



Welcome to our monthly Newsletter...

Maintaining your health and fitness over winter!

During the cooler months we tend to eat more hot meals for comfort, and as we are covered up more it's easy to realise the extra kilos lost over summer are coming back. The day light hours are shorter and we tend to do less activity so it's important to be prepared for winter.

Planning and preparation is the key to success. Planning your meals and exercise regimes will assure you to keep on track. Plan the times and days you will do your exercise – and tick them off on the calendar once you have done the exercise or have them written in your diary.

Today's frantic lifestyle leaves us limited time for food preparation. At the end of a tiring day, you need to be organized to be able to make quick and easy meals for lunch or dinner at home. Have your meals planned and your shopping done, so when you are hungry the food and recipe are ready to use. A home-prepared meal is generally lower in fat and cheaper than eating out and take away foods.

Top 12 Health Tips - To Prevent Rebound Weight.

1. Try eating every 3-5 hours to prevent hunger and bingeing.
2. Each meal should include lean protein such as lean red meat, poultry (no skin), seafood such as salmon or tuna (no oil), eggs, a few nuts or low-fat dairy to keep you satisfied and energised.
3. Avoid juices, cordials and soft drink. As they are high in sugar and kilojoules.
4. Be wary – other names for fat are; toasted, creamed, butter, milk solids, coconut, nuts, oils, cophera, monoglycerides, diglycerides and mayonnaise. Look out for them on labels.
5. Limit alcohol – no more than 2 standard drinks in a sitting, up to 2-3 times per week maximum.
6. Aim for less fat than 10g of fat per 100g.
7. Watch out for hidden sugars. Other names for sugar on ingredient lists include glucose, maltose (in fact anything with 'ose' on the end); honey and high sugar foods such as dried fruit or juice.
8. Exercise for at least 30 – 60 minutes, at least 3 times per week.
9. Don't fall for the "all-natural tag". Sugar, oil and cream are all natural, but that doesn't make them good for you.

10. Light or lite? This doesn't always relate to fat, sugar or kilojoules, it could refer to taste or texture. Light olive oil is light in taste but high in fat.
11. Avoid overly processed and deep fried foods.
12. Listen to your hunger signals. Don't just eat food because it is there or for something to do. Try to keep yourself busy by going for a walk or tidying up the house.

DESIGNER DIETS RECIPE OF THE MONTH

Prawn, Fennel and Orange Salad

Serves 6

Preparation time 10 minutes

Ingredients:

- ¼ cup extra virgin olive oil
- 2 tablespoons freshly squeezed orange juice
- 1 ½ tablespoons finely chopped hazelnuts
- 24 cooked king prawns, peeled and deveined
- 2 baby fennel bulbs, trimmed and thinly sliced
- ½ red onion, thinly sliced
- 3 oranges, peeled and cut into rounds



Directions:

1. For the dressing, place oil, orange juice and hazelnuts in a small bowl and mix until well combined.
2. Combine prawns, fennel, onion and orange in a bowl. Drizzle on dressing and serve.

Kilojoules: 914kJ

Protein: 18.1g

Total Fat: 12g

Carbohydrate: 9g

Warm regards,

Geraldine Georgeou, Marianne Ghattas and the Designer Diet Team