

Hunger is your friend not your foe

Hunger is a normal physiological sensation. It is not something to resent and ignore but something to harness and use to help you achieve healthy eating habits and a healthy body weight.



Fluctuating between neutral and slightly hungry can improve food choices and prevent overeating

Often, people try to ignore hunger to avoid consuming more calories. Unfortunately this strategy often backfires. When we get too hungry we crave high calorie foods like chips and chocolate, we eat too fast and we over eat. If you eat when you are only slightly hungry you are more likely to make good, nutritious food choices and to stop when you are satisfied.

Many people overeat at every eating occasion. The cue to stop eating should not be “fullness”, rather it should be the absence of hunger. If you feel bloated, uncomfortable and sleepy it is likely you have eaten too much. Many dieters overeat as they fear it will be a long time before the next meal. Once you have given yourself permission to eat when you are “slightly hungry” this fear will no longer exist.

Think of hunger as the green light to eat and the absence of hunger as the red light to stop. But remember, your head can take 20minutes to catch up with your stomach so slow down, enjoy your food and take time listen to your hunger cues.



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The Silly Season

Christmas time is for enjoying a lovely meal - or two! Many people stress about weight gain over the silly season. Here are some tips to avoid the Christmas bulge whilst still enjoying the festivities.

1. **Christmas is only 1 day.**
Enjoy your Christmas feast but make sure you get back on track the next day. Left over cake, chocolate, pudding, ham etc can be a killer. Don't over cater and if you do – spread it out between friends and family to take home.
2. **Listen to your hunger cues.**
Eat until you're comfortable, not until you are stuffed. The food will taste better and you might even have energy to play with the kids and their new toys after lunch rather than needing the traditional nap.
3. **Drink more water:**
Drinking water can make you feel full and helps your body metabolise foods. Alternating between water and alcohol can slow you down – remember alcohol is calorie dense and often leads to overeating.

For great, healthy, meal ideas, visit our website

www.healthieryou.com.au.



Food of the month

Goodness Superfoods Better for U! Barley Clusters



What is it?

Oat based breakfast cereal

Why we love it.

- 1 serve provides 27% of your daily fibre requirements. Fibre is important for satiation, bowel health and cholesterol control.
- Less sugar than many other breakfast cereals (although more than rolled oats or weetbix)
- Low in sodium and saturated fats
- It's delicious!!!

Where can you find it?

Cereal section of Woolworths.

The Paleo diet

By Emma Schwartzkoff
Accredited Practicing Dietitian

What is the paleo diet?

The paleo diet is the modern interpretation of what cavemen ate. It includes vegetables, fruit, nuts, and meat. It excludes grains, legumes, dairy foods and processed foods on the premise that these foods were introduced in more modern times and our bodies have not evolved to deal with them. According to paleo advocates, this is the underlying cause of many modern day health issues.



Pros of the paleo diet

Increased intake of fruits and vegetables – The paleo diet promotes a diet rich in fruit and vegetables. This is consistent with the Australian Dietary Guidelines which recommend Australians consume 2 serves of fruit a day and 5 serves of vegetables. Most Australians are not meeting this recommendation.

Reduction of highly processed discretionary foods – Many people who have tried the paleo diet report feeling better and more energetic. This is likely the result of reducing foods high in processed sugar, fats and preservatives. The Australian Dietary Guidelines recommend reducing discretionary foods. You do not need to follow a restrictive paleo diet to achieve this

Weight loss – following any restrictive diet will result in weight loss simply due to a calorie deficit which occurs when you remove entire food groups from your diet.

Cons of the paleo diet



Exclusion of dairy – it is almost impossible to meet calcium requirements whilst following a paleo diet. Dairy products are our main source of calcium and as such are an important part of our diet. Calcium is crucial for bone development and maintenance of bone mineral density.

Exclusion of grains - Grains are our main source of carbohydrate which is an important energy source for our brain and muscles. Grains also provide essential vitamins, fibre and satiety value in the diet. Carbohydrates also fuel the probiotic (good) bacteria in our gut and are critical for a healthy digestive tract.

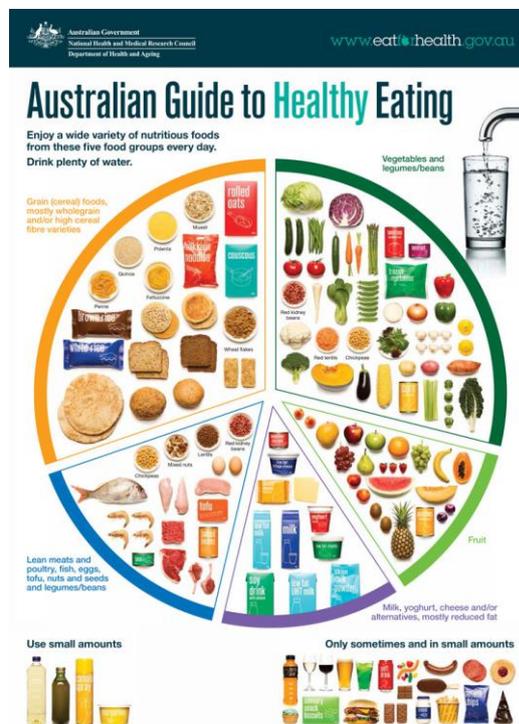


Excessive intake of saturated fats – The paleo diet advocates consuming fats like butter and coconut oil as they are deemed more “natural”. We might just point out that these products were not consumed in Palaeolithic times as they did not have the technology to extract and refine it. Additionally excessive intake of saturated fats has been linked with high cholesterol and heart disease.



Unsustainable (for the individual) – Any diet which eliminates whole food groups is difficult to stick to in the long term. There is no point making short term dietary changes and then reverting to old habits. It is important that we enjoy our food and for most people this involves eating a variety of food from all core food groups.

Unsustainable (on a global level) - As the world's population increases we are more and more reliant on modern agriculture to feed us. It is logistically not possible to sustain our population following paleo principles.



There are certainly aspects of the paleo diet which promote health however the detriments of eliminating entire food groups mean that this is not a diet we would recommend. The cold, hard fact is, the life expectancy of cavemen was 35 years. The life expectancy of Australians in 2014 is 82 years. Call me a cynic but I wouldn't be taking health advice from people with a life expectancy less than half my own.

Current Nutrition Trends

Garcinia Cambogia

What is it?

A South-East Asian fruit containing hydroxytric acid (HCA) which is believed to suppress appetite. Today, it is being sold as a weight loss supplement.

The positives

None as far as we're concerned – maybe some placebo affect?

The negatives

A systematic review of the evidence conducted in 2011 found that the difference in weight loss between those taking HCA vs a control was 0.88kg or 1%. This difference is not considered clinically relevant.

Our view

Whilst the idea of a weight loss miracle supplement is very appealing, unfortunately we're yet to find one which actually works. At this stage, eating a well balanced diet and remembering “everything in moderation” seems to be the best way to achieve a healthy weight and a healthy lifestyle. Save your money on weight loss supplements and buy some veggies!

Our new Dietitian at Healthier You!



This month we welcome Sarah Marron to Healthier You. Sarah joins us from Queensland where she worked in a variety of settings. She has a wealth of experience at providing good nutritional advice for managing heart health. Please welcome Sarah to the Hastings region if you meet in our offices.

Try this delicious, healthy recipe this festive season!

Salmon with herb and walnut salsa

Ingredients

- 80g pitted green olives
- $\frac{3}{4}$ cup chopped fresh coriander
- $\frac{1}{3}$ cup chopped fresh basil
- 60g dry-roasted walnuts, chopped
- $\frac{1}{2}$ red onion, finely chopped
- 1 long, fresh, green chilli
- 1.5 tbs red wine vinegar
- 3 tsp olive oil
- $\frac{1}{2}$ tsp caster sugar
- 1 skin on salmon fillet (~1.3kg)
- 60mL lemon juice
- Lemon wedges to serve



Method

1. Preheat oven to 200°C
2. Combine olives, coriander, basil, walnuts, onion and chilli. Whisk together the vinegar, oil and sugar and add to the olive mixture. Toss until well combined. Season with pepper.
3. Line an ovenproof dish with non-stick baking paper. Place the salmon in the dish. Drizzle with lemon juice and season with pepper. Cover with another piece of non-stick baking paper. Bake for 20 min or until the salmon flakes in the thickest part.
4. Transfer the salmon to a large serving platter. Top with the olive mixture. Serve with lemon



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