



Listen To Your Body  
results focused personal training

# Nutrition Edition

## Say No to Soft Drink, Yes to Healthy Drinks

Learn five reasons why soft drinks are bad for you and five healthy drinks that are better for quenching your thirst.

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“Drinking water while you work out ensures you stay hydrated and can increase your performance and recovery”

**S**oft drinks are sweet, sparkling and tasty — but don't confuse them with a healthy drink. Doctors have discovered a ton of health risks connected with drinking soft drinks. Worse, you're robbing yourself of a healthy drink alternative brimming with needed vitamins and minerals every time you chug down a soft drink.

If you're choosing a soft drink, chances are you aren't choosing a healthy beverage. There are a number of healthy drink choices you can make instead.

#### Why Say No to Soft Drink?

**Soft drink is truly worthless to your body.** There's really one major reason to not drink soft drink. It has absolutely no nutritional value. Soft drink is filled with sugar and calories and nothing else. Even diet soft drinks — low to no calories and sugar — don't have any redeeming virtues, nutritionally. Healthy drinks, on the other hand, have vitamins and minerals the body can use. Even plain water can rehydrate your body without adding extra calories to your diet.



**Sugary soft drinks contribute to obesity and diabetes.** Soft drink is loaded with high-fructose corn syrup, a sweetener that has been linked to obesity. Soft drink consumption also has been linked to the development of

type 2 diabetes, both due to its sugar content and its effects on the body's hormones. And diet soft drinks? It may not be any better. At least one study has linked artificial sweeteners, such as those used in diet soft drinks, to increased appetite, greater difficulty losing weight, and a harder time maintaining weight loss.



#### Soft drink damages your teeth.

The sugar in soft drink coats your teeth, combining with bacteria in your mouth to form acid. Both regular and diet soft drink also contain carbonic acid through carbonation. These acids work to weaken tooth enamel, causing cavities and tooth decay.

**Drinking soft drink can weaken your bones.** Most soft drinks contain phosphorous and caffeine, agents that are believed to contribute to osteoporosis. Experts also worry that people consume soft drink in place of milk or other healthy drinks, depriving the bones of calcium.

**Soft drink can harm your major organs.** Research has demonstrated that increased soft drink consumption may be linked to chronic kidney disease, development of metabolic syndrome (a group of symptoms that add up to increased heart risk), and fatty liver, a chronic liver disease.

#### Healthy Drink Alternatives

Luckily, there are limitless options

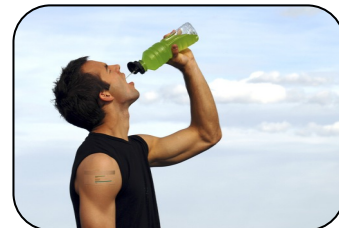
when choosing a healthy drink over a soft drink. Some soft drink alternatives include:

**Water.** It is the ultimate healthy drink. It's free in every sense of the word. It has no calories and it comes straight from your tap.

**Fruit juice.** We urge you not to drink straight fruit juice, which contains a lot of sugar. Drink some seltzer with a splash of juice for a little flavouring. Rather than drinking juice, eat a piece of whole fruit. You're also getting the fibre in the fruit."

**Milk.** This is another essential healthy drink, particularly for kids. A 240ml glass of nonfat milk has 80 calories and nine essential nutrients, you get a lot of bang for your buck.

**Tea.** Whatever teas you prefer — green, black, herbal — they all have been shown to contain high levels of antioxidants, which are believed to protect the body from damage.



**Powdered drink mixes.** They contain no tooth-rotting carbonation, and come in sugar-free varieties. They give your sweet tooth a fix without harming your overall nutrition.

And remember that you can always cut up some fresh fruit and pop a little into a tall glass of water for an extra flavour kick. Choosing healthy drinks over soft drink: Give it a try. Your body will thank you.





“Our bodies are built to burn fat. 30min of physical activity every day keeps it going. What are you doing to keep that fire burning?”

“Whole foods, or foods that are in their simplest form and un processed are the best type of fuel for the body and are proven to help fight heart disease”



# Meal of the Month

A healthy diet should include a good variety of nutritious foods. These include breads, pastas, fruits and vegetables. Eating breakfast is also an important part of a healthy diet. Keep fat and salt intake low and eat foods rich in calcium and iron. A good balance between exercise and food intake is important to maintain a healthy body weight.

A good balance between exercise and food intake is important, as this helps to maintain a healthy body weight. About 30 minutes of physical activity, such as walking, is recommended every day. The old saying you are what you eat is very true, who are you?

## Lentil and cauliflower dahl

This healthy dhal is full of aromatic spice and healthy legumes. Serve it with yoghurt and naan bread for a complete meal.

### Ingredients (serves 4)

- 2 tbs sunflower oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 2 tbs medium-hot Indian curry paste
- 1 cup (200g) dried red lentils
- 3 cups (750ml) vegetable stock
- 2 tbs tomato paste
- 500g cauliflower, cut into small florets
- 1 cup (120g) frozen peas, thawed
- 2 tbs roughly chopped coriander leaves, plus extra chopped coriander to garnish
- Natural yoghurt and naan bread, to serve



### Method

Heat oil in a large pan over medium heat. Add onion, garlic and curry paste, then cook, stirring, for 5 minutes or until onion softens. Add lentils and stir well to coat. Add stock and tomato paste, bring to the boil, then cover and simmer over low heat for 15 minutes. Return heat to medium, add cauliflower and simmer, covered, for 8-10 minutes until vegetables are tender. Add peas for final minutes, then stir in the coriander. Serve the curry with yogurt and nann, garnished with extra coriander.

# The Importance Of Breaking The Fast

The most skipped meal of the day is the most important for us all.

Breakfast is considered an important meal because it breaks the overnight fasting period, replenishes your supply of glucose and provides other essential nutrients to keep your energy levels up throughout the day.



### Glucose

Glucose is the body's energy source. It is broken down and absorbed from the carbohydrates you eat. In the morning, after you have gone without food for as long as 12 hours, your glucose levels have dropped. Your body compensates by releasing the glucose that has been stored in your muscle tissue and liver, called glycogen. Once all of the energy from the glycogen stores is used up, your body starts to break down fatty acids to produce the energy it needs. Without carbohydrate, fatty acids are only partially oxidised, which can cause reduced energy levels. So eating breakfast can boost your energy levels as well as your metabolism for the day.

### Essential vitamins, minerals and nutrients

Breakfast provides a significant proportion of the day's total nutrient intake and offers the opportunity to eat foods fortified with nutrients such as folate, iron, B vitamins and fibre. Essential vitamins, minerals and other nutrients can only be gained from food. So, even though your body can usually find enough energy to make it to the next meal, you still need to top up your vitamin and mineral levels to maintain health and vitality.

### Skipping breakfast

Extensive research in Australia and overseas has found:

- Many people who skip breakfast are significantly heavier than those who eat breakfast.
- Skipping breakfast can diminish mental performance. Breakfast helps learning, memory and general cognitive function in the morning.
- Eating high fibre breakfast cereals reduces fatigue.
- People who eat an inadequate breakfast are more likely to make poor food choices for the rest of the day and in the long term.
- People who eat breakfast have more nutritious diets than people who skip breakfast. They also have better eating habits as they are less likely to be hungry for snacks during the day.

*'Going without' becomes more common with advancing age – approxi-*



mately 15 per cent of teenagers and one-third of adults don't eat breakfast.

### Why we skip breakfast

Some common reasons for skipping breakfast include:

- Not enough time
- Too tired to bother
- Wanting to spend the extra time dozing in bed
- No readily available breakfast foods in the house.

Skipping breakfast is the worst thing you can do for your body. Breakfast starts your metabolism and helps get your energy levels up. If you are trying to loose weight and don't eat breakfast you're up the proverbial creek without a paddle

If you want to stop those midnight trips to the pantry or the confection isle at the supermarket, breakfast is will help fight this. If you do skip breakfast, try a nutritious snack such as fresh fruit, yoghurt, a low fat muffin or a wholemeal sandwich to help you through that mid-morning hunger.



## 6 Tips to Boost Mood and Metabolism

What you eat can have an effect on your mood and metabolism. Learn what food you should eat to boost your energy and spirits



"You have to burn  
 in excess of 7000  
 calories to burn 1  
 kilo of body fat!  
 A steady weight  
 loss in 1 kilo per  
 week"

"Adding a protein  
 shake into your  
 daily routine can  
 dramatically  
 increase results and  
 reduce soreness  
 after training"



Here are six simple tips to help you optimize your diet to boost mood and metabolism.

### 1. Resist Skipping Meals

Skipping or missing a meal can cause a dip in your blood sugar, leading to crankiness and lethargy. Maintain your blood sugar levels, and your energy, by eating small amounts of food throughout the day. You might even prefer eating six smaller meals rather than three large ones.



### 2. Stay Hydrated

Dehydration can also make you feel sluggish and lethargic. Be sure to drink throughout the day, and don't rely on thirst alone to remind you to have another glass of water. The average person needs about eight glasses of water, and that may be hard to drink without reminders.

### 3. Think Moderation, Especially for Low-Nutrient Foods

Avoid a lot of caffeine, refined carbohydrates (sugar), alcohol, salt, and other food additives. Any of these, especially in large amounts,

can decrease your metabolic efficiency. "Eating large quantities of carbohydrates tend to cause an energy rush and then a big crash; this can lead to crankiness and fatigue," says Heidi McIndoo, MS, RD, a nutrition consultant in Roslindale, Mass. Excess salt can disrupt your fluid balance, changing your daily water needs, not to mention increasing health risks like high blood pressure.

### 4. Strive for Balance in the Food You Eat

Properly combine protein, carbohydrates, and fat to achieve a balanced energy intake. In general, a healthy diet includes a mix of whole grains, fruits and vegetables, and some protein, but each person has individual needs based on age, sex, physical activity level, body size, and stress factors. To find out the best foods for you, consult a nutritionist who can help you determine the right balance.

### 5. Get a Boost From "Good Mood" Food

While research about the mood- and metabolism-boosting qualities of certain foods is mixed, foods high in the amino acid tryptophan can increase serotonin levels in the brain, contributing to feelings of optimism and calm. Add some bananas, avocados, dried apricots, walnuts, sunflower seeds, or pumpkin seeds for some extra tryptophan. Polyunsaturated omega-3 fats help elevate mood and reduce

anxiety and depression. Look for omega-3-rich fish, like salmon and mackerel; walnuts and pumpkin seeds are also sources of these healthy fatty acids.



### 6. Keep a Food Diary

Some foods can have the opposite effect of tryptophan and instead trigger negative changes in mood and cause irritability or headaches. If you think a particular food might be affecting your mood, start a food diary. Record all the foods you eat each day and how you feel before and after every meal. After two weeks, review your entries to see if any foods line up with specific moods, either good or bad. In addition to following a healthy diet, regular exercise will keep your body working most effectively and will augment both your mood and metabolism. The key message here is balance. A variety of healthy foods with a dose of exercise will help you maintain your energy, speed up your metabolism, and boost your mood.

## Supplement Corner

Enter MRI NO2 Ripcuts, a revolutionary thermogenic fat loss product with technologies that simultaneously help you shred unwanted body fat while supporting lean muscle preservation and production. This means that you can finally achieve deep "cuts" and, with an advanced rapid energy activator blend to energize your body and help maintain your focus, you can power through workouts with ease.



Train harder, faster and get results quicker.

**LTYB NOW STOCKING**

## Footy Tipping Update

Here are the final standing, Congratulations Greg Godsell!

1st	greggodsell	145pts
2nd	henryguldon	142pts
3rd	aleerahfletcher	141pts
3rd	BlazeS	141pts
3rd	BradJ1984	141pts
3rd	jduckman22	141pts
7th	flarra	140pts





*“Changing what you eat for breakfast every couple of days can keep your body guessing and it’s a great way to keep a dull meal fresh”*

*“Did you know that our bodies daily need a good amount of natural fats to be able to repair themselves”*



# Quick Facts

## Fibre

Very High In Avocados

High In Pears, Raspberries, Artichokes, Peas

## Source

Apricots, Bananas, Blueberries, Cherries, Cranberries, Nectarines, Oranges, Papaya, Rhubarb, Strawberries, Asparagus, Beets, Broccoli, Brussel Sprouts, Carrots, Collard Greens, Corn, Eggplant, Endive, Kale, Parsnips, Potatoes, Sweet Potatoes, Winter Squash

## Potassium

Excellent Source Beets,

Mushrooms, Potatoes

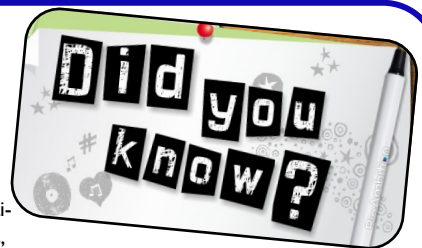
Good Source Bananas, Papaya, Artichokes, Avocados, Sweet Potatoes, Swiss Chard, Winter Squash

Source Apricots, Cantaloupe, Cherries, Honeydew Melon, Nectarines, Oranges, Pears, Asparagus, Beets, Broccoli, Brussel Sprouts, Carrots, Endive, Kale, Parsnips, Peas, Rutabaga, Summer Squash, Tomatoes

## Magnesium

Excellent Source Artichokes, Swiss Chard

Good Source Beets, Potatoes  
Source Bananas, Cherries, Oranges, Papaya, Raspberries, Rhubarb,



Asparagus, Avocados, Beets, Bok Choy, Broccoli, Brussel Sprouts, Collard Greens, Corn, Kale, Mushrooms, Parsnips, Peas, Rutabaga, Spinach, Summer Squash, Sweet Potatoes, Tomatoes, Winter Squash

## Niacin (Vitamin B3)

Excellent Source Mushrooms

Source Nectarines, Artichokes, Avocados, Corn, Peas, Potatoes

# The Good, The Bad, The Ugly

The beginners guide to good, bad and just down right ugly fats for the body.

The fact is: we all need fats. Fats helps nutrient absorption, nerve transmission, maintaining cell membrane integrity etc. However, when consumed in excess amount, fats contribute to weight gain, heart disease and certain types of cancer. Fats are not created equal. Some fats promote our health positively while others increase our risks of heart disease. The key is to replace bad fats with good fats in our diet

have also been found to help in weight loss, particularly body fat. Click here for more weight loss nutrition tips

### **Polyunsaturated Fats**

Polyunsaturated fats also lower total cholesterol and LDL cholesterol. Seafood like salmon and fish oil, as well as corn, soy, safflower and sunflower oils are high in polyunsaturated fats. Omega 3 fatty acids belong to this group

fast food chains, other packaged snacks such as microwaved popcorn as well as in vegetable shortening and hard stick margarine



### **The Good Fats**



### **Monounsaturated Fats**

Monounsaturated fats (MUFAs) lower total cholesterol and LDL cholesterol (the bad cholesterol) while increasing HDL cholesterol (the good cholesterol). Nuts including peanuts, walnuts, almonds and pistachios, avocado, canola and olive oil are high in MUFAs. MUFAs

### **The Bad Fats**

#### **Saturated Fats**

Saturated fats raise total blood cholesterol as well as LDL cholesterol (the bad cholesterol). Saturated fats are mainly found in animal products such as meat, dairy, eggs and seafood. Some plant foods are also high in saturated fats such as coconut oil, palm oil and palm kernel oil.

#### **Trans Fats**

Trans fats are invented as scientists began to "hydrogenate" liquid oils so that they can withstand better in food production process and provide a better shelf life. As a result of hydrogenation, trans fatty acids are formed. Trans fatty acids are found in many commercially packaged foods, commercially fried food such as French Fries from some

### **What Can We Do?**

avoid using cooking oils that are high in saturated fats and/or trans fats such as coconut oil, palm oil or vegetable shortening. Instead, use oils that are low in saturated fats and high in monounsaturated and polyunsaturated fats such as canola oil, olive oil and flax seed oil. minimize using commercially packaged foods which are high in trans fats. Always read labels to look for trans-fat free alternatives. as saturated fats are found in animals products, use lower-fat version dairy such as 1% or skim milk instead of whole milk. Trim visible fats and skins from meat products.

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