



Active Nutrition

Newsletter October 2013



Spring is Here – Time for Action

Well suddenly daylight saving is here and soon summer will be upon us. Now is the time for shedding those “cover-all” clothes and pulling out the togs, shorts and skimpy tops. But how many of us look in shock at what we see in the mirror and realise that those cold winter months seduced us into the comfort foods that helped add the few extra kilos.



Everywhere you turn there are promises of “quick fix” weight loss programmes with a hundred and one different methods to getting the “body you always wanted”. Is it any wonder that people are confused?

The question is – do these methods work and how healthy in the long-run are they for you? Whilst you may lose some weight we need to ask – was that fat loss or muscle and bone loss? A balanced intake of vitamins and minerals through whole foods from which these nutrients are found in a form that allows our bodies to absorb them is important for our health, for bone and muscles growth and repair as well as for maintaining our immune systems for fighting disease. By severely restricting calories or only eating a limited variety of foods we deprive our bodies of nutrients that maximise health.



Weight loss should not just be about food. It needs to be a balance of exercise (energy out) and nutrition (energy in). The latest “odd-ball” exercise suggestion that you only need to do 3 minutes exercise per week is totally laughable. Exercise needs to be a mix of resistance exercises and cardio.

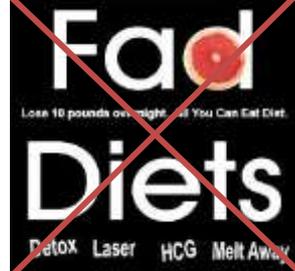
How to tell a good weight loss programme from the “other”:-

1. Avoid diets made up primarily of processed meal supplements – they are not healthy for you as much of the nutrients are not in a form that the body can absorb so you will deprive the body of the vitamins and minerals it requires



2. Avoid diets that restrict fluids – we need fluid (water) to deliver nutrients to the muscles and to flush toxins and waste from our systems. Some diets that restrict fluids show weight loss on the scales but it is fooling you into believing you have had fat loss

3. Avoid diets that promise large weight loss in very short time – you put the weight on slowly and so you need to lose it at the same rate to maintain muscle and bone density
4. Avoid high protein low carb diets. Most proteins are linked with fat. Fat gets stored as fat and it takes effort to break it down as energy expended. Remember 1 gram of protein and carbs produce 4 calories where 1 gram of fat produces 9 calories
5. Watch for claims such as “latest research has found” – often this is only one research paper with a few subject participants. Until a new theory can be supported with full research projects using extensive subjects it is foolish to discard research that has been supported by hundreds of research projects using thousands of participants.
6. Ensure the weight loss programme includes an element of exercise, especially resistance exercise
7. You can't out-exercise a poor diet



Would you like further information?

Book an appointment for a full nutrition consultation and receive:

- Nutrition plan to fit your individual needs and lifestyle
- Recommendations around improving your nutrients and eating habits
- Recommendations around exercise
- Body composition analysis (not available for out of town clients)
- Any number of follow-up plans (price on request)

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



Recipe of the Month
Italian-Style Tuna Salad
(serves 4)

Quick and easy recipe for dinner or packed lunch – high protein, low fat and packed full of iron, zinc and fibre

Ingredients:

4 small wholemeal pita pockets	2 x 185g tinned tuna in spring water
400g tinned cannellini beans	10 cherry tomatoes, quartered
4 spring onions, thinly sliced	2 tbsp. olive oil, extra-virgin
2 tbsp. lemon juice	8 large lettuce leaves

salt & pepper to season

Combine tuna, beans, tomatoes, onions, oil, lemon juice, salt & pepper in a bowl. Cover and refrigerate until ready to serve

Place lettuce leaves in pita pockets and then fills with tuna mixture. These are great for a packed lunch

If you wish add grated carrot and alfalfa sprouts



**SUCCESS IS A JOURNEY, NOT
A DESTINATION.**

FOCUS ON THE PROCESS