



Active Nutrition

Newsletter November 2012



Hi Everyone

I can feel the warm weather is coming and everywhere I look there are people out and about enjoying the warmer weather. How good is it to feel the sun on your skin, the breeze in your hair and the sound of ocean as you walk on the beach. How blessed we are to have all this available to us.

There is nothing like now to look towards your health and fitness to prepare you for the “silly season” leading up to Christmas and then the coming of summer. If you need a little help getting on track, be it either improving your nutrition or finding the ideal fitness/training programme, drop me a line or give me a call and we can arrange an appointment to discuss your personal needs.

Take care out there

Diana



[My Article From 9th November 2012](#)

[Fibre and Your Health](#)

Our fore-fathers ate a diet high in fibre. They had fewer incidents of obesity, diabetes and cancer. Why are we now suffering these debilitating and often fatal diseases at increasingly high rates? One answer may lie in the amount of fibre we are (not) consuming.

Current research supports the importance of fibre in our diets, with men requiring a minimum of 30 grams per day and women 25 grams per day, according to the Ministry of Health guidelines. However, surveys show that the average New Zealander is only consuming about half their daily requirement. To find out where we are going so wrong we need to compare our food intake to people in countries with low incidence of bowel and breast cancer, obesity and diabetes eat; to look at our highly processed westernised diet and identify what changes we can make to improve our chances of living a disease-free life.



Fibre comes in two forms, soluble which dissolves in water to form a gel-like material; and insoluble, which was formerly referred to as roughage and does not dissolve.



Insoluble fibre is fibre that cannot be digested and will pass through your gut without being broken down. Its function is to assist food to move more easily through your gut, keeping your bowels healthy, preventing constipation, haemorrhoids and bowel cancer. Research has linked breast cancer with a lack of insoluble fibre through the increased levels of oestrogen resulting from constipation.

Soluble fibre is broken down and digested through the intestine. Though fibre does not contain nutrients, it is credited with lowering blood cholesterol and thus heart disease; slowing absorption of sugar; assisting with weight loss through bulking up food so you stay fuller for longer; as well as reducing stress by controlling the yo-yo effect of blood sugars that cause the brain to release the stress hormone, adrenaline which acts on releasing the body's energy stores.

Fibre is only found in plant based foods. All foods containing fibre have both types of fibre, but in varying quantities. Good sources of insoluble fibre are whole grains and unpeeled fruit and vegetables; whilst rich sources of soluble fibre are found in fruits, grains and vegetables such as apples, citrus, pears, barley, oats and legumes. Food labelling guidelines suggest that anything labelled a source should contain 3 grams of fibre per 100 grams.



Did You Know?:

Research shows that “cheerful” people can live up to 19% longer than negative thinkers. So smile often, laugh a lot and enjoy life whilst strengthening your immune system

Regular exercise and stretching will also contribute to improved health – and it is the only legal “high” we can achieve at little to no expense!



Woman's Outdoor Fitness Classes:



If you or anyone you know could benefit from improved strength and flexibility whilst exercising in a controlled and personalised manner in a beautiful environment please invite them to view my class timetable available either on my



web www.activenutrition.co.nz or by dropping me a line info@activenutrition.co.nz and I will be all too happy to discuss their needs or have them attend a class.



Would you like further information?

You can book an appointment for a full nutrition consultation or a personalised training programme either through my web www.activenutrition.co.nz or phone 021 047 6155

Diana



Recipe of the Month

Summer Prawn & Nectarine Salad



This is a quick, easy meal high in vitamins (B12, Niacin, A, C, & E) as well as iron, magnesium, zinc and potassium

450g raw prawns (prepared)
1/4 tsp. cayenne pepper
2 nectarines, pitted and cut into thin wedges
1/2 cup basil leaves, thinly sliced
1 ripe avocado, sliced

1 tsp. canola oil
pinch of salt
8 cups mixed green salad
1/3 cup Vinaigrette
1/4 cup sliced almonds

Prepare grill for direct grilling on medium-high. In a large bowl, toss prawns canola oil, cayenne, and salt to coat.

Place nectarines on grill alongside the prawns and cook 4 minutes, turning once. (Prawns should be a pink colour)

In large bowl, combine mixed greens, basil leaves, and vinaigrette. Toss to coat.

Divide among 4 serving plates. Top with grilled shrimp, grilled nectarines, avocado, and sliced almonds

Serve with toasted wholegrain pita bread



Healthy Eating Tip:

If you drink one glass of milk a day, by switching your milk from dark blue top to green top you can cut out 2.8kg of fat over a year. You will also increase the calcium content by 22% and the protein content by 25%!

Definitely worth thinking about!

Quote of the month:

"Let food be thy medicine, thy medicine shall be thy food"

Hippocrates