



Kaye L. Haslam
Accredited Practising
Dietitian/ Nutritionist

*Home Visit Weight
Management Service*

*Accredited with all
major health funds*

*Pensioner, student and
group discounts*

*Appointments in your
home*

*Mobile No.
0419 338 643*

*Email –
info@dietsonnwheels.
com*



Stop & think – before you eat & drink

ENJOY XMAS – BUT DON'T FINISH UP LOOKING LIKE SANTA-

In a recent media release from the Dietitians Association (DAA) there are some helpful tips to enjoy & be healthy this Xmas.

- * Don't go to Xmas functions hungry
- * Select lower fat options wherever possible.
- * Avoid deep fried finger foods
- * Don't stand next to the food
- * Limit alcohol, drink water or soda water between drinks

On Xmas day-

- * Eat a healthy breakfast
- * Eat slowly & savour your Xmas favourite foods
- * Limit alcohol alternate drinks with water
- * Be active – walk after the meal & burn off some of those extras.
- * **DO NOT OVER INDULGE** – you will feel better

After Xmas-

- * Return to normal diet immediately & keep active!!

CHRISTMAS GIFT IDEAS-

For food lovers – Gift baskets of

- ◆ Seasonal fruits
- ◆ Scented & herbal Teas
- ◆ Gourmet dried pasta, wild rice & exotic legumes
- ◆ Gourmet condiments like chutneys & relishes
- ◆ Gourmet herb & spices
- ◆ Pots of herbs or tomatoes, strawberries, etc.
- ◆ Flavoured vinegars, oils & sauces.

To improve physical output-

- ◆ Pedometer
- ◆ Hand weights/Fitball
- ◆ Beach Volleyball Set
- ◆ Free passes for gym classes
- ◆ Free passes for dance classes
- ◆ Gift vouchers for roller skating, swimming, horse riding
- ◆ DVD's –dance,exercise, etc.

XMAS/SUMMER TREAT – FROZEN FRUIT ICECREAM

Cut banana, mango, peach, pear, melon, (in fact any fruit) into bite size pieces and lay them flat on a baking tray.

Freeze until almost solid. Blend well in a blender or use a Bamix.

Pour into an icecream container & store in the freezer until required.

NOTE: you must use banana to achieve the creamy texture & the recipe doesn't keep for more than 2-3 days, so make small quantities at a time.



HAVE A SAFE & WONDERFUL XMAS ONE & ALL

I LOOK FORWARD TO SEEING YOU IN THE NEW YEAR,

Regards,

Kaye Haslam

FOR SALE

- Pocket Dieters Diary \$4.00
- Easydiet Cookbook, The Low Fat Way \$3.00
- Mini diet scale \$10.00