



# Susie's Updates

January/February 2010

**"In life, everything is about time; time for work, time for preparing and eating food, time for a relationship and time for self. Aiming for the right balance of time then leads to the right balance in life"**

## New Year, New Start

### Get serious about fat loss

If you are the one of many who has overindulged this holiday period, it may now be the time to get serious about fat loss in 2010. Sustainable fat loss is challenging as a number of variables need to come together in order for the body to effectively burn body fat. The good news is that once you have these steps in place, you will be well on your way to getting rid of excess body fat once and for all.



#### Step 1: Get the right balance of carbohydrates and proteins

Without making a concerted effort, most meals we eat - whether it is cereal and milk or stir fry with rice - have too much carbohydrate compared to protein and vegetables. Aim for just 30-45g of carbohydrates in total for each of your main meals, balance that with a hand sized piece of protein and plenty of salad or vegetables, you will in turn lower your total carbohydrate intake which will support fat loss.



#### Step 2: Eat more in the first half of the day

Yes, it is true that you burn more calories in the first half of the day. The main reason for this is that you tend to be more active during the first half of the day. For this reason, choosing a large breakfast and lunch and then keeping dinner light supports fat loss overnight.



#### Step 3: Include protein rich snacks

One of the main reasons that diets fail is that they contain too few calories which leaves you feeling hungry and unsatisfied. Extreme hunger then results in binge eating, and the diet cycle begins. If you aim to include a protein rich snack such as a skim Latte, handful of nuts, or cheese and wholegrain crackers in between your main meals, you will feel full and satisfied and much more likely to stay on track with your new eating regime.

#### Step 4: Kick start things

Research suggests that an initial weight loss can help motivate individuals to keep on track with their new diet and hence improve long term outcome. An easy way to see a quick drop on the scales is to replace a few evening meals with a vegetable based soup. Not only is a broth style soup extremely nutritious, its high potassium content helps to rid the body of excess fluid which helps to see a drop on the scales.

#### Detox Soup

- 2 tsp olive oil
- 1 leek, thinly sliced
- 1 onion, finely chopped
- 2 cups salt reduced vegetable stock + 3 cups water
- 420g can chopped tomatoes
- 1 carrot, peeled and cut into 1cm cubes
- 500g pumpkin, cut into 1 cm cubes
- ½ celery chopped
- 1 broccoli head steamed



1. Heat the olive oil with onion in a large saucepan. Add the leek and gently cook over a low heat until soft, then add the stock, tomatoes, carrot and pumpkin.
2. Bring to the boil, reduce the heat and simmer for 10 minutes.
3. Top with steamed broccoli

## Product of the month

### Go Natural Meal Bars

A great carbohydrate rich snack bar perfect for long rides, pre training or for teenage athletes who need a serious energy snack bar that contains no artificial ingredients.



## Question of the month

### Best snacks for the bike.

*I spend 3-4 hours each Saturday and Sunday on my long training rides. What are the best snacks I can take with me on the bike?*

Options that contain a small amount of protein (5-10g) and low GI carbs. Try the following -

Go Natural Meal Bars

½ peanut butter sandwich

Powerbar Ride

Homemade protein balls  
(recipe below)

Up and Go OR Sustagen popper



## Recipe of the month

### Protein Power Balls

#### Ingredients

500 g dates

1 cup water

200g LSA (linseed – sunflower seed – almonds)

3 scoop Bsc caramel protein powder

150 g desiccated coconut

2 tablespoons cocoa powder

2 tablespoons tahini

1. Boil dates + water until soft and evaporated. Cool.
2. Mix with LSA, protein, coconut, cocoa + tahini in a food processor.
3. Divide into walnut-sized balls and roll in coconut.

Check out [www.bodyscience.com.au](http://www.bodyscience.com.au) for more protein rich recipes. Also for a 20% discount on all BSc supplements, simply use the code “susiediet” when ordering your proteins online.

## What's Happening? Back to School

For all the mums out there, remember that a school lunch should contain 4 items as well as a bottle of water:

1. Fruit – fresh is best
2. 1 snack food - <400kJ
3. 1 dairy – flavoured milk, yoghurt OR cheese
4. Wrap or grain sandwich with lean protein such as chicken, tuna or egg

If you are in need of some ideas, here are my top 5 lunchbox mixes guaranteed to impress.



Ham and cheese wrap on Mountain bread  
Tub of frozen grapes  
Aktavite milk popper  
Packet of popcorn  
Bottle of water



Low GI sandwich with turkey  
Banana  
100g Ski D'Lite yoghurt  
Uncle Toby's Low GI Muesli Bar

8 Vita Weats + vegemite  
Cheese Stringa  
2 small peaches  
Tasti Milkie Bar

Egg, lettuce and mayo on dinner roll  
Apple  
Munchables Light Cheese and Cracker Snack Pack  
Packet of Paradise VIVE Cookies

Chicken sandwich on multigrain bread  
Tub of Goulburn Valley Fruit  
Dairy Pops Bites  
2 homemade low fat mini muffins

## A dietitian can help you.....

Susie Burrell is one of Australia's leading dietitians and consults in the areas of weight loss, sports and paediatric nutrition at the Stadium Sports Medicine Practice every Thursday. So,

If you are always trying to lose weight with no long term results

If you have tried every diet but still need to lose 10kgs

If you feel like you have no energy

If you do not know what the best foods for your growing and active children are

If you know your family could be healthier


If you are training for recreational or high level sport

Perhaps it is time to see a dietitian and have your own personalised nutritional plan developed.

For more information check out [www.susieburrell.com.au](http://www.susieburrell.com.au) or call **0414 905 239** for appointments.



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