



HEALTHY LIVING MAGAZINE

SUMMER 2020

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MINDFUL MORNINGS

.....
**KEEPING ACTIVE AND
HYDRATED IN SUMMER**
.....

**LOOKING AFTER
YOURSELF DURING
THE FESTIVE
SEASON**



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We made it! Do you also feel like it took a long time to get here? Yes, I'm talking about the warmth and joy that comes with summer.

It's always an exciting time for our community, and we love seeing members using the pools and getting active. This summer edition of the Healthy Living Magazine, is designed to support you in achieving your health goals, both now and in the future. Fiona Kriaris helps you develop a morning ritual to set you up for the day ahead; we look at how food can affect your mood; and tips to stay well hydrated in these warmer months. You'll also find some wonderful seasonal recipes using tomatoes, basil and fennel, plus Jodie Arnot shares her tips on how to feel good in your own skin this summer.

Enjoy all this and lots more, and don't forget to reach out and let us know what you'd love to read about in future editions.

Richard Quail

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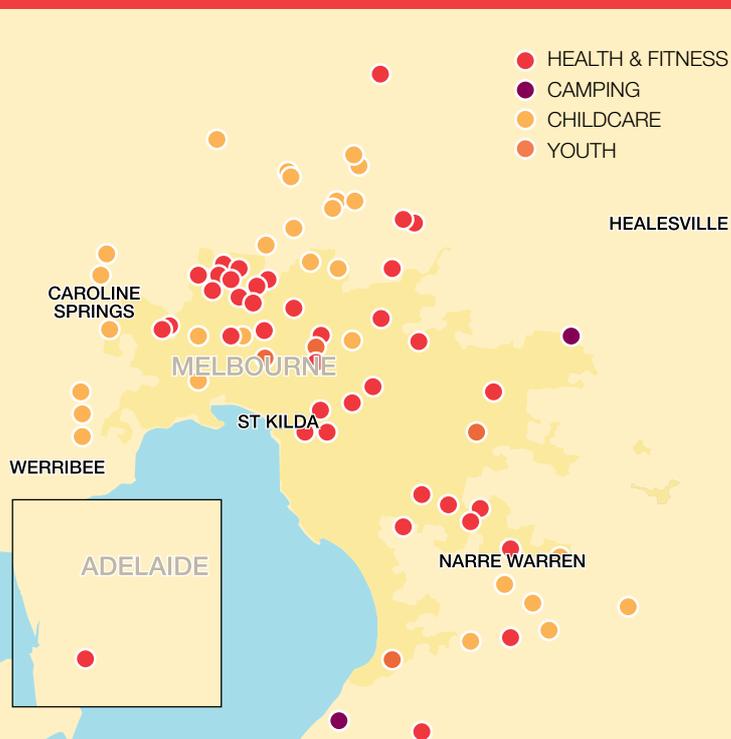
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MARNIE NITSCHKE, APD

Marnie is an Accredited Practising Dietitian at www.n4foodandhealth.com. She also works in clinical nutrition at Epworth Healthcare, and in private practice at Everyday Nutrition in Glen Iris www.everydaynutrition.com.au



SEASONAL EATING IN SUMMER



Take a look at the delicious seasonal produce that summer brings, with dietitian **Marnie Nitschke**.

In Australia, summer means not only warmer weather, but also a bit of a change in pace. More festivities, longer daylight hours, more time outdoors, and new seasonal fruits and vegetables.

To many, summer is signified by the emergence of delicious and vibrantly coloured seasonal fruits like cherries, berries, figs and mangos. Sure, we can get most of our favourites year round these days. But seasonal produce is special because it means fruit and vegetables that are at their most delicious, at their peak in nutrition, while also being at their most affordable.

Another summer favourite is lush green basil, which is only in season December to February. You can buy seedlings (or established pots) anywhere from garden stores to supermarkets and hardware stores these days. And as long as you have a sunny spot and time for a quick water each day, you'll find basil is super easy to grow. Even if you don't have the space for a garden, basil and other seasonal herbs can be grown in pots on the window sill or veranda. Just imagine the homemade pesto you can make!

And tomatoes – we couldn't talk about seasonal produce and not mention these delicious summer staples. While tomatoes are a fruit that we can get our hands on all year round, most would agree there's a difference in flavour and texture of a naturally sun-ripened beauty. Ripe tomatoes make for

beautiful fresh, simple salads and pasta dishes.

Summer fruits to look out for:

- ▶ Stone fruit: apricots, cherries, nectarines, peaches, plums.
- ▶ Berries: strawberries, blueberries, blackberries, boysenberries, raspberries.
- ▶ Citrus: grapefruit, lemons and limes, Valencia oranges.
- ▶ As well as figs, melons and grapes.

Summer vegetables we love:

New in summer: corn, eggplant and tomatoes.

Still in season: avocado, beans, beetroot, capsicum, carrots, chilies, cucumber, leek, lettuce, onions, peas, potatoes, rhubarb, silverbeet, spring onion, squash and zucchini.

Seasonal herbs and spices:

Basil, chervil, chives, chilli, coriander, ginger, garlic, mint, lemongrass, parsley, oregano, rosemary, tarragon, sage and thyme.

We're feeling very inspired by summer seasonality this issue – which you'll see in our delicious recipes and feature articles. Just across the page, dietitian Kim Menzies fills us in on the nutritional benefits of seasonal berries. Seasonal produce is also the star in our easy breakfasts, lunchbox ideas, and our double-page summer meal spread. **Y**

Look out for these recipes using delicious summer produce:



Sun-dried tomato and basil frittatas

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Fennel and tomato salad; and lamb and pinenut koftas with Brazil nut hummus

PAGE 16



Asian chicken fried rice and veggies; and easy rainbow poke bowls

PAGE 17





KIM MENZIES, APD

Kim Menzies is an Accredited Practising Dietitian at “What’s Your Gut Feeling?”, a private practice that specialises in gastrointestinal conditions including coeliac disease, IBS, food intolerances and inflammatory bowel syndrome. See www.whatsyourgutfeeling.com.au or phone 0432 410 336



THE BENEFITS OF BERRIES

Dietitian **Kim Menzies** shares the mouth-watering facts about berries and our health.

Growing up, sweet and plentiful berries reminded me that summer was coming. Picking blackberries in the local paddock was a favourite holiday activity. Coming home to a sweet fruity fragrance filling the house, signalled that my mum was cooking strawberry jam. The yearly ritual of picking raspberries with a treasured friend up in nearby mountains also confirmed that Christmas was just days away. Berries are delicious, edible memories for me, as well as power-packed parcels of nourishment.

So what’s your favourite berry? Raspberries, blueberries, blackberries, strawberries, boysenberries, loganberries, cranberries?

Berries are an excellent source of fibre, both insoluble and soluble. Soluble fibre helps us feel full for longer, reduces our LDL cholesterol (bad cholesterol) and keeps us regular. A berry smoothie using mixed berries, chia seeds and oats is a brilliant fibre-filled way to start the day.

All berries are a good source of vitamin C. Vitamin C builds our immunity and helps keeps our bones, gums and teeth

healthy. Vitamin C also assists in absorbing non-haem iron found in wholegrains and vegetables, so berries are a great addition to breakfast cereals, or to have following a salad sandwich, as a dessert.

Berries are rich in antioxidants, found in the deep purple, blue and red pigments that make them so visually stunning. Antioxidants decrease the effects of free radicals and help protect our cells from oxidative stress, which can lead to chronic diseases. Having a variety of colourful berries across the week in juices, smoothies, on cereal, stirred through yoghurt, included in salads, added to muffins or cakes, made into a sorbet or ice-cream, or just eaten on their own, will provide our body with a delicious range of antioxidants.

There is growing research regarding the benefits of having a plant-rich diet and particular benefit in ‘eating a rainbow of colours’ across the week for the health of the gut microbiome. So as you include berries in different ways, you not only enjoy delicious flavours, but make the vast array of microbes living in your gastrointestinal tract happy too!

Although some fresh berries are available all year round – at a higher price – we can also purchase them frozen or canned or dried. Buying berries in season however, allows us to enjoy all the health benefits economically, and add wonderful colour to our snacks and meals at any time.

Why not make a family day trip to soak up the country air and pick your own berries at one of these locations? Phone ahead before turning up to check availability.

- ▶ Sunny Ridge Strawberry Farm: Shands Road, Main Ridge, VIC
- ▶ Sunny Creek Organic: 69 Tudor Rd, Trafalgar South, VIC
- ▶ Jay Berries, 140 Wandin Creek Rd, Wandin East, VIC
- ▶ Beechworth Berries: 46 Reids Way, Wooragee, VIC
- ▶ Blue Hills Berries and Cherries: 27 Parker Rd, Silvan, VIC
- ▶ Beerenberg Farm: Mount Barker Road, Hahndorf, SA
- ▶ Lennane Orchards: Montacute Rd, Montacute, SA
- ▶ Kenton Valley Cherries: Hartley Vale Rd, Gumeracha, SA 📍





FIONA KRIARIS

Fiona Kriaris is a health and fitness professional with YMCA Victoria, who is pioneering mindfulness and meditation at the YMCA, to bring a more holistic approach to health and fitness. A graduate of the UCLA Mindful Awareness Research Centre in Los Angeles, Fiona's studies in this field extend internationally, and she brings global leading trends to a local environment with compassion and integrity.

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MINDFUL MORNINGS

Fiona Kriaris helps to transform your morning grind into a routine you can't live without.

A typical morning may start by waking up to an alarm, pressing snooze a few times, until finally succumbing to checking the smartphone and scrolling through emails or social media while still in bed. A few more minutes here before time becomes the enemy and there is a rush to get ready, then race out the door and grab a coffee on the way to work. This automatic mode is not uncommon; it's a habitual response to the daily grind. It can be hard to notice these habits as they have become ingrained to the point of becoming invisible, making it hard to change what can't be seen. Yet the way we live our lives is through a series of habits that form routines. Changing one habit can be a powerful way to transform our life. One way in which we can do this is by creating a morning ritual.

A habit or routine is something we do automatically (i.e. with little attention), whereas a ritual is an action with intention and purpose behind the



action. A ritual requires having presence and attention, which wakes up the brain from the subconscious cycle. Rituals are more meaningful because they allow for connection to one's self and to the outside world by practising mindfulness. Research shows bringing attention and awareness to the present moment increases the quality of the experience, regardless of what the activity is. This applies to rituals, which are about being engaged while focusing on the experience rather than the mere completion of the task; which goes against what we are conditioned to do in a task-orientated world. Here are some points to consider when establishing a morning ritual:

▶ **Night before**

The morning ritual is best started the night before in preparation for the next day. It could involve writing down what your top three priorities are for the next day, laying out your exercise gear ready for your morning workout, and setting your alarm earlier and away from your bed so you have to get up to turn it off – avoiding the snooze. This evening routine helps shape the morning ritual by taking decisions out of the

morning. You wake up knowing exactly what needs to be done. Just don't over-complicate the morning ritual by including too many actions, or it becomes a chore and unrealistic.

▶ **Technology-free with gratitude**

Wake up in the morning and resist the urge of using your smartphone. Give yourself space to not be addicted to distractions. Initially there will be temptation to continue with old habits, but just notice this impulse and then replace it with a gratitude practise by writing down something you are grateful for and why. Gratitude is an intervention proven to enhance your overall wellbeing by expressing appreciation to even the smallest things.

▶ **Stillness with meditation**

This can be a micro-moment of three minutes if you are just starting out with meditation. It can also be a guided meditation or one where you are sitting or lying in stillness focusing on the breath. It is normal to experience sounds, body sensations, emotions and thoughts during a meditation – it is impossible

to clear the mind. Just observe what you notice with kindness and in a non-judgemental way, there is no right or wrong way to meditate. Even just a few minutes can help calm the mind and relax the body, and set yourself up for a day of improved mental clarity, better concentration, and enhanced ability to deal with stress.

▶ **Moving your body**

Whether it's a home yoga practice, attending a HIIT session, or going for a walk, physical activity doesn't have to be a lengthy or expensive; nor does it have to be something you think you "should do"; but instead something you enjoy. For each of us that will be something different. Physical activity has many health benefits such as its ability to promote the release of feel-good chemicals in your brain, like endorphins and serotonin, which are great mood enhancers to set up your day.

It's important to connect to each of the above in your own individual way, to create an authentic morning ritual that will serve you best. Initially it may feel more challenging as you want to stay with your current morning routine because habits are hard to break. But give it time, commit to repeating your new morning ritual, and remind yourself why you are doing it. You will transform the daily grind into meaningful moments, allowing for a sense of purpose and clarity to unfold throughout the day. Eventually it will become a sacred practice that you can't live without. 🍷

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CHANGING ONE HABIT
CAN BE A POWERFUL WAY
TO TRANSFORM OUR LIVES.
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JACKSON BARNARD

Jackson Barnard is a recently graduated dietitian currently working with the Coburg Football Club. Jackson is passionate about sports nutrition and helping people achieve their health goals, whether they are an elite athlete or weekend warrior. You can find out more about Jackson on Instagram [@barnyardnutrition](#)



FOOD AND MOOD

Explore the link between what we eat and how we feel, with dietitian **Jackson Barnard**.

Does what we eat affect our mood?

The short answer here is “yes” – undeniably. The relationship between what you eat and how you feel is an emerging area of research with plenty yet to be discovered. But we already know it goes way beyond eating comfort foods when we’re stressed, or feeling tired if we skip meals. There are so many ways that food can either harm or heal, when it comes to our mental health.

Many studies over the years have looked at the connection between food and mental health. Most of these have been observational in nature (observing people and their diets) and focused on whole diets rather than single nutritional factors (for example, particular foods, vitamins or minerals). And although no two studies are the same, the common thread among the vast majority is that diet quality appears to predict

the risk of developing depressive disorders – regardless of factors such as education, weight, physical activity levels and socioeconomic status.

Diet quality encompasses food variety, nutrient density, nutritional adequacy, and balance within an individual’s eating habits. In short, it appears that eating a diverse range of foods (particularly from plant sources), minimising processed foods and eating a balanced diet, can substantially lower your risk of developing depression.

With all this evidence about better diets helping our mental health, the question that follows is: “If I’m already depressed, can I recover simply by eating better?” And that’s exactly the question that was set out to be answered in the SMILES Trial, where SMILES stands for “Supporting the Modification of Lifestyle in Lowered Emotional States”.





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FOOD CAN INFLUENCE OUR MENTAL HEALTH THROUGH INFLAMMATION AND OUR GUT

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SMILES trial

This twelve week study looked at the effect of dietary intervention on individuals with moderate to severe depression. The dietary intervention group received seven sessions with a dietitian, who primarily focused on improving the participant’s diet quality through a modified Mediterranean diet, whilst the control group received seven social support sessions but no dietary advice. In the diet group there was no focus placed on weight loss or exercise – the intervention was purely aimed to increase diet quality. The Mediterranean Diet is high in vegetables, lean proteins, fish, “healthy” fats and wholegrains, and low in processed foods.

The result

After twelve weeks, psychological testing was repeated, which showed that participants in the dietary intervention group had significantly improved compared to the social support group. Within the diet group, one third were significantly less depressed, and almost one third were no longer depressed. Indeed – it appears our diet can be a valuable tool in helping to treat and sometimes even resolve depression.

How does diet affect our mood?

The effect of food on mood is certainly complicated, but two major ways that food can influence our mental health is through inflammation and through our gut health.

Studies indicate that diets high in processed and convenience foods promote inflammation within our gut and brain. Early research indicates that the gut microbiome (the living organisms inside our gut) appear to be a key player in our health – particularly in relation to mental health.

Processed and convenience foods are not only inflammatory – they are also loaded with saturated fats and sugars that are shown to have a damaging impact on neurotrophins.

Neurotrophins are proteins that protect the brain, support the growth of new brain cells and ensure proper functioning of neurones. Studies show that our diet quality can even affect

the size of our hippocampus (a section within the brain important for learning, memory and mental health).

Here are five ways we can keep our ‘good’ gut bacteria happy

- ▶ Eat more plant foods every day – fruits, vegetables, legumes, nuts, seeds and grains.
- ▶ Include more fibre and wholegrains (which keeps the bowels moving and healthy).
- ▶ Eat fermented foods (which contain beneficial bacteria) and prebiotic fibres that feed them, like nuts, seeds, grains and legumes.
- ▶ Eat foods rich in antioxidants – think fresh, seasonal and brightly coloured plant foods.
- ▶ Reduce processed foods high in sugar, additives and saturated fats (to minimise stress on our system).

Final thoughts:

It’s clear that the quality of our diet can have a huge affect on our nutrition, energy levels and mental health. And for a complicated subject, the advice is pretty simple: make sure to load your plate up with plenty of plant foods in different colours. Try to keep the processed and fast foods to “sometimes”, and think about ditching the “weight loss at any cost” mentality. 🍎

DID YOU KNOW?



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Serotonin is a brain chemical or neurotransmitter associated with elevated mood and reduced pain. It can actually be found in foods like bananas, and produced by our gut bacteria – which sounds like a quick fix, right?

Unfortunately, it’s just not that simple. While serotonin might be absorbed from foods or made by our gut cells, this form cannot actually cross the blood-brain barrier and enter our brain. Sorry, but we can’t promise you that eating bananas will make you instantly happier!



SIMONE AUSTIN, APD

Simone Austin is an Advanced Sports Dietitian who has worked with elite athletes for the last 25 years. She is the dietitian for Hawthorn Football Club, President of Sports Dietitians Australia, and a media spokesperson for the Dietitians Association of Australia. Simone published her book, "Eat Like An Athlete" in February this year. You can find out more via simoneaustin.com and follow her on Instagram @simone_austin



KEEPING ACTIVE AND HYDRATED IN SUMMER

Sports Dietitian **Simone Austin** provides her top five tips for hydration in the heat.

It's all too easy to want to lock ourselves inside with the air conditioner on, rather than venturing out on hot days. However, if you take note of these tips, you can safely keep up your hydration and exercise routine throughout summer.

1. Hydrate before, during and after you exercise

Hydrating before exercise is essential, as you are unlikely to drink enough when you are exercising in the heat. Starting out well-hydrated will help minimise and delay the inevitable fluid deficit.

Keep up your fluid intake during exercise, but remember that slow and steady wins the race. Your body also continues to sweat for some time after exercise, so it's important to hydrate post-exercise too.

2. Vary how much you drink depending on your individual needs

Some people have high sweat rates and will need to drink twice as much others. One person may lose 700ml per hour and another person 1.5 litres per hour!

If you are exercising at a moderate to lower intensity, your thirst is generally a good indicator of your fluid needs. Another clue is the colour of your urine – light, straw-coloured urine indicates good hydration.

3. During heavy exercise, replace weight lost during the session

Weight loss during exercise is fluid loss, not body fat. So weighing yourself before and after exercise will help you track your hydration status. You should aim to drink the same amount of fluid (in litres) as you lost in weight (in kilograms), and even up to fifty percent more if you are going to be backing up with another session within 24 hours.

4. It doesn't always have to be H₂O

Most of the time water is sufficient; however, when it's very

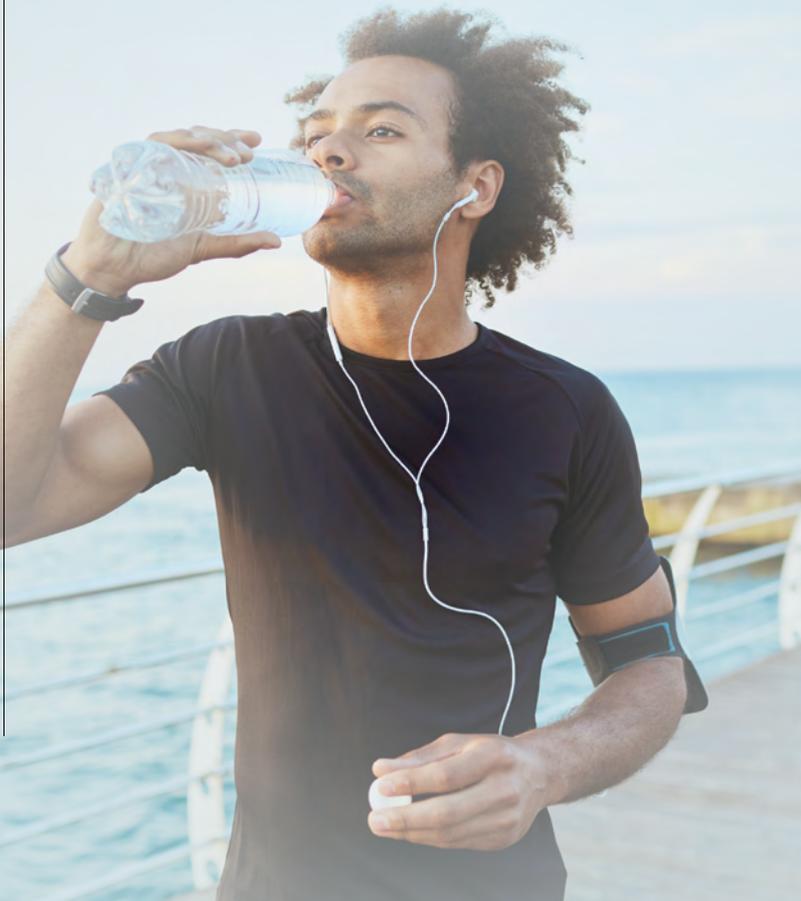
hot or if you're exercising heavily, you may need to drink fluid with electrolytes (salts) and sugars as well.

Sports drinks contain electrolytes, but also around 6-7% sugar. These are generally only necessary for long and intense sessions (over ninety minutes). You can also get fluid, energy and electrolytes via foods that are high in water content – such as fruit, vegetables, milk and yoghurt.

5. Take breaks and listen to your body

You will feel more fatigued in the heat, so don't push yourself if you feel something is wrong. If you experience dizziness, loss of concentration or confusion, stop and seek assistance.

Exercise earlier in the morning or later in the evening, when it's cooler. Wear a hat, stay in the shade, and remember that you do still sweat in the pool, you just don't notice it! **Y**





ALICIA HOLMQUEST AND BREE ANNE-PAGONIS

Wellness in Real Life is a social enterprise co-founded by Alicia and Bree, two Dietitians with a true passion for wholeheartedly enjoying and loving food. They are genuinely devastated by the amount of pain and pressure people put on themselves and food, so they aim to help people improve this relationship. Their ultimate dream is to live in a world where diets don't exist. Visit wellnessirl.com.au or follow @wellness.in.real.life on Instagram



THINKING OUTSIDE THE SQUARE – SUMMER LUNCHBOX TIPS

A parent's survival kit to constructing healthy and safe summer lunchboxes, from the team at **Wellness In Real Life**.

If you Google "lunchbox ideas" you're likely to be inundated with images of bento boxes filled with tiny, hand-carved kiwifruits and sushi in the shape of animals. And while these might be pretty, for most of us they're not exactly practical. So let's talk about simple, nourishing lunchbox ideas that don't require a fine arts degree.

Step 1. Sort the fundamentals

It's Australia, it's summer, and it's hot. And with no refrigeration, lunchboxes can become a breeding ground for bacteria. So it's important to keep things cool:

- ▶ Buy an insulated lunchbox and have a serious supply of ice packs ready to go.
- ▶ Freeze fruit, small tetrapaks of milk, or containers of yoghurt.

Step 2. Make your life as easy as possible

Nobody wants to spend too long thinking about or constructing lunchboxes, especially in the morning rush. Try these planning tips:

- ▶ Get kids involved with age-appropriate tasks. Help them draw up a basic lunchbox plan (eg. one fruit, one veg, one dairy, one sandwich). Write down some options and favourites, and this will also help you with the shopping list. Stick it on the fridge for quick reference.
- ▶ Think about having a pantry shelf or draw, and a section of the fridge that contains a variety of foods from the list below, so that children can make their own choices.
- ▶ Cut down preparation time with bulk cooking. Next time you're baking muffins, double the batch and freeze.

Step 3. Mix it up by trying new ideas and having a little fun

Yes, food should be nutritious, but it can also be playful and

provide a learning experience. After all, childhood is a critical time to help establish a positive long-term relationship with food. Here's how:

- ▶ Aim for colour and try new lunchboxes with individual compartments. If it's pleasing to the eye, it's more likely to get eaten (or at least sampled).
- ▶ Think about sensorial properties – crunchy foods like popcorn; cooling options like frozen yoghurt and frozen grapes. Play with interesting presentations like fruit and cheese skewered on toothpicks.
- ▶ Days can be pretty tiring for big and little kids alike, so when catering for fussy eaters, don't make the lunchbox too challenging. Try to include some safe, familiar foods they know and like. Encourage trying one new food each week (or even just a new way to present or prepare old favourites).

WHAT TO PUT IN YOUR LUNCHBOXES	
Grains/mains:	Sandwiches; wraps, sushi, rice paper rolls, savoury muffins
Dairy:	Frozen yoghurt/milk, cheese cubes
Fruit:	Frozen grapes, apple with cream cheese, dates stuffed with peanut butter*
Protein:	Hard boiled eggs or mini frittatas, tuna, or leftover rissoles/fishcakes
Veggies:	Sweet and flavourful cherry tomatoes, crisp celery, carrot, zucchini sticks, coleslaw, Greek or garden salads
Sweets:	Homemade fruit muffins, banana bread, homemade cookies

**may not be suitable for primary school due to allergy risk*



ANNA HOWARD, APD

Anna Howard is a Nutrition Scientist and Accredited Practising Dietitian working in health promotion and clinical dietetics. Anna is passionate about helping others build healthy and sustainable relationships with food and eating. You can find out more about Anna on Instagram: @nutritiouslyanna



KEEPING YOUR NUTRITION ON TRACK DURING THE FESTIVE SEASON

Dietitian **Anna Howard** shares some savvy tips on keeping healthy during the silly season.

The festive season is a time for parties, celebration and often indulging in delicious foods and drinks. For many of us this period includes a few more social events than usual and a change in our routines. Here are some handy hints to keep your nutrition on track at this time of year.

Don't go out ravenous

Where possible, avoid turning up to events hungry, as this can lead to over-eating. Try to eat a small nutritious snack before you leave home to keep your cravings under control and ensure you don't go overboard at the buffet! Some healthy snack ideas include yoghurt, fresh fruit, a small handful of nuts, veggie sticks and hummus, or cheese on wholegrain crackers.

Watch your portions

When canapes are continuously passing by and buffet tables are overflowing, it can be easy to eat too much. Aim to fill your plate with lots of veggies, a lean source of protein and some wholegrain carbohydrates. Choosing a smaller entrée- sized plate can also help, if there's more than one course.

Wait, before going back for seconds

Before immediately jumping up for seconds, allow twenty minutes for your body to digest what you've already eaten. Chances are that you will feel satisfied and the craving for more will diminish. Once you're satisfied, remind yourself that there will be plenty more delicious food in the near future. You don't need to eat it all now.

Keep active

Luckily in Australia the holiday period falls in summer, when the weather is warm and there is more daylight. Try incorporating activity into festive season catch-ups; for instance, head to the beach for a walk, play a ball game in the park or go for a hike and enjoy a picnic at the end.

Enjoy alcohol in moderation

Alcohol contains a lot of kilojoules

(energy) and excessive amounts of alcohol is harmful to our health, so it is best to set yourself a limit before arriving at a party or social event. Try having a glass of water, soda or diet soft drink between each alcoholic drink. This will slow down your rate of drinking, keep you hydrated and reduce the risk of a hangover!

Enjoy dessert and your favourite foods

You don't need to avoid desserts and all your favourite foods during the holiday season. But do practise moderation, and try to eat slowly and savour these delicious treats. If you fancy dessert, you could offer to share with someone, or look for a fruit-based option.

Don't forget to enjoy the festivities, feasts and family times at this special time of year! 🍷

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**AVOID TURNING UP TO EVENTS HUNGRY,
AS THIS CAN LEAD TO OVEREATING.**
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HEIDI SZE, APD

Heidi Sze is a mother, writer and dietitian, specialising in pre and post-natal nutrition. She lives on the Mornington Peninsula with her husband and two children. On her blog, Apples Under My Bed, Heidi writes about everyday life, reflections on motherhood and the recipes that nourish her family. Learn more at applesundermybed.com



ALICIA HOLMQUEST AND BREE ANNE-PAGONIS

Wellness in Real Life is a social enterprise co-founded by Alicia and Bree, two Dietitians with a true passion for wholeheartedly enjoying and loving food. They are genuinely devastated by the amount of pain and pressure people put on themselves and food, so they aim to help people improve this relationship. Their ultimate dream is to live in a world where diets don't exist. Visit wellnessinreal.com.au or follow @wellness.in.real.life on Instagram



WONDERFUL SUMMER RECIPES

SUN-DRIED TOMATO & BASIL FRITTATAS



Makes: 12

These delicious frittatas are the perfect on-the-go brekkie or snack for when you feel like something soft, squishy and satisfying.

Ingredients

Handful of basil, roughly chopped
6 large eggs
¼ cup Greek feta
Pinch of mixed dried herbs
¼ cup of grated cheese
4 sun-dried tomatoes in oil roughly chopped

Method

- 1 Pre-heat oven to 180°C and lightly grease a 12-pan muffin tin.
- 2 Combine all ingredients in a medium-sized mixing bowl.
- 3 Evenly distribute the mixture amongst the muffin tin.
- 4 Place in the oven for 10-12 minutes or until cooked through.
- 5 Enjoy! **Y**

ALMOND BUTTER SMOOTHIE

This breakfast smoothie is incredibly quick, cool and full of nutrition for an energising summer breakfast on the go. Note: This recipe is a nice base to work with. You could add raw cacao powder for a chocolatey vibe, or swap the nut butter for avocado; you could add some berries or spinach, or use a different milk – whatever appeals. Add ½-1 date, based on how sweet you like it (and how big and ripe your banana is). The quinoa flakes are a fabulous addition to smoothies, but you could also use oats instead.

Makes: 1 tall glass

Ingredients

1 frozen banana
1 tablespoon almond butter
1 tablespoon hemp seeds*
½ - 1 medjool date, pitted
½ - ¾ cup milk**
¼ cup quinoa flakes

Method

- 1 Add all the ingredients to a blender and blitz until smooth. **Y**



* optional, but a great protein and fats hit

** add less for a thicker smoothie, more to thin it out.



SALLY SHAW BSC., GRAD.DIP.PSYCH., D.PSYCH. (HEALTH), MAPS

Sally Shaw is a psychologist who holds a particular focus on the provision of information, education and support to people with neurological conditions and chronic illnesses, and the health professionals that work with them. Using a positive psychology framework, Sally works with clients to increase their ability to be strategic while moving forward in life. For more information visit www.sallyshaw.com.au



LOOKING AFTER YOURSELF DURING THE FESTIVE SEASON

Psychologist, **Dr Sally Shaw** helps us understand and better cope with stress during the festive season.

Did you know that many people experience a sense of overwhelm, rather than excitement, in the lead up to the festive season? If you're feeling this way (and perhaps feeling like a stick in the mud for not embracing the festive cheer), it might help to know that you're not the only one.

Why can the festive season be so hard?

Stress can come from all angles at this time of year – work and finances, family and social commitments – not to mention the pressure toward the end of the year to “get everything finished”. Christmas can be particularly hard for those who have difficult relationships with family members.

Many people push themselves through December on coffee and adrenaline, only to fall in a blubbing heap in the post-Christmas period – the time you're supposed to be relaxing and recharging!

With self-care top of mind, here are six tips for coping with the silly season:

1. Take control (as early as possible) of the things that can be controlled

Identifying what might make you feel tense/angry/annoyed or frustrated can give you a chance to temper your reactions and decide how you might handle situations best. Sit down with a notepad, a pen and a cuppa. Start with a list of “Things that are going to stress me out during December”.

Your examples might range from “not having enough time for present shopping” to “Auntie Thelma being rude and talking over me like she does every year”. Some of your points might seem petty to write down, but if they affect you emotionally, put them on the list! Sometimes predicting the things that will affect you emotionally, can help limit the fallout.

You might follow this with another list of things you need to physically do or organise. If your list seems overwhelming, look at what tasks you can delegate,





to take some of the stress off your plate. Communicate openly with family and friends about what your challenges are, and how they can help:

- ▶ Ask for volunteers or set up a roster in the family for cleaning and maintenance tasks.
- ▶ Menu plan in advance for events, and tell people what they can cook or bring.
- ▶ Write out a running sheet for summer and festive events, so that everyone knows what is expected of them, and by when.
- ▶ Can you shop online and save yourself from the dreaded shopping centre car parks?
- ▶ Write a list of gifts you need to buy, and try to keep it simple (think about group gifts and delegating, Kris Kringles, vouchers or even agreeing not to buy gifts at all).

You can't control everything this time of year, but it helps a lot to have a plan!

2. Acknowledge that you are still in control of your daily routine

It might sound boring, but it's true. Sleep, exercise, and good nutrition are such an important part of your effective management of life throughout the year, so why would you throw that out the window when you need it the most? Focus on the most effective long-term self-care strategies, such as getting regular exercise, and eating five serves of vegetables each day. These type of self-care activities are a lot more effective in the big picture than expensive day spa treatments.

3. Create a budget for spending on presents and entertaining

Spending can be fun and pretty easy in the lead up to gift giving and entertaining, but it can also cause a lot of unnecessary stress when the credit card bills come in. Instead of going all out with extravagant last minute gifts, spend some

considered time and thought on who you want to give a gifts to, and budget accordingly. Remember that it really is the thought that goes into the present that matters!

4. Create a time and energy budget

This is super important if in the past you have over-committed, run out of time and fallen in a stressed out heap in the silly season. Learn from your experience that burning the candle at both ends will always catch up with you eventually. Remember that in addition to your usual workload, you're likely to be invited to a multitude of functions and extra catch-ups during December. Make sure this budget includes down time where you don't have to be "achieving" and can fit in the day-to-day self-care activities that will serve you well.

5. It's actually okay to say "no"!

Think about prioritising people who are present and important in your life, all the way from January to November (rather than those who surface in December claiming that you "simply have to" catch up for Christmas). Learn how to say "thanks so much for the invitation, but I'm afraid I can't make it this year". Be firm and send clear messages, rather than stretching yourself thin. Remember, your aim is to enjoy the festive season, not just survive it.

6. Examine your expectations going into Christmas

Do you have clear expectations of what you want your festive season experience to look like, as well as expectations of what might actually happen? Have a look at past evidence – what has this time of year looked like before? Stressful? If you'd prefer a change, get onto it! You can't expect things to change without some intent and action, so be proactive and communicate clearly with those around you. **Y**



HEIDI SZE, APD

Heidi Sze is a mother, writer and dietitian, specialising in pre and post-natal nutrition. She lives on the Mornington Peninsula with her husband and two children. On her blog, Apples Under My Bed, Heidi writes about everyday life, reflections on motherhood and the recipes that nourish her family. Learn more at applesundermybed.com



NUTS FOR LIFE

Nuts for Life inspires people to enjoy a healthy handful of nuts everyday, by educating them on the health benefits of regular nut consumption. An initiative of the Australian tree nut industry, they also work closely with health professionals, government, and other bodies to improve the nutritional reputation of nuts. Learn more at www.nutsforlife.com.au



WONDERFUL SUMMER RECIPES

FENNEL AND TOMATO SALAD

Serves: 2 along side some grilled fish

This simple side is an amazing side dish for a summer barbeque. Note: Use the best produce you can find, as this will influence the overall deliciousness of the salad. If you don't have mixed dried herbs, you can substitute dried oregano.

Ingredients

- 1 fennel bulb
- ½ punnet good quality, sweet cherry tomatoes or 1 plump, vine-ripened tomato
- ½ tablespoon white wine vinegar
- 1 tablespoon good quality extra virgin olive oil
- A scattering of mixed dried herbs (a mix of oregano, basil, parsley and thyme)
- Sea salt and freshly cracked black pepper
- Sliced olives (optional)

Method:

- 1 Thinly slice the fennel, wash it to remove any dirt, then dry it and place in a bowl. Pour the vinegar over the fennel and let it sit for 10 or so minutes.
- 2 Chop the tomatoes and place on top of the fennel. Add olives if using. Drizzle the oil, then season to taste with the herbs, sea salt and pepper. **Y**



LAMB AND PINE NUT KOFTAS WITH BRAZIL NUT HUMMUS

Makes: 8 kofta and 2 cups/12 serves of hummus

This aromatic kofta dish can be cooked in the oven or on the barbeque, and is perfect with fresh salad and pita, for an easy summer dinner.

Ingredients:

Kofta:

- 500g lamb mince
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- Freshly ground black pepper
- 2 tablespoons (20g) pine nuts, toasted
- ¼ cup chopped flat leaf parsley

Brazil nut hummus:

- 1 cup (150g) Brazil nuts, toasted, roughly chopped
- 400g can chickpeas, rinsed and drained
- 1 teaspoon ground cumin
- Pinch garlic powder
- 1 tablespoons dehulled tahini
- 2 teaspoon lemon juice
- ¾ cup water

Method

- 1 Preheat the oven to 180°C, and line a baking tray with non-stick baking paper (or fire up the barbeque).
- 2 Place all the kofta ingredients in a large bowl, and mix with hands until fully combined, then shape into 8 oval sausage shapes and place on the baking tray.

- 3 Spray with a little oil and bake until cooked through and golden (about 20 minutes).
- 4 Place all hummus ingredients in a food processor or blender and blend together until just smooth.
- 5 Serve two kofta per plate with a portion of hummus, warmed flatbread and seasonal salad items of your choice. **Y**





SPORTS DIETITIANS AUSTRALIA

SDA is Australia's peak professional body for dietitians specialising in sports nutrition. Their members help active Australians maximise their exercise goals with credible nutrition. See more at www.sportsdietitians.com.au



REBECCA GAWTHORNE

lover of health, fitness and summer, Rebecca is a dedicated and energetic Dietitian with a powerful influence in the online health space. Rebecca has extensive experience in working with brands to advocate healthy, nutritious living and consumer education. Find out more on Instagram @nourish_naturally or at www.rebeccagawthorne.com.au



WONDERFUL SUMMER RECIPES

ASIAN CHICKEN FRIED RICE AND VEGGIES

Serves: 4

A delicious, healthy take on fried rice from Sports Dietitians Australia, which is also great way to use up any vegetables you have in the crisper.

Ingredients

- Spray olive oil
- 1 egg, lightly beaten
- 1 onion, finely chopped
- 400g chicken breast, roughly chopped
- 1 green capsicum, chopped
- 200g button mushrooms, sliced
- 1½ cups cabbage, finely shredded
- 1 large carrot, grated or thinly sliced
- 1 cup snow pea sprouts
- 2 cups brown rice, cooked
- 1 tablespoon chopped fresh parsley
- 1 tablespoon soy sauce, reduced salt

Method:

- 1 Spray a non-stick wok or frying pan with oil and heat. Add the egg and swirl to create a thin omelette. When the egg has set and cooked, turn out, cool and cut into short, thin strips.
- 2 Cook rice according to packet directions. Once rice is cooked, drain and cover until needed.
- 3 Wash the wok or frying pan and spray with oil and heat again. Add the onion and cook over moderately high heat for 2 minutes stirring often. Add the chicken in and cook for a further 4-5 minutes until chicken starts to brown. Add all vegetables and stir-fry for 5 minutes or until the vegetables are just softened. Add the rice and stir until combined and heated through. Finally, mix through the parsley and egg, and season with soy sauce to taste.



EASY RAINBOW POKE BOWLS

Serves: 2

They say we eat with our eyes! This beautiful recipe is a delicious and light option for those hot summer nights.

Ingredients

- 300g fresh tuna/salmon/kingfish/tofu
- ¾ cup brown rice
- ½ cup shelled edamame beans
- ½ large avocado, sliced
- 1 large cucumber, sliced
- ½ small carrot, thinly sliced
- ½ cup red cabbage, shredded
- 2 shallots, sliced
- ½ red apple, thinly sliced
- 1 tablespoon black sesame seeds
- 2 tablespoons tamari sauce
- 1 teaspoon rice wine vinegar
- 1 tablespoon extra virgin olive oil
- Gari (sushi ginger), to serve
- Sweet chilli sauce, to serve

Method:

- 1 Cook the rice per packet directions, then mix through rice wine vinegar and cool in fridge.
- 2 While rice is cooking, pan fry the fish in olive oil and tamari. Steam the edamame until tender (2 minutes from frozen, or 5-10 from raw).
- 3 Divide rice between two bowls and top with cucumber, avocado, carrot, cabbage, shallots, apple, edamame, fish and ginger.
- 4 Sprinkle with sesame seeds and serve with sweet chilli sauce. Enjoy.





THE SLEEP HEALTH FOUNDATION

The Sleep Health Foundation is Australia's leading advocate for sleep health. The Foundation aims to improve people's sleep and their lives by promoting healthy sleep, raising awareness of sleep disorders and building partnerships with organisations. Free, independent, expert-reviewed fact sheets on every aspect of sleep are available at www.sleephealthfoundation.org.au



SUMMER SLEEP TIPS

Get the lowdown on sleep during the summer months, from the experts at **Australia's Sleep Health Foundation**.

Sleep is important not just in summer, but at all times of the year. The amount and quality of our sleep will affect our concentration, ability to learn and process information the next day. Getting enough sleep can even improve our immune system, reduce risk of chronic disease and help us deal with anxiety and depression. For these reasons, sleep can directly affect our mental and physical health, our work and also our personal relationships.

How much sleep do we need?

Different people need different amounts of sleep. Eight and a quarter hours is the average for adults. Some people can cope very well with much less and some need much more every night. The best way to know if you're getting enough sleep is how you feel and function during the day.

What happens during sleep?

We used to think that everything shuts down when we sleep. But over the last sixty years scientists have discovered that our brains are very active while we sleep. In fact, some parts of the brain use more oxygen and glucose while asleep than when awake.

Sleep routines:

Experts agree that we should try to go to bed at the same time each night, and get up at roughly the same time each morning. This is because our bodies have an internal clock, which works best when it knows what to expect.

In the hour before going to bed, try to institute a relaxing sleep routine. This may involve reading, meditation, listening

to a podcast or music, or gentle exercise like stretching. It is also recommended to turn off all screens (computers, smartphones) one to two hours prior to bed, and if possible, not have them in the bedroom.

Tips to improve your quality and quantity of sleep on those dreaded hot summer nights

- ▶ Research has found the ideal sleeping temperature is around 17-19°C. If this level can't be provided, then it helps to have air flowing and as much exposed skin as possible. Good ventilation with an open window or a fan can also help.
- ▶ Cotton is the best fabric both for pyjamas and sheets – avoid synthetic materials.
- ▶ Have a cool shower before you go to bed, and if you are wakeful in the night and feel you can't fall asleep again, have another cool shower.
- ▶ It usually takes longer to fall asleep when you are hot, so don't go to bed too early. In fact don't go to bed until you actually feel quite sleepy.
- ▶ Drink plenty of water during the day, especially if you have been out in the heat, and have a water bottle near your bed on hot night.
- ▶ Avoid caffeine and other stimulants later in the day, and limit alcohol consumption – which is known to cause dehydration and affect sleep quality.

This information was compiled from the experts at sleephealthfoundation.org.au – head to their website for detailed advice, troubleshooting and fact sheets about all aspects of sleep.





JODIE ARNOT, REGISTERED COUNSELLOR (M. COUNSELLING)

Jodie is a registered counsellor providing support via telephone, Skype, and in-person, and is passionate about helping women to improve their relationship with their body so they can enjoy the freedom to live a life they adore. You can read more at www.jodiearnot.com.au or follow Jodie on Facebook @jodiearnotcounselling and Instagram @jodie.arnot.counselling



MAINTAINING A BODY POSITIVE APPROACH TO EXERCISE DURING SUMMER

Counsellor **Jodie Arnot** shares her tips for feeling good in your own skin this summer.

At this time of year, messages about having a “beach-worthy” body are everywhere. We might attempt to alter our appearance via exercise in order to feel better about our body, but in reality, this often backfires. In fact, by using exercise to control our weight and appearance, we may unwittingly be damaging our body image.

Let’s talk about some ways that you can support and improve your body image via exercise.

Remind yourself that body diversity is completely normal

- ▶ The media is filled with one type of male and female body, and there’s big dollars in selling “solutions” so that we can allegedly get closer to looking like this physique. But we are not all meant to look the same!
- ▶ The next time you are in a crowded place, take a look around at the variety of body shapes and sizes and compare this to what we see on TV and social media.
- ▶ Take a look at body positive media campaigns like “This Girl Can” and be reminded that bodies of all sizes can be fit and active.
- ▶ Detox your social media feed by removing accounts that make you feel bad about yourself, and expand who you follow to represent a range of body sizes and types.

Focus on enjoyment, and feeling good, not calories burned

When we make calorie burning the focus, it compromises our ability to

listen to and trust our own body. We might ignore pain, a need for rest, and our dislike for certain types of exercise, turning physical activity into punishment. Nurturing our bodies with feel-good physical activity helps us to build a more positive and trusting relationship with our body.

When choosing your exercise, let enjoyment and feeling good steer your decision.

- ▶ How would a swim feel?
- ▶ Would a hit of tennis with friends be fun?
- ▶ Does a group fitness class always leave you smiling?

Be kind with your clothes

What we wear can have a significant impact on how we feel about our body. If clothes are digging in, or riding up, it can leave us feeling uncomfortable and keep us fixated on our body, instead of enjoying the moment. Clothes that fit well, help us to exercise without chafing or restriction, and assist us to let go of

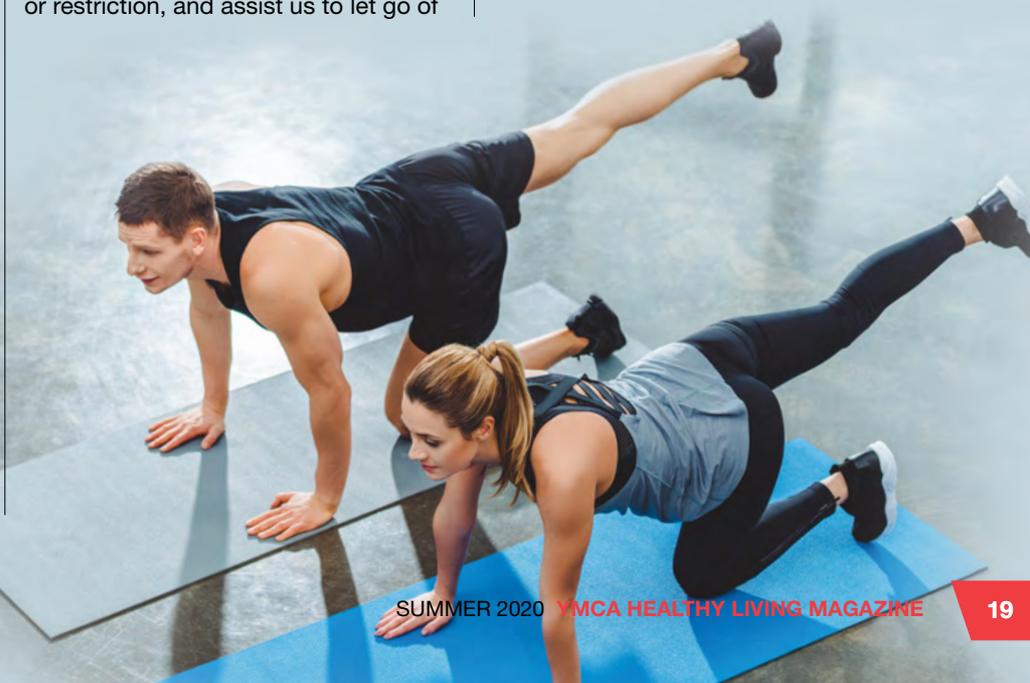
constant self-judgement. You deserve to have clothes that fit you well and feel good right now.

Set goals that are not appearance-based

It might seem inspiring to set goals that are about changing your appearance, however studies show that appearance changing motives for exercise are associated with more social physique anxiety, depression, and body dissatisfaction.

People who exercise for non-appearance related reasons like enjoyment, skill building, and feeling good, stick to physical activity longer term. Perhaps you’d like to train towards a hike, improve your basketball skills, or feel more flexible? Start thinking about what you’d like to do for and with your body, rather than how you want to change its appearance.

To find more information about body image visit www.jodiearnot.com.au



WIN 1 OF 3 COPIES OF NURTURING YOUR NEW LIFE, BY HEIDI SZE

ABOUT THE AUTHOR

Heidi Sze is a dietitian, cook, mother and writer. She holds a Bachelor of Nutrition and Dietetics from Monash University and she writes about food and motherhood on her blog **Apples Under My Bed**. She also contributes recipes to **ABC Life**. Heidi lives on the Morning Peninsula with her family and you can follow her on Instagram at **@heidiapples**. Heidi's first book – *Nurturing Your New Life* – was published in September 2019.

ABOUT THE BOOK

For many first-time mothers, expectations about their new life come from idealised images on TV, in magazines or online. It's a far cry from what becoming a mother really involves: lack of sleep, time and control – and total dependency on you by a new baby.

Becoming a mother brings extraordinary physical and emotional changes to a woman's life, but it also taps into deep instincts. Heidi's message is to surrender to the changes, reject the guilt, and accept the imperfect reality of this new life. Adjusting expectations and being true to your unique needs will bring a comfort, joy and peace that



slavishly following rules, imposing unreachable standards and accumulating unnecessary gadgets is unlikely to do.

As women go through this profound transition, it's crucial that they identify their support needs and trust their intuition. This book will help new mothers do just that. Heidi's beautiful words and her focus on nourishment – with special new-life recipes – will help mothers nurture their new baby with confidence and a sense of reassurance.

TO ENTER OR SUBSCRIBE

To enter to win the above prize simply tell us your thoughts about this edition in 50 words or less, and email them to **nutrition.vic@ymca.org.au** before 3 February 2020. If your comments are chosen among the three best entries, then you'll be notified as a prize winner!

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