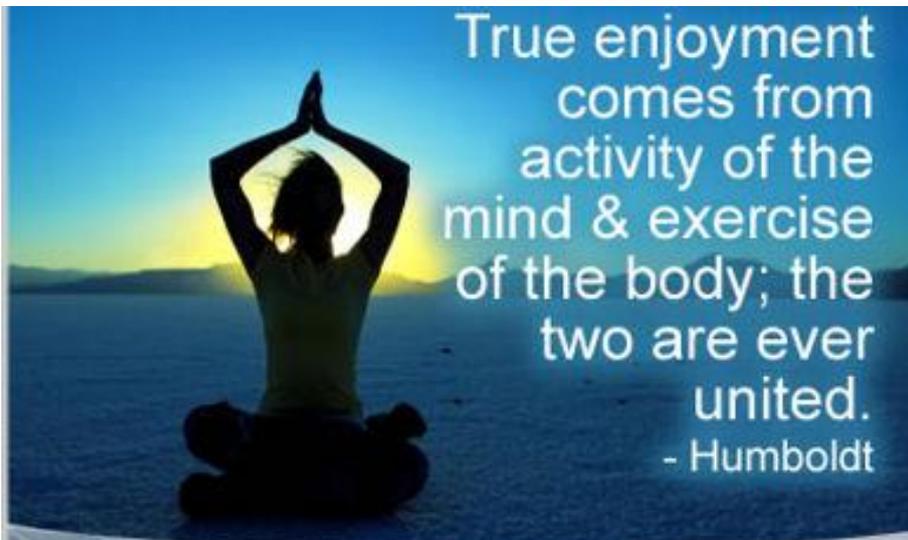


Spinach, Strawberry & Feta Salad (serves 2)

200g baby spinach leaves
400g strawberries
15g raw almonds, chopped
2 tbsp. balsamic vinegar

80g LOW fat feta cheese
15g walnuts, chopped
1 tbsp. olive oil
pepper to taste

Wash and dry spinach and place in a bowl
Wash, de-hull and $\frac{1}{4}$ strawberries and slice feta into chunks. Place in bowl with the spinach
Whisk together the oil and vinegar and add in finely chopped nuts. Add to salad and gently toss
Allow salad to sit for 15 – 20 minutes for the flavours to mingle



Have a very Happy Christmas and may 2014 be your year for health and fitness