

Boost Your Energy with Breakfast This Month

As you sleep, your body is hard at work digesting yesterday's dinner. By the time you wake up, your body and brain are demanding fresh fuel. "Breaking the fast is a key way to power up in the morning. Do it right and the benefits can last all day. If you miss the day's first meal, notes Dr. David S. Ludwig, a nutrition expert at Harvard-affiliated Children's hospital Boston, you may start off with an energy deficit and have to tap into your energy reserves.

What's a good breakfast? **One that delivers some healthful protein, some slowly digested carbohydrates, and some fruit or vegetables.** A vegetable omelet with a slice of whole-grain toast qualifies, as does a bowl of high-fibre cereal topped with fresh fruit and reduced-fat or soymilk, along with a handful of almonds or walnuts.

Try these tips for creating your own energy-boosting breakfast:

1. Choose whole grains

High-fibre, whole-grain cereals and breads can help keep your blood sugar on an even keel and avoid a midmorning energy crash. With the hundreds of types of cereal on the market, bran cereal, bran flakes and steel-cut oatmeal are typically the healthiest bets. To choose the healthiest breakfast cereal, read the label and look for:

- 5g or more of fibre/serve
- less than 300mg of sodium/serve
- less than 5g of sugar/serve
- wholegrain as the first item on the ingredient list

2. Include protein

Baked beans or lentils on toast are also a good source of fibre as well as protein. Yoghurt or eggs, in moderation are another option.



3. Eat in, not out

You can enjoy a healthful breakfast out if you stick to oatmeal. But much of the traditional fare will start your day with loads of refined carbohydrates and saturated fat. Like most processed food, the breakfast offerings from fast-food chains tend to be high-sodium, low-fibre disasters.

4. Blend up a breakfast smoothie

Combine fruit, juice, yoghurt or other non-dairy milks, wheat-germ, tofu and other ingredients. Toss them in your blender with a bit of ice or frozen fruit and you have a refreshing, high energy breakfast.

Have a look at the smoothie recipes on the next page.

Healthbeat March 14, 2013

Mood Foods



Our next class will be on **Monday March 25**, starting at **6:45 pm**. Marcia, our nutritionist, can't be there but she has prepared some really interesting information about how foods can affect your mood.

This Month's Menu

I'm sure you'll find a dish from this list that you will really love and want to make again.

- Veggie Oat Burger
- Cashew Rice Loaf
- Thai Salad
- Quick Bircher Muesli
- Apple and Date Slice

Bookings

Bookings are essential so that we can buy the right amount of ingredients. Please email or ring Cheryl on 0403 848242. The cost is \$15 payable on the night.

Quotable Quote

"If we are creating ourselves all the time, then it is never too late to begin creating the bodies we want instead of the ones we mistakenly assume we are stuck with."

Deepak Chopra

This Month's Recipes

Hearty Fruit Smoothie



- 410g can peaches or apricots in juice
- 1 banana, sliced (frozen is good)
- 1½ cups non-dairy milk
- 2 Tbsp passionfruit syrup
- 2 Tbsp rolled oats
- 1 Tbsp LSA*
- ½ tsp vanilla essence (optional)

Puree all the ingredients in a blender until smooth.

*LSA is a mixture of linseed, almonds and sunflower seeds ground together

Tofu Tropic Smoothie

- 2 cups dice frozen mango
- 1½ cups pineapple juice
- ¾ cup silken tofu
- ¼ cup lime juice
- 1 tsp freshly grated lime zest

Combine all ingredients in a blender, blending until smooth. Serve immediately.

Fruit and Muesli Breakfast Smoothie

- 1½ cups low-fat soy milk
- 2 Tbsp low-fat natural or vanilla or soy yoghurt
- 1 ripe banana, sliced and frozen
- ¼ cup chopped berries: strawberries, raspberries, blueberries
- 1-2 Tbsp muesli
- (½ cup iced water)

Place all ingredients in a blender and mix until smooth and well-combined. Serve immediately in a tall glass.

Portion Distorting and Supersizing

The growing trend is to eat more as our food supply becomes more abundant. Portion sizes have certainly increased over time.

Could it be because the size of our plates, bowls and glasses has increased? Look at the difference between these plates.



And what about packaged foods? Have you noticed that the standard portion has been supersized? Look at the differences.

	20 yrs ago	now
soft drink	240ml	375ml
slice of bread	26g	30-45g
2 slices of pizza	500 calories	850 calories
take-away burger	330 calories	590 calories
packet of chips	28g	100g

Some burgers are now almost twice the size that they were twenty years ago.

There almost seems to be a competition between fast food chains to make the biggest burger!

20 Years Ago

Today



And while you may complain that a trip to the movies costs much more than it used to, the size of the popcorn has gone up too!

Twenty Years Ago

Today



It is possible to take control of your portions.

Just remember that it's okay to leave some food on your plate. If your worried about wasting food just start with a smaller plate. And don't just say yes to the offer of seconds to be polite.

And and when you're buying processed packaged food buy smaller packs or share with a friend.

In Brief: Eat Healthy; Feel Happy

Eating plenty of fruits and vegetables every day not only protects against cancer, but it also may make you happier and more energetic for the day ahead, suggests a recent study published in the *British Journal of Health Psychology*.

The study found that the days when people ate more fruits and vegetables were when they reported feeling calmer, happier and more energetic compared to the days they ate fewer fruits and vegetables. They also reported feeling more positive the next day.