



# Active Nutrition

## Newsletter February 2013



### Deficiencies – are you suffering from any?

Hi Everyone

Well 2013 is well on its way and hopefully you have all recovered from the excesses that Christmas and the Holiday Season inevitably brings. This month I have been talking to clients about ensuring they are getting enough of the vitamins and minerals that keep them functioning at optimal levels whilst avoiding poor health. One client was over-eating some 750 to 1000 calories a day yet on assessing his food I had to report that he was being mal-nourished! You may ask how that can be if he was getting in such a high energy intake. It comes down to the quality of food as opposed to the quantity. Cakes, sugary desserts, white bread, processed meats etc. are all poor choices to fuel our bodies.

Even if we think we are eating a well-balanced diet there are many nutrients that we just do not get enough of and this was highlighted in my recent article in the Weekend Sun on iodine (copy of which is below). With the advent of many “more healthy” salt options many of us no longer add iodised salt to our cooking or have it on the table, nor are we consuming commercially produced breads (to which iodised salt is added) – the gluten issue changing many of our eating habits. This is restricting our ability to obtain iodine.

As with iodine there are a number of other nutrients we do not eat enough of. A full assessment of your current eating can identify areas where you can make small, but valuable changes. If you would like to have an assessment done please feel free to contact me to book an appointment.

#### Nutrition Analysis \$85.00

**Includes: Food diary analysis**

**Nutrient deficiencies**

**Recommendation on changes**

**Suggested menu plan**



### My Article From 8th February 2013

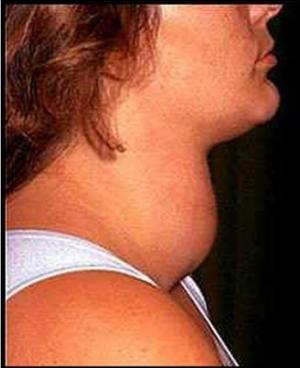
#### The Importance of Iodine

New Zealand's soil is deficient in a number of key nutrients. One of the most important deficiencies that affect our health is the low deposits of iodine. Iodine is vital in the manufacture of thyroid hormones that help maintain our metabolism and support growth and development especially in children. It also supports normal brain development and is

particularly essential for the development of healthy foetus and in young children. Some of the symptoms felt by people with iodine deficiency can include fatigue, weakness, depression, hair loss and weight gain. While these symptoms can be due to any number of factors, so it is not wise to self-diagnose.



Severe iodine deficiency can lead to stunted growth, mental



retardation in children and the occurrence of goitres – an enlargement of the thyroid gland that result in a swelling of the neck. Goitres were common in the early 1900s and to resolve deficiencies, iodine was added to salt. Sanitizers containing iodine were used in the dairy industry and this led to iodine leaching into the milk supply. This, and the combination of iodised salt gave New Zealanders sufficient iodine to remain healthy. However, lately deficiencies have crept back in owing to the dairy industry ceasing to use sanitizers containing iodine; the reduction of the use of iodised salt in manufactured foods as well as in home-cooked foods and the

absence from dining tables.

As of 2009 iodised salt has been added to commercially produced breads to address the lack of iodine consumption by the public. But the question is what if you do not eat these breads or used iodised salt? Where do you get your iodine from? Seafood such as fish and shellfish are good sources of iodine so is seaweed, which makes sushi a good food choice. Traces are also found in dairy and eggs as well as imported foods grown in iodine-rich soils.



As low consumption of iodine can affect our health, so can high consumption of iodine.

Very high consumption of iodine can inhibit the production of the thyroid hormones as well as abdominal pain, nausea, vomiting, diarrhoea, weak pulse, and even result in a coma. With this in mind I advise clients to first consult their doctors before taking iodine supplements and kelp tablets. Women considering falling pregnant or breast feeding should also ask their doctors about taking iodine



supplements.



**Would you like further information?**

Book an appointment for a full nutrition consultation.



Phone: 021 0476155 **OR** Book an appointment on my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz)

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.



## Recipe of the Month

### **Seafood Curry with Mussels** (serves 3-4)

2 tbsp. curry paste  
200g cooked prawns  
100g mussels (pre-cooked)  
400g tin chopped tomatoes with garlic  
1.5 cup brown basmati rice  
1 diced tomato

1 onion finely sliced  
150g scallops  
3 sheets nori, chopped  
Large bunch coriander, chopped  
1 cup chopped cucumber  
1 avocado, diced

Cook the rice to directions on packet

Drizzle some oil from the curry paste jar into a large frying pan/wok, heat and then add onions and cook until softened. Sear the scallops. Stir in the paste and cook another couple of minutes. Stir in the prawns, mussels and tomatoes, and bring to a simmer. Add the nori and season to taste. Add coriander just before serving with rice, cucumber, tomato and avocado



**Health is a relationship between  
you and your body**

*"To eat is a necessity, but to eat intelligently is an art."  
by La Rochefoucauld*

I can help you learn the art of eating intelligently – give me a call or drop me a line at [info@activenutrition.co.nz](mailto:info@activenutrition.co.nz) and let's get your eating plan on track for 2013



*Diana*