



Don't Blow It all on the Weekend!

Human behaviour never ceases to amaze me. And when it comes to eating habits and social eating patterns I am especially interested as I realise it is one area most people struggle with for their entire lives.



Of particular interest to me is the person who is so regimented and controlled during the week but then lets everything slip during the weekend. And not just slip a little, it's a land slide! Does this sound familiar? Am I talking directly to you or someone close to you? You eat perfectly every day Monday to Friday, from breakfast till dinner and exercise diligently every day. You drink two + litres of water a day, pack carrot and cucumber sticks with cubes of cheese for snacks at work, steam fresh vegetables for dinner (lightly sautéing your meat), sip green tea after meals, take your vitamins like clock work and don't let even one piece of chocolate or potato crisp pass your lips.

Level 1, 156 Maroondah Hwy
Ringwood 3134
9870 4050

Then its Friday after work, you're relaxing with friends or family and you have a couple of beers or some wines. You may not even work. You may be a stay at home mum who keeps yourself and your family organised all week but lose it all on the weekend.

This is a common pattern a lot of people fall into and it can be quite hard to break. Some people do it out of boredom, some for some sort of reward, others rebellion, for many it is subconscious sabotage and the rest it is pure and simple lack of will power, especially when it comes to social occasions.



After a weekend of piling garbage into their bodies and a momentous amount of guilt these people snap back into their weekday behaviour of portion control and daily physical activity. The problem with this sort of behaviour is that it actually is quite bad for our health and doesn't get us anywhere. If weight loss is your goal then this sort of lifestyle won't get you far. All the hard work you put in during the week is negated by your 'days off' as you see it.

Rather than going off the deep end for two days straight why not just one day or even better just one meal? We can call this your 'cheat meal'. It can be anything you like but just be sensible about portion sizes. So if you're going to have pizza just have 2 slices, not the whole thing! You can drink alcohol occasionally but just watch what you eat at that meal. Alcohol mixed with something like fish and chips or hamburgers is a calorie disaster, especially as our bodies must process the alcohol first, leaving it no choice but to store the rest of the calories as fat!

Once you have mastered a little restraint and self control it really isn't that hard. If you try and focus on not being so black and white (horrendously bad or really good) then you can comfortably slide into the grey area from time to time and your health won't be adversely affected.

Kylie



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

The Vegetarian Debate

There are more and more people converting to vegetarianism but what that means varies depending on who you talk to.

Obviously they eat mainly (or are supposed to eat) vegetables and fruits but here is a breakdown of the most common types of vegetarians:

Lacto-ovo-vegetarian: This diet includes eggs, milk and other dairy products but no meat or fish.

Lacto-vegetarian: Milk and all other dairy products are consumed but no eggs, meat or fish.

Vegan: The most extreme as it excludes all animal products including eggs and all dairy food.

Quasi-vegetarian: Fish and chicken are eaten but no red meat.

The problem we find with a lot of vegetarians is that even though they consider themselves vegetarian they put little or no thought into replacing those nutrients which they are missing out on after excluding animal products from their diet. The amount of bread, take away food, chocolate and lollies I find these people are eating do two things:

1) They aren't helping meet basic nutritional requirements for daily function, actually leading to further nutritional depletion.

2) They are creating deficiencies which can actually lead to food cravings, which usually manifest in binging on the very foods they should be avoiding, processed and nutritionally depleted rubbish!

It's a vicious circle as you can see. In trying to exclude meat from their diets as to be healthier or for other reasons like animal cruelty, vegetarians can often end up more unhealthy and overweight than people who consume a moderate amount of animal produce.

If you are vegetarian and want to be as healthy as possible then all you need to do is educate yourself a little about what your body actually requires nutritionally, then be organised so you can follow everything through. Planning ahead will make sure you are covering all your bases and feeding your body exactly what it needs.

Protein is probably the most important nutrient that vegetarians should focus on but it is usually the most neglected. Protein plays such an important function in our bodies as it is absolutely essential for growth, maintenance, repair, hormone function, skin, hair and energy.

Our bodies can manufacture some amino acids but the majority of them must be obtained via the food we eat, occasionally with vitamin supplementation. Vegetable proteins are a poor source of protein as they don't contain all the necessary amino acids to make a complete protein source.

The best natural sources of protein are meat, chicken, eggs, dairy foods and fish. As a vegetarian the best way to get complete proteins is to combine grains with a legume. This will ensure all the essential amino acids are consumed at the same time. For example you could combine rice, oats or rye with chickpeas, kidney beans or lentils.

Kylie

Eggs Belvedere

Serves 2

Ingredients:

4 eggs

½ medium zucchini, grated

½ cup parmesan cheese, grated

salt & pepper

8 cherry tomatoes, quartered

2 tablespoons fresh chives, chopped

150g packet smoked salmon, (or smoked trout)

4 teaspoons sour cream

Butter

Method:

1) Pre heat grill.

2) Gently beat the eggs, and fold in 2 teaspoons sour cream

3) Add zucchini, cheese, salt, pepper, tomatoes, chives and mix thoroughly.

4) Thoroughly grease pan with butter, add omelette mixture.

5) Heat gently until the occasional bubble comes through.

6) Transfer pan to under the grill, grill until just firm.

7) Top with slices of salmon and a teaspoon of sour cream. Dress with chopped chives and pepper.

Paul

