



Active Nutrition

Newsletter June / July 2014



Beating the Winter Blues

Many of us loath the onset of winter with the cold wet days, dark mornings and long dark nights. All we want to do is curl up on the sofa in the warmth and snack on comfort foods, hibernating until spring arrives! Not surprisingly we emerge a few kilograms heavier after hiding under the bulky winter clothes, depressed with poor immune systems and wishing we had made more effort to live life like we do in summer.

Solution:



Keep Moving

Exercise, especially outdoors not only does wonders for the spirits but also keeps the weight under control and if it is warm enough getting a little sunshine on the skin generating vitamin D, the anti-depressant aid.

If you undertake high intensity activities make sure that you wrap up warm after activity and avoid anyone with a cold or flu. Post high intensity exercise leaves you more susceptible to upper respiratory tract infections, so be mindful of your recovery time and nutrition.

Remember to warm-up before exercise as it takes a little longer for the blood to get to the muscles in winter - to say nothing about getting the joints moving!



Eat High Nutrient Foods



This does not mean high calorie foods, but rather foods high in vitamins, minerals and omega-3 oils. Avoid the high fat, sugary and salty foods that are often linked with the comfort foods. Swap these for soups and stews packed with vegetables.

Foods to include in the winter menu should include garlic, ginger, walnuts, flaxseeds/oil, chia seeds, sesame seeds, oats, kiwifruit, citrus, oily fish (sardines and salmon are great) and plenty of green leafy vegetables.



 Keep Hydrated

Don't forget to drink plenty of water. It could be a time to try a new herbal tea.



Would you like some assistance reaching your goals?

Book an appointment for a full nutrition consultation or body composition analysis (BIA).

There are no barriers to good information.

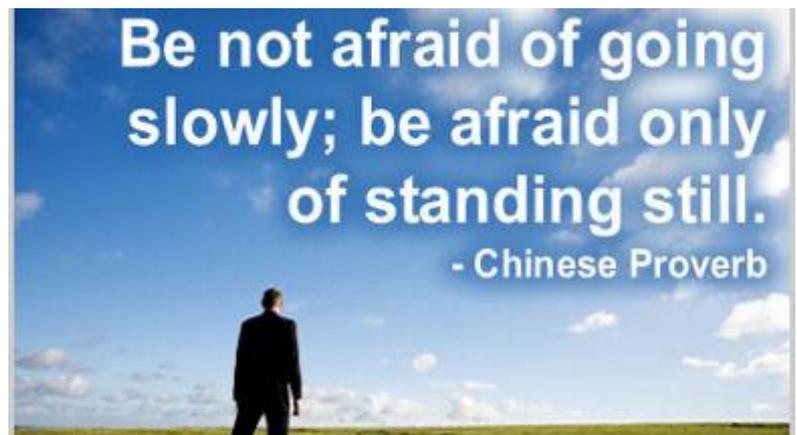
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Request an appointment on my web site: www.activenutrition.co.nz

Diana





Recipe of the Month



Moroccan Chicken & Lentil Stew

Crockpot recipe – put on to cook before leaving for work – tasty meal to come home to

Serves 6 – adjust for your personal requirements (great to take for lunch the next day)

Stew:

2 cups chopped carrots

600g boneless, skinless chicken breasts

2 cup celery, chopped

1 tsp. turmeric

½ tsp. ground cinnamon

To Serve:

6 small wholegrain pita pockets, heated

1.5 cup lentils

2 tbsp. garlic, finely chopped

1 onion, chopped

½ tsp. cayenne pepper

salt to taste

6 tbsp. low fat natural yoghurt

Place all stew ingredients in crockpot and cook on high for 5 hours or overnight on 1 hour high and 7 hours on low.

Serve topped with a dollop of yoghurt and heated pita bread

