

Nutrition topics covered at health hub “wellness” seminar Wed 11/04/09

- Australian culture is one of enjoying the company of our family and friends over food and drink, this is something that should be embraced, but also enjoyed in moderation to keep ourselves healthy.
- Nutrition when broken down to its simplest level can be covered in a few sentences, and possibly even a few words. EAT ACCORDING TO YOUR NEEDS, EAT SMARTER – MOVE MORE.
- Basic nutrition tips can come across as common knowledge, however the simple things can make a BIG difference, often people don't actually realize what they are consuming, and how much they consume.
- Losing weight is not easy, but is VERY achievable, and completely within our control, if you do the right things, eat correctly and exercise you will get results, there is no ifs, buts or maybe's.
- EAT ACCORDING TO YOUR NEEDS – Everyone is individual and should eat accordingly. As training levels and work commitments change, so should your diet.
- CARBOHYDRATES ARE OUR FRIEND!! – “Choose good carbs, not no carbs”. Carbohydrates are essential for life, are the body and brains main energy source, good carbs deliver much needed fibre, along with nutrients and minerals to the system and also aid in refueling and recovery amongst many other things.
- EAT BREAKFAST! – We have all heard that breakfast is the most important meal of the day.... But why?? Kick starts our metabolism, ending the body's fast whilst starting your body burning energy for the day, fuels the body and mind for function, a great source of fibre, whole grains and our good carbs, plus will work to suppress appetite to reduce harmful snacking and overeating later in the day. Please see attached sheet for a run down on the breakfast cereals available and a snap shot of their fibre content.
- LITTLE THINGS CAN MAKE A BIG DIFFERENCE – As discussed at the seminar, changing the fat content of just one staple product in your diet can make a massive difference to your weight loss goals. Eg – For the average consumer of 1 glass of milk per day, 3-4 cups of white tea or coffee, and milk on their breakfast cereal (which we are all eating now, right?), if a low fat substitute is used this would likely save calorie consumption over a year of approx 166,400kj's, 36 days full diet on a reduced kj weight loss eating plan. And that is without going into the good effects from limiting the amount of fat in the diet.

ALCOHOL – Lets get straight to the facts, alcohol is the most toxic substance we knowingly and willingly put into our system. The alcohol itself is high energy, inhibits absorption of nutrients and minerals, will affect the healing process of muscle after exercise but most of the time it's effects are those that surround it's intake. The food and snacks we eat whilst drinking, the craving for fat and sugar the day after, the decreased motivation to exercise.... The list continues. If only it weren't so enjoyable! So do enjoy, but in moderation.

80/20 rule – A quick tip which if followed will make eating right that little bit easier. If 80% of the things that pass your lips can be considered “healthy” then by all means enjoy the other 20%. Trying to go 100% perfect will most of the time end in disaster as the first slice of pizza you have quickly turns into demolishing a family super supreme (with extra cheese). Also look at healthy deserts for your after

dinner snacking such as fresh seasonal fruit with yoghurt, low kj jelly with low fat ice cream, fruit smoothies or wheat cakes (pancakes with whole meal flour).

Yours in good health and fitness

Jimi