



Newsletter

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Issue Number 7

March 2011

Welcome to the March newsletter. I hope everyone is still enjoying the warm weather that continues to linger in the Bay of Plenty. Many of my clients comment that it is easier to make healthy choices in summer. This lovely weather also makes it easier for people to maintain, or even establish, good exercise patterns. If good routines are established now they are more likely to continue into the cooler months.

For those of you with family and friends in Christchurch I hope that they have remained safe following the awful earthquake. Having grown up in Christchurch and having family and close friends down there it has been hard to remain focused and continue with normal routines here.

Food cravings an issue?

Some of you may have decided to participate in FebFast a NZ Drug and Alcohol Foundation initiative aimed at raising money for charities fighting against drug and alcohol problems. Registering with FebFast meant trying to be alcohol free throughout February. My husband and I signed up for this. On reflection I was surprised at the 'sugar cravings' I experienced in the first couple of days, although I was not alone, as other people also experienced this. This feeling lasted only a few days. I often encourage my clients to 'surf the urge' for different foods which is what I had to put into practice myself – if you wait long enough the urge or craving does subside, and you have better control over it. Making sure you eat at regular times also helps to reduce this. Keeping up with fluids is also an important tool for managing these urges better. Someone has suggested that with Lent just around the corner perhaps we should continue the alcohol-free approach through to Easter!

One of my clients the other day felt frustrated as she had been managing her food choices very well until she had a bad day at the office. She had stopped eating sweets and was feeling very good. However she had a day where someone did something to upset her. This resulted in her eating something sweet followed by some other high fat snacks. Discussing this with her, she had not really stopped to think what had triggered the event – on reflection though she could easily see it was due to feeling frustrated and upset. Once she'd eaten the first 'bad' choice she felt guilty, which led to more eating. To help manage these situations it helps if you can 'pause' first to identify why you want these foods – if it is not hunger then is there another action you can do instead of eating – such as talking to someone about your frustrations, or writing your feelings down (use all the strong language you want and then tear it up!). If you still need to eat something sweet – eat it slowly and taste it and avoid those guilt feelings – guilt will only make you feel bad and you may then eat more!

Vegetable juice

Vegetable drinks can be a good low sugar alternative to fruit juice, however not all commercial vegetable juices are low in sugar – especially those that include a fruit juice blend.

Fruit juice like Just Juice has around 10.5 grams sugar in 100ml – meaning a 250 ml serve has 26 grams of sugar or 6 ½ teaspoons sugar. This is considered a high-sugar drink.

The V8 range which has juice as part of its blend has around 9 grams of sugar in 100 ml – meaning a 250ml serve has 23 grams sugar or approximately 6 teaspoons sugar. Again this is considered a high-sugar drink.

The V8 drink which is just vegetable based has 2.6 grams sugar in 100ml – meaning a 250ml

serve has 6 grams sugar or approximately 1 ½ teaspoons sugar. I would consider this a low-sugar drink.

The Just Juice range with a vegetable blend has 7.6 grams sugar in 100ml – meaning a 250 ml serve would have 19grams sugar or approximately 5 teaspoons sugar. This would also be considered a high-sugar drink.

It can be easy to consume a lot of sugar in drinks if you don't check the labels carefully.

Making your food dollar go the extra mile.

With everything going up in price at a rapid rate at the moment check out some of the articles I have previously written on budgeting.

www.foodsolutions.net.nz/vdb/document/32

www.foodsolutions.net.nz/vdb/document/33

www.foodsolutions.net.nz/vdb/document/31

My key tip is to be as organised as possible with meals and write a shopping list that you stick to – planning a weekly menu and knowing exactly what you need to buy does help decrease the additional purchases you may make while going around the supermarket. Most of us, when we go in to buy JUST bread and milk, come out with additional purchases – some of which we may not need. The more you can limit visits to the supermarket the easier it is to reduce spending on extra food items.

Recipe:

Hawaiian Chicken with Pineapple Salsa

Serves 4

4 boneless chicken breasts – skin off]

Marinade

2 Tbsp soy sauce

¼ cup orange juice

¼ cup brown sugar

2 tablespoons each of grated ginger and lemon juice

Pineapple salsa

1 cup finely diced pineapple (fresh or canned)

3 tablespoons finely chopped coriander

1-2 teaspoons diced chilli or chuilli paste

1 tablespoon lemon juice

Place chicken in shallow dish

Combine soy sauce, orange juice, brown sugar, root ginger and lemon juice. Pour over chicken and marinate in fridge for several hours, turning occasionally.

Bake at 180 degrees until cooked, basting with marinade throughout.

To make salsa combine ingredients and serve with chicken.

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Regards

