

Eating Out Without Blowing Out!

Eating away from home can be a big stumbling block for those watching their weight, or the general health conscious. Personally, I think it has become a lot easier to dine out. There is such a demand for healthier foods that restaurants, cafes and even fast food establishments have been forced to keep up with the changing desires of their customers and most provide healthier alternatives. So I find it hard to believe when my clients tell me there was nothing but spring rolls, foccacias, pastas or risottos on a menu. There is always a healthier alternative, even at McDonalds! Here is a guide to eating out without consuming a weeks worth of calories in one sitting!

Italian Traditionally, Italian restaurants only served pasta and pizza dishes. Not so much these days as you could almost guarantee the availability of salads and a chicken or steak dish on the menu. Stay away from anything with a creamy sauce and order a protein dish with salad or vegetables (not chips!) rather than a pizza or pasta.

Chinese Traditionally fried in a lot of oil, and covered in sauce, tread carefully at a Chinese restaurant. San choy bau and clear soups are good choices for entrees. For your main dish stick to stir-fried (you can asked for steamed if you wish) chicken, beef or fish with vegetables. No fried rice, noodles or any of the tiny little fried tempters like spring rolls, curry puffs, dim sims or prawn crackers.

Thai/Vietnamese Fresh rice paper rolls are great for entrees as they aren't fried and are full of fresh ingredients. Choose a meat dish with vegetables, stir-fried if possible. Stay away from coconut milk, noodles and rice dishes.

Japanese Choose miso soup, tofu, sashimi, omelettes or vegetables when dining Japanese style. Stay away from the deep fried, battered tempura dishes.

Indian This is a tough one as Indian food is so high in fat. Sometimes though we have to make the best of a bad situation so choose carefully. Chicken Tikka is usually OK as it is a dry dish and doesn't get served with a lot of heavy sauce like other dishes. Order vegetable dishes with spinach or cauliflower and stay away from the naan bread, which I know is hard especially if you've found your meal a little spicy!

Fast Food We all know (well I hope you do anyway) that 'fast foods' have little or no nutritional value. They are full of artificial flavours, preservatives and are extremely processed, often being high in fat, sugar, and salt and very low in fibre. But if something happens (try and avoid it at all costs!) you can actually choose something that is semi OK. At McDonalds for instance you could order something from their salad bar instead of a burger and fries. The same could be said for Hungry Jacks, Red Rooster and Subway. Nandos is a good alternative as you can order chicken that is flamed grilled, and skin free.

So next time the kids, your friends or your partner want to get take away, don't use it as an excuse to go off the rails. You can make an informed choice about the food you are about to order. If you can, try to subtly coerce everyone to go where you know there is something you want to eat. Or even better, take a stand! Lead by example, and show others the healthy alternatives.

Kylie Pogson

Christmas Reminder

With Christmas fast approaching it can be easy for bad eating habits to creep back into our hectic, festive lives. Try to remember all the important food and lifestyle guidelines you usually live by. We all stray at this time of year, just make sure it's not too far or for too long!



Greek Lamburgers

from *Losing It!* by Donna Aston, Pg 135

I can't begin to tell you how delish these are. Trust me, give them a go!

Serves 4-6

1/2kg diced lamb pieces (ask butcher to mince or use food processor)
125g feta cheese crumbled
1 egg
4 small mushrooms
1/3 red capsicum
1/2 onion finely diced
1 clove garlic crushed
100g kalamata olives, pitted & diced
2 tbs fresh mint, chopped
1 tbs flat leaf parsley, chopped
1 dash Tabasco sauce
1 dash soy sauce
1 & 1/2 tbs Greek yoghurt

- 1) Combine all ingredients, cover and leave in fridge for 20 minutes before rolling into patties.
- 2) Barbecue or panfry and finish on an oven tray at 200 C for a couple of minutes if needed. Nice if a little rare.
- 3) Serve with mint raita

Mint Raita

250ml Greek or natural yoghurt
2 tbs chopped mint
1 tbs shredded cucumber
Pinch each of cayenne pepper, cumin & coriander powder
Sea salt & white pepper

- 1) Combine all ingredients and refrigerate prior to serving.

from *Losing It!* by Donna Aston, Pg 189

Kylie's Hints

- When cooking the burgers don't turn them too many times, once is enough. This will ensure they don't fall apart!
- These are lovely with a fresh salad and nice the next day, cold for lunch.

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“CLIENT PROFILE”

Fraser: 19 yrs old. Engineering student
Works at Hoyts Eastland
Began training 1st September 2005
1 x 60 minute session per week

Let me introduce you to Fraser. He is the type of client that any personal trainer would be happy to train. He is a very focused and motivated 19 year old who is determined to get to his goal weight but also wants to feel healthier, have more energy, and gain some muscle mass and strength along the way.

Fraser had already lost 10kg before he came into the studio. He wanted to continue losing weight but wanted some ongoing guidance in his eating as well as assistance in the weight training side of his fitness regime.

14 weeks later he has lost another 20 kilos, is stronger than he has ever been and is looking towards slowing down his weight loss and adding more muscle and definition to his body. We are focusing on increasing his food intake with the right sorts of foods as he was starting to lose energy with his previous eating patterns. He works odd hours so it will be a challenge to adjust his diet to suit his lifestyle and his physical needs. We are

also changing his weights program in the gym to increase muscle mass and definition. Fraser understands that he may plateau with his weight, or it may increase a little as he puts on more muscle. Because muscle weighs more than fat but is denser and more compact, then Fraser will still go down in size even though his weight may stay the same or increase somewhat.

Fraser has stuck to a regular program of walking every day and sometimes 2 to 3 times per day when time permits. He has limited his food intake, cut out high fat/high sugar snacks, and has regular meals (as much as his job will permit). Fraser has also started doing weight training at home to compliment the training he does at the studio. Fraser does everything that is asked of him and is also very proactive in gaining more information related to exercise and weight loss.

Congratulations Fraser, you are an inspiration and a joy to work with.

Liz Yochum

Are you a Breakfast Skipper?

There is so much information forced on to us today about health. Some of us may feel we are absolutely saturated with it as this ‘education’ fills our newspapers, magazines and television screens. Good or bad, whatever angle this information may take, one thing that they all have in common and I agree with whole heartedly is:

NOBODY SHOULD EVER

SKIP BREAKFAST!

It’s absolutely true that it is the most important meal of the day. First of all it jump-starts our metabolism. As soon as you eat something your metabolism is fired and your body starts to burn up energy. If you don’t eat breakfast and wait till mid morning or worse still wait until lunch time to eat, then your body naturally slows down your metabolism - a way of conserving energy. So unwittingly, even though you think you may have consumed fewer calories by skipping a meal, you really are making things harder for your body, especially if you’re trying to lose body fat. Some of the most over weight people I have met are the ones who only eat one meal a day - dinner.

If you skip breakfast regularly you may notice you get a big mid-morning hunger burst which often causes you to over-eat, and eat things you know you probably shouldn’t. A lot of people complain that they can’t eat breakfast as soon as they wake up. My answer is usually the same - get up earlier! If you’re serious about improving your health and correcting your metabolism then you’ll do it. It won’t take you too long to adjust.

A good way to think about your body is as a fire, with food being the wood that fuels it. We all know if we don’t put enough wood on a fire, at the right time, or if we put bad wood on a fire, that it won’t burn very hot or well at all. The same can be said of our metabolisms. If you skip meals and consume poor quality foods, your body has no choice but to slow down and conserve as much energy as it can. So do yourself a favour and make time for a balanced breakfast in the morning. It should be the most well organised meal of your day. If you’re stuck for choices ask your personal trainer for more ideas.

Kylie Pogson



Register on our website this month and go in the draw to win a special Christmas hamper. Good luck!

The information provided in this newsletter is for general educational purposes only. It is not intended to be relied upon as, nor to be a substitute for, specific professional advice. If you are currently under the care of a medical practitioner, you have any injuries or you are taking prescription medication, it is recommended that you seek professional advice prior to starting any fitness program.

* If you have any friends who don’t train at Studio Glo but who you think may like to receive our newsletter then please leave their name and address at reception and we will add them to our mailing/email list.