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Stop & think – before you eat & drink

ACTIVE FOR LIFE– balancing food & exercise-

Fitness Australia – the Health & Fitness Industry Association have developed a new website with great ideas for all with regard to health, fitness and weight control.

- ◆ They have produced a great little booklet, which is full of helpful hints re food and exercise. I have copies please ask me if you would like one.
- ◆ On their website they have a recipe and menu page with great ideas for those who need more information.
- ◆ You can sign up to receive regular emails. Free of charge. Check them out at -
- ◆ www.activeforlife.com.au



FAQ's – about Sports Drinks:

- Plain water is best for low intensity, short duration exercise according to Nutrition Australia.
- All types of sports drinks have been assessed and unless your exercise level is high intensity and endurance, plain water is best.
- Remember coffee & alcohol are both diuretics, increasing fluid loss.

FAQ's – about Fats:

- “Light” or “Lite” - this does not always refer to the fat content. It could mean light in texture, flavour or colour. For example, “Light Olive Oil” does not mean that it has less fat. All oils are 100% fat, therefore “Light” in this instance refers to the colour or flavour.
- “Low Fat” means that the product must contain no more than 3g fat per 100g or 3% fat.
- “Fat Free” means that the food must contain no more than 0.15g fat per 100g or 0.15% fat.

FAQ's – about increasing metabolism:

- A constant supply of energy to the body will ensure that your metabolism stays up and running.
- If you have long gaps between meals your metabolism will slow down, as the body starts to go into starvation mode & you will burn less energy.
- Therefore it is beneficial to eat 5-6 small meals and snacks per day, or eat something about every 3 hours.
- However, be careful not increase your overall energy intake or weight gain will result.
- Snacks between meals should be nutritious but not too filling. Good examples would be fruit, fresh, tinned or dried – 1 serve. Low fat yoghurt or milk drinks. Dry biscuits with low fat dips or spreads.
- Plenty of water – 6-8 glasses, i.e. 1-1½ litres per day.

FOR SALE

- Pocket Dieters Diary \$5.00
- Easydiet Cookbook, The Low Fat Way \$5.00
- Mini diet scale \$10.00
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