



Newsletter

Fiona Boyle NZ Registered Dietitian, Nutritionist Tauranga.

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Welcome to Food Solutions first newsletter for 2010. Already the year seems to be rapidly disappearing.

I am seeing several clients who want to get back on track following the summer holidays. Lack or change of routines and more entertaining over the summer break can really impact on your food choices. Perhaps you have also struggled with spending time in the kitchen and been less organised thanks to our hot humid conditions – I certainly have.



Some things to think about if you wish to get on back on track:

Make sure you are organised with meals – good food choices are more difficult to achieve if you don't have the right foods available, and if you are in a hurry it is tempting to make choices that can be either high in fat or sugar. Plan a menu for the week – remember to think of lunch choices as well. If you are not organised with lunch this is more likely to lead to late afternoon temptations or you may eat a lot more at dinner time

Include both a carbohydrate and a protein food at your meals. The carbohydrate foods will help prevent dips in energy levels and can help avoid the sugar cravings. Protein foods will leave you feeling satisfied for longer.

Carbohydrate foods include –

- breakfast cereals - choose high fibre options such as natural muesli-type choices, bran based ones, weetbix, porridge
- breads - wholegrain or wholemeal is preferable, for variety you could use pita pockets, wraps, English muffins, bagels, fruit bread
- fruit and root vegetables,
- crackers - where possible choose high fibre options – rye-based, wholemeal, soy & linseed ones, refer to cracker list for low fat options,
- rice, pasta, dried beans and lentils
- yoghurt and milk

Good protein choices include –

- dairy products: trim milk, yoghurt, low fat cheese
- eggs,
- lean meat, fish (tinned or fresh), chicken
- nuts,
- dried beans and lentils (you could use tinned beans, chickpeas, soup mix),



Keep up with your fluids during the day – often if you are slightly dehydrated you may get a vague feeling that you are hungry and this can send you to the pantry or snack box.

Don't snack while you are driving, reading the paper, watching the television or while you are standing at the kitchen bench. Focus on your meals/snacks when you are eating them so you can get the best satisfaction from them.

Check your alcohol intake. It is easy for alcohol levels to increase during the festive and holiday season. Don't forget to set the goal of having 1-2 alcohol free nights a week. Choose other refreshing drinks as an alternative to alcohol – soda water, spiced tomato juice, sparkling water, water flavoured with lemon or mint or celery (fill a jug and leave it in your fridge). Take care with 'soda water and a twist of lime' – this has as much sugar as other standard soft drinks. If you have a glass of wine with dinner also have a glass of water and alternate between the two drinks.

Recipe:

Chickpea salad

300 gram can of chickpeas, drained
3 spring onions chopped
1 red pepper – finely sliced
½ - ¾ cup diced cucumber
1 carrot grated
½ cup coriander

Mix all ingredients together. Make the dressing and pour over salad. Mix gently to combine.

Dressing

1 tbsp olive oil
¼ cup balsamic vinegar or lemon juice
1 tsp honey
1 clove garlic finely chopped
1 teaspoon of finely chopped root ginger

In a jar shake the ingredients to combine.

Chickpeas provide both protein and carbohydrate so it could be served as part of your evening meal or it could be used as a light meal on its own.

'Speed kills' is a well known term for driver safety – but it is also relevant to eating.

The faster you eat the more likely you are to eat more than you need and actually want. Eating slowly allows your satiety hormones to kick in more efficiently. This means you will get signals of when you have had enough to eat sooner rather than later - meaning you will eat less.

Many of my clients will say they have always been fast eaters and relate this back to previous situations – such as boarding school where it might have been a race to get finished or coming from a big family where you had to eat quickly to ensure you didn't miss out on seconds, or maybe due to work pressures and poor meal breaks.



Breaking the habit of speed eating is a great thing to do. It will help you tune into your natural hunger cues and the benefits of this will be long lasting.

Some things you could try

- Watch the slowest eater and see if you can match their pace.
- Wait until you have chewed everything in your mouth before getting your next mouthful ready
- Don't eat and drink – often you end up swishing the food down before you have completely chewed it.
- Put your knife and fork down between mouthfuls
- Chew your food well
- Strike up a conversation – we all know it is rude to talk with your mouthful
- Don't eat and do other things at the same time (such as watching TV) – in this case it is not good to multi task
- If you are preparing a snack don't start eating it until you have sat down to enjoy it.

I hope you all manage to enjoy the remainder of our warm weather. If you are finding it difficult to stay on track with your eating, now might be the time to book another consultation with Fiona.

Call Fiona on 07 574 7999 or email fiona@foodsolutions.net.nz

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Regards

A handwritten signature in black ink, appearing to read 'Fiona', with a stylized flourish above the name.