



# Active Nutrition

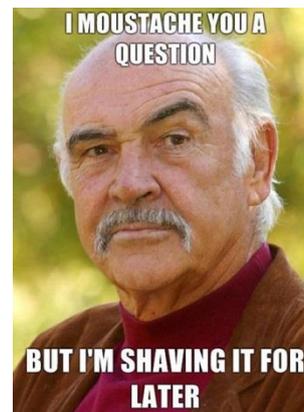
## Newsletter November 2013



### November

Come November we see the sprouting of facial hair in support of men's health, in particular prostate cancer and depression. As with many diseases, looking to prevention to lessen the effects of modern day living is an important part of our lifestyles. By eating well, sleeping well, exercising and avoiding pollutants can improve our chances in the fight against depression and cancers.

Cancer prevention is a high priority topic for researchers. Conspiracy theorists claim big pharmaceutical firms try to block information, but looking into ways to prevent cancers has resulted in hundreds of research articles being published on the matter. The following are a few of the recommendations:



1. Avoiding pollutants such as smoking, vehicle fumes, chemicals and sprays to name a few
2. Get active even if is as little as 30 minutes a day
3. Avoid sugary drinks including cordial, carbonated drinks and even too much fruit juice
4. Avoid processed foods especially processed meat
5. Limit the intake of sodium especially that from tinned and processed foods
6. Limit the amount of red meats eaten
7. Limit the amount of alcohol consumed
8. Increase the amount and variety of fruit, vegetables, legumes and wholegrains
9. Keep weight down, the recommended maximum waist size is, according to research, 94cm for men and 81 cm for women.

This all is supported by research as the basis of keeping good health. One food type, tomatoes appears in many research papers as a very valuable cancer-fighting vegetable.



One of the major cancers it appears to have a strong influence on is prostate cancer. Here the recommendation is that once tomatoes have been heated/cooked the lycopene (a strong anti-oxidant) is enhanced especially when cooked with olive oil as the fat helps with digestion and up-take of the anti-oxidant.

The anti-oxidants in tomatoes have been found to reduce heart disease as well as lowering cholesterol and atherosclerosis (build up and blockages in blood vessels). Strangely enough research has also shown that people whose diets are low on lycopene are at more risk of osteoporosis.

Tomatoes are also high in vitamins C, A, K, E, B6 and B1; as well as potassium, manganese and folate. My advice is to include tomatoes in your diet. Those who are unable to eat acid-rich foods due to issues such as gout of rheumatoid arthritis etc. should source acid-free tomatoes.



## My Article From 8th November 2013

### Fad Diets – What to Believe

It is the time of year when there is a huge push by those promising “unbelievable” weight loss results using dodgy methods with little to no reliable research to back up their claims. Yet how many of us buy into these promises with the hope that they will somehow miraculously transform our bodies into what we dream of possessing?

Dispelling myths created by people trying to push their business in the multi-million dollar weight-loss industry is becoming a daily chore for those of us who believe in healthy bodies for life not fast loss at the detriment of their client’s future health. Restricting diets to only eating a few food types can result in deficiencies in minerals and vitamins that are essential for growth, repair and supporting our immune systems.

One claim that aggravates me is to never eat bananas. Bananas are a wonderful pre-packaged food perfect for athletes/exercisers providing not only instant energy but also many health benefitting anti-oxidants, minerals and vitamins. Bananas are more energy dense than many other fruit and the more ripe they are the higher the sugar levels so those at risk of diabetes should limit their consumption. But for the rest of us, bananas are a great source of potassium, magnesium, manganese, vitamins B2, B3 and B6 as well as providing about 10% of our daily requirement of fibre.

When selecting a calorie-restricting diet it is advisable to make sure it is well balanced. For further information please contact me [info@activenutrition.co.nz](mailto:info@activenutrition.co.nz)



#### Would you like further information?

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

“Take care of your body. It’s the only place you have to live.” ~Jim Rohn



## Recipe of the Month



### Chilli Cornbread Casserole (serves 4)

Cooking time 1.5 hours (chilli mixture keeps well in fridge for up to 3 days and can be frozen – make the topping fresh)

**High in fibre and protein; also iron, zinc, calcium, and vitamins C, A, E, B2,B3 and B12**

½ tbsp. canola oil	1 onion, chopped
1 capsicum, chopped	2 cloves garlic, finely chopped
250g lean beef mince	425g tin kidney beans, drained & rinsed
400g tin tomatoes	1.5 tbsp. chilli powder
½ tsp. ground cumin	1 tsp. paprika
¼ tsp. cayenne pepper	
¾ cup cornmeal	1/3 cup wholemeal flour
1 tbsp. sugar	½ tsp. baking powder
¼ tsp. baking soda	pinch of salt
1 small egg lightly beaten	¾ cup trim milk
1 tbsp. canola oil	¼ cup parsley, chopped
¼ cup mild cheddar cheese	¼ cup grated parmesan cheese
4 cups green salad	

Heat oil in a non-stick frying pan and add onion, cooking until tender. Add capsicum and garlic and cook a further minute. Add beef and cook until browned, about 4-5 minutes. Stir in beans, tomatoes, chilli powder, cumin, paprika and cayenne pepper. Bring to the boil then reduce heat and simmer for about 20 minutes and the sauce has started to thicken. Heat the oven to 180° C and coat an oven proof dish with a spray of canola oil. Prepare the topping by whisking the cornmeal, flour, sugar, baking powder, baking soda and salt in a big bowl. In a separate bowl whisk the egg milk and second measure of oil together. Add the egg mixture to the flour mixture, add the parsley and stir to combine. Transfer the beef mixture to the ovenproof dish, sprinkle with the cheese and then top with the battered mixture. Bake in the oven until the topping springs back to touch, about 20 minutes. Stand for 10 minutes before serving. Serve with a green salad

*"Today, more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies and lack of physical exercise."*

*~Mike Adams*