



& Dr Joanna McMillan

Your Fitness, Lifestyle & Nutrition Concierge

Newsletter July 10

READING FOOD LABELS

I'm always asked about how to interpret food labels to choose the best foods, so here is a quick guide.

Step 1 Read the ingredients list. Do you recognise all or most of the ingredients as food items you could buy? If it reads more like a list of chemicals put the food back!

Step 2 Interpret the nutrition panel. Look at the 'per 100g' column and not the 'per serve' and look for the following:

Total fat - aim for products with less than 10g. For milk and yoghurt aim for less than 2g. For high fat foods such as oils choose those with low saturated fat and no trans fat and use sparingly.

Saturated fat - aim for as low as possible, preferably less than 2g

Sugars - this figure won't tell you if the sugar is added or naturally present (good), you'll need to read the ingredients list first. If there are no natural sources in the product (eg fruit) then look for less than 10g, or in otherwise healthy food less than 20g

Fibre - for breads and grain-based products look for more than 5g

Salt - aim for less than 400mg, and if possible less than 120mg

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."
Plato

KEEP MOVING THROUGH WINTER

OK we know it's cold - but that's not an excuse to spend more time on the sofa with the temptation to snack on all the wrong things. Do you really want to get to the summer months with a couple of extra kilos of fat around your middle? Take a leaf out of Billy Connolly's book when he says "there's no such thing as bad weather, only the wrong clothes". So invest in some skins, dig out your trackies and long sleeve tops and get on down here, to the park or have a run on the beach. It feels great to get moving and you won't be cold for long. But there are a few extra things to think of. Here are our tips for exercising when it's cold:

- Take some extra time to warm-up. Injury is far more likely in a cold stiff muscle.
- Wear lip salve and moisturise your skin when exercising outdoors.
- Don't forget to drink water - it helps to have it at room temperature rather than from the fridge. Despite not sweating as much as you would in the summer months, you still need plenty fluid and much is lost direct to the air.
- If you are prone to asthma cold air can make an attack more likely. Carry your inhaler with you.
- Wear several thin layers so you can remove clothing as you heat up with the exercise.

The good news is you'll boost your immunity to fight winter coughs and colds, and you'll burn more energy keeping warm!

JOIN IN B FIRM GROUP TRAINING

BOXING FITNESS
Mon & Wed 6-7pm
Cost: \$20 per class
\$10 students





EGGS

I'm so glad we have gotten over our fear of eating eggs. In the early days of understanding how diet affected cholesterol levels, the presumption was made that we should avoid foods containing cholesterol. Now we realise that the saturated and trans fat content of your diet is much more important. Eggs are back on the menu and recent research shows you can happily eat 6 a week as part of a healthy diet. They are protein-rich, and the yolk is packed with nutrients we are often low in such as iodine, selenium, vit D, vit E and long chain omega-3 fats. But be nice to the hens - do buy certified free range.

TANYA'S MOUNTAIN BREAD FRITTATA

Ingredients

2 slices Mountain bread
1/2 zucchini, grated
1/2 carrot, grated
1/2 cup spinach, chopped finely
4 mushrooms, sliced
1 tb sundried tomatoes, chopped (no oil)
30g reduced-fat feta
5 free range eggs
3 egg whites
1/2 cup skim milk
1 tsp paprika (optional)

Method

1. Preheat the oven to 180°C.
2. Place the Mountain bread in the base of a baking dish about the size of the bread.
3. Scatter the vegetables and sundried tomatoes over the top and crumble over the feta.
4. Whisk the eggs, egg whites and skim milk. Pour over the top and sprinkle with paprika.
5. Bake until the egg mixture is firm, about 20-30 mins.
6. Cut into quarters and serve with a green salad.

Nutrition Analysis

Serving 4 - per serve

Energy 730 kJ (175 cal), Protein 16g, Carbohydrate 9g, Fat 8g (of which saturated fat 2.7g), Fibre 1.7g

FITT Principles

If you're stuck in an exercise rut and either not getting the results you are after, or just getting bored with what you are doing, it's time to go for a shake up of your routine. There are essentially only 4 things you can change about exercise; FREQUENCY, INTENSITY, TIME and TYPE (ie FITT). If you're looking to increase your energy burn - and let's face it most of us exercise to help with weight control - then the first three combine together. Take a good look at your current routine. Could you add another session into the week or could you increase the amount of time you spend on each workout? If your time commitment is already maxed out, then the only way to go is to raise the intensity of each workout. In other words you need to use the time you have more efficiently and go harder. For example if you're walking, try adding in hills (or incline the treadmill) or add intervals of running. After your warm-up, cycle 1 minute of running with 2 minutes of walking, and over the coming weeks build on the run intervals until you can run steadily for a good part of your workout. In the gym reduce your rest periods between exercises and try interspersing a blast of intense cardio with strength moves eg sprints followed by pushups, fast 200m row followed by squats - you get the idea. Changing the type of exercise you do helps to shake things up and challenge your body in a new way. Our bodies get very efficient at what we ask them to do regularly - something new recruits a different combination of muscles and you'll tend to use more energy as you learn the new task. Why not book in with one of our trainers for a routine shake up and help to motivate you towards a tougher session.