

# PART 1 WINTER HEALTH SPECIAL

IN THE FIRST OF OUR TWO-PART SERIES, WE GIVE YOU TIPS FOR EATING WELL IN THE COOLER MONTHS AND COMBATING THOSE PESKY COLDS



## 10 TOP TRICKS... TO AVOID THE WINTER BULGE

SUSIE BURRELL, NUTRITIONIST AND AUTHOR OF *LOSING THE LAST 5KG: SIMPLE STEPS TO GET THE BODY YOU WANT NOW*, SUGGESTS THESE STRATEGIES TO AVOID A SPARE TYRE COME SPRING

### WHAT TO EAT WHEN YOU'VE GOT A COLD

'One hundred per cent fruit or vegetable juices, herbal teas or plain water are all good choices,' Susie (susieburrell.com.au) suggests. Avoid cola and energy drinks completely, as they can act as diuretics, drawing fluid away from the body. Fresh chilli, garlic, ginger and parsley are a few that are easy to add to your favourite dishes and may help ward off winter bugs.'



#### STAY HYDRATED

'People tend to drink less fluids during the winter months,' nutritionist Kathleen Alleaume (therightbalance.com.au) says. 'Lack of hydration can make you feel hungry, even if you're not, which can lead to overeating.'

*Cute mini Fiji waters are small enough for the handbag.*

#### SUPER CARROTS?

Forget grains or berries, the latest wonder food is purple carrots! Researchers have found the ancient variety of veg is packed full of antioxidants and holds anti-inflammatory properties. Not exactly something you'd find at the supermarket, but check out the delicious Dr Purple Shiraz wine (also available in non-alcoholic, drred.com.au), which contains purple carrot extract. Just what the doctor ordered!



- Remember, no-one needs a large serving of anything! Ever... No ifs or buts, it's as simple as that!
- When you have a spare hour on the weekend, cook up low-energy soups, casseroles or stir-fries to reheat on nights you know you'll be home late.
- Always carry a protein-rich snack with you, such as cheese and crackers, nuts or a protein bar, to avoid overeating high-energy foods when caught out and hungry.
- Limit heavy foods – including pastries, rice meals and fried foods – to just once a week. The same goes for dessert!



- Use flat breads to toast rather than heavy focaccia or Turkish bread, which can have up to four times the amount of carbohydrates as regular bread.

*Tip! Swap chicken avocado on Turkish for a chicken salad wrap and save almost 2000kJ!*

- The winter hibernation that many of us readily embrace sees an extra 5-10kg onboard by the time the warmer months return. The best thing you can do is make an official declaration that this will not happen to you.
- Bulk up all your meals with lots and lots of vegetables – they will help reduce the energy density while increasing the nutrient content.
- Avoid non-portion-controlled treats at all costs. Instead, choose a small amount of dark chocolate or a small serving of custard as a sweet treat.

- Opt for low-fat hot chocolate mixes rather than the calorie-laden ones with whipped cream. Even without the cream, hot chocolate can have up to five teaspoons of sugar in it! Even better, have a cup of tea!



- Make a set time each week to weigh yourself in order to keep a close eye on your weight – that way you can intervene before it increases significantly!

### EAT IN SEASON

*Freshly grown goods have more nutrients than produce kept in cold storage or left sitting on shelves for months. Not sure what's ripe now? Log on to [harrisfarm.com.au](http://harrisfarm.com.au) or [woolworths.com.au](http://woolworths.com.au) for a market report*



# WINTER WEIGHT LOSS TIPS



*Did you know? THERE ARE 920KJ IN A LARGE FLAT WHITE*



*'I make sure I have lots of small, healthy snacks with me,' – Jessica Szohr*



## GO NUTS

A handful of nuts are the perfect snack (note we said handful, not packet-full!). Despite their high fat and kilojoule content, research shows people who eat nuts lose more weight and stick to their diets better than those who don't. They keep your hunger at bay and boost your body's ability to burn energy while at rest. And because of how the body digests them, you may not absorb as many kilojoules as the packet says anyway!



**DON'T SKIP MEALS**  
REGULARLY EATING HEALTHY MEALS HAS BEEN SHOWN TO BOOST THE IMMUNE SYSTEM

## 3 SNEAKY DIET TRICKS

### START EACH MEAL WITH A GLASS OF WATER

A study found those who did dropped more weight and did it faster than those who didn't.

### ADD A DASH OF VINEGAR

Fergie (the fit one, not the royal!) raves about apple cider vinegar. While experts debate its merits, one study found obese people who took 1-2 tablespoons daily melted more body fat than those who didn't, despite having the same diet and exercise routine. The secret? Apple cider vinegar reportedly inhibits the body's ability to store fat and boosts its ability to burn it.

### CLEAN YOUR TEETH AFTER EACH MEAL

It'll help curb your sweet cravings. Pamela Anderson swears by it!



30-50%

THAT'S HOW MUCH MORE WE EAT WHEN SERVED MEALS ON LARGE PLATES. MAKE LIKE POSH AND AVOID OVERSIZED CROCKERY! ▶