



# Active Nutrition

## Newsletter May/June 2014

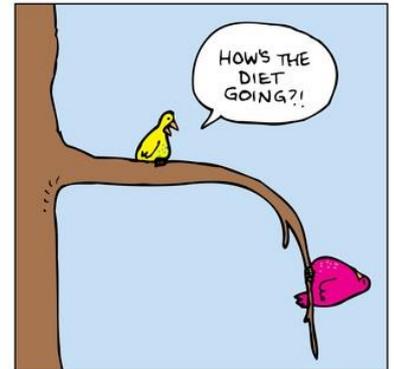


### Fat

Increasingly I am asked by clients for advice around the “high fat weight loss diet” – how healthy is it and would it be right for them. There are many who struggle with the concept and hype around the publication by AUT University of their findings on a high fat weight loss research.

This is my take on the high fat : low carbohydrate diet:-

1. Our bodies require a minimum daily supply of vitamins, minerals, fibre, and protein as well as fat. Fat lacks these essential nutrients, so should your main calorie intake be from fat you will find that you will not be obtaining the other nutrient requirements for a healthy body.



2. Not all fats are equal. The three main fats are saturated fat; monounsaturated fat and polyunsaturated fat - each have a different effect on our health and lipid profile (our cholesterol). Research has shown that we need to restrict our saturated fat intake. However, all fats come in a trio; the healthier fats just have a higher ratio of the unsaturated fats. So, no matter which food containing fat we eat, we will still be consuming some of the bad fat (saturated).



3. Research shows that limiting saturated fats can reduce the chances of genetically prone people (people who are at risk) of becoming obese. The suggestion is that saturated fats might interfere with activity (hormones) in the brain that lets us know we are full.
4. It is hard for our bodies to use fat as a source of energy unless there are carbs. present.
5. High intake of saturated fat is linked with heart disease
6. 1 gram of fat contains 9 calories; 1 gram of protein or carbohydrate contains 4 calories!

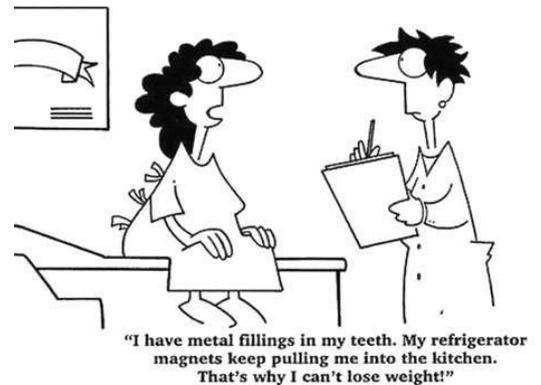
Convinced?

This argument is only against high fat weight reduction diets. We DO need a certain amount of fat in our diet – it is which fat that is important.

Swap high fatty foods such as full cream/fat dairy, fried foods, processed foods, coconut and palm oil, fatty meat and baking for things like avocados, nuts such as walnuts and raw

almonds, oily fish and low fat dairy products. Check that the low fat dairy products have not substituted sugars for fat as this can be just as bad.

Remember that not all research is good research. This recommendation by AUT to lose weight by having a high fat diet needs to be balance against a mountain of other research that advises against high-fat diets.



### **Bad news for Chocolate & Red Wine Lovers – new research**

It appears we can no longer be guilt free munching a piece of dark chocolate or sipping a good red wine in the belief that they are full of the good antioxidant.

Recent research has found that the antioxidant called resveratrol which is found in red wine, dark chocolate and grapes is no longer associated with living longer!

The researcher (a cardiologist) suggests we no longer bother with resveratrol supplements as they do not live up to their promised outcomes – well OK I can live with that - but don't take away our small pleasures!

Personally I will await further research on this!



5 lbs of Fat (yellow) vs. 5lbs of Muscle (red)

**Body composition analysis can help you track your fat-loss progress where scales only measure weight loss. Keep your training, muscle building and fat loss by having regular bioelectric impedance analysis (BIA) done.**



**Would you like further information?**

Book an appointment for a **BIA** or a full nutrition consultation.

Book an appointment or just drop me a line from my web site [www.activenutrition.co.nz](http://www.activenutrition.co.nz)

OR phone me: 021 047 6155

A handwritten signature in blue ink that reads "Diana".



## Recipe of the Month



### **Salmon & Avocado Pasta (serves 4)**

*High in protein, iron, fibre and vitamin C as well as omega-3*

250g wholemeal pasta shapes	1 tbsp. olive oil
250g fresh salmon	8 cherry tomatoes
1 avocado	2 tbsp. parmesan cheese, grated
1 lemon, juice & zest	½ cup fresh coriander, chopped
Black pepper to season	.5 cup sweetcorn, defrosted in hot water

Preheat oven to 200° C

Bring a large pot of water to the boil and cook the pasta to directions on the packet. Drain well, drizzle over the olive oil to prevent pasta sticking. Allow to cool

On an oven proof tray, bake the salmon for 10 minutes. Remove skin and bones and set aside

Halve the cherry tomatoes, peel and chop the avocado and chop into similar size chunks to the tomatoes

Combine the pasta, tomatoes, avocado, sweet corn and salmon in a salad bowl

Gently stir through the lemon zest and juice, season with pepper and top with coriander to serve