



# Susie's Updates

Winter 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"**

## Do you need diet rehab?

Every once in a while I see a client in private practice who has worked extremely hard over 3,6 or even 12 months to undergo a complete body transformation. Such individuals may have had insulin resistance, PCOS or were simply carrying 10+kgs of extra weight that they firmly decided to get rid of once and for all. Such clients have worked to develop an eating plan that suits their social life, appetite and food likes and dislikes. They exercise regularly because they enjoy how exercise makes their body feel and they appear to finally be in control of their weight and their body which ultimately gives them a whole new lease on life.



For many of us who have carried large amounts of extra weight for relatively long periods of time, changes to long standing diet and exercise regimes takes time. Weeks and months of small but sustainable changes to daily food choices that one by one add up to give slow, but ultimately sustainable weight loss.

I name such a process "diet rehab" – a series of steps and changes that are working together to give people their body and life back. Signs you may need a few months of diet rehab include:

- Carrying >10kgs of weight for >12 months
- Constantly dieting but getting no where
- Feeling tired, bloated and fatigued all the time
- Gaining weight post puberty or menopause

Committing to diet rehab is not to be taken lightly but the results may well be worth it.

**"Average people love to be average so people leave them alone"  
(Cutrone)**

## Winter Recipe

### Prawn and vegetable noodles

- ½ packet Hokkein noodles
- 40 large green prawns
- 1 tablespoon canola oil
- 3 cloves garlic
- 1 medium red capsicum, seeded and sliced
- 200g mushrooms, sliced
- 2 cups broccoli
- 1 cup bean sprouts
- 1 cup sliced carrots
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar



1. Rinse noodles and shell prawns.
2. Heat wok. Stir fry garlic, capsicum, mushrooms and prawns with oil until prawns change colour.
3. Add noodles, vegetables and remaining ingredients until cooked.

## Winter Food Tip

### Foods when flying.....

Although we live in a time in which flying is regarded as being a relatively regular occurrence, flying, particularly long haul places enormous pressure on the body. Fluid retention, constipation, dehydration and a number of serious blood conditions are all linked to not eating and drinking the right thing when you are on the plane.



If you fly regularly, to pro actively look after your body always take some decent food with you, as much of the food served on the plane is high in salt. Avoid the bread and meat

completely and institute take sme nut bars, fresh fruit and green tea bags with you to supplement the lighter foods that are served on the plane.

Utilise compression garments ([bscompression.com.au](http://bscompression.com.au)) take plenty of fish oil for the 2-3 days leading up to the flight and eat only light foods such as fresh fruit and vegetables the day of and night before you fly.

## Winter Product

### Jarrah Hot Chocolate

For the cold Winter nights when all you can think of is chocolate and something warm, these Jarrah mixes may just save you. With just 190kJ (45cal) per serve, they are a perfect post dinner sweet treat and although they do contain artificial sweetener, if you stick to just one each day you will be on the right track.



## Reader question

### I go to the gym every night, should I be drinking sports water or sports drink?

Sports drinks contain a mixture of rapidly absorbed carbohydrates for energy and mineral salts to assist hydration, while sports waters tend to contain mineral salts and a small amount of carbohydrate. While elite athletes may use sports drink to aid hydration, the average adult can hydrate and fuel optimally simply by drinking plenty of water and eating a carbohydrate rich snack two to three hours prior to training. Remember, a sports drink can contain as much as six teaspoons of sugar and as many kilojoules as two slices of bread.

## A Great Winter Warmer Recipe

### Curried Chicken & Zucchini Soup

- 1 tablespoon Light Dairy butter
- 1 medium brown onion( 150g), chopped finely
- 1 clove garlic, crushed
- 1 teaspoon curry powder
- ½ (100g) cup doongara rice
- 400g chicken breast fillets, thinly sliced
- 2 cups (500ml) water
- 4 medium zucchini, grated coarsely +
- 4 cups Yeast free stock



1. Melt spread in a large saucepan; cook onion and garlic, stirring, until onion softens. Add curry powder; cook, stirring, until mixture is fragrant.
2. Add rice and chicken; cook, stirring. 2 minutes. Add the water and stock; bring to a boil. Reduce heat; simmer, covered, 10 minutes. Add zucchini; cook, stirring, about 5 minutes or until chicken is cooked through.

**"Old habits of thinking stick around, often for an entire lifetime, largely because you create internal reasons to reinforce and maintain them. These reasons, which I'm calling "excuses," can become permanently lodged in your subconscious - they're labels you have placed on yourself that ultimately become your self-definition."  
(Dr. Wayne Dyer)**

## Your Life

### Are you living consciously?

Living in a country in which things come relatively easily compared to more poverty driven communities' poses us with an interesting situation. On one hand in general we live a pretty lovely life with enough food, shelter and clothes to live comfortably, if not very well.

The down side of this is that we tend to take things for granted. In our search for more money, bigger houses, better jobs, better suburbs we easily forget about the small but meaningful acts of day to day life. Saying good morning to the neighbours; taking our secretary a coffee or thanking her for her special effort, letting someone in when driving or letting a runner cross the road in front of us - appreciating the small things that indeed make us human and a deeper appreciation of the fact that we are very blessed here in Australia.

So next time you find yourself winging that you need more money, a bigger house, a better relationship – it may be time to take stock, pay more attention to the way you treat the people you interact with on a daily basis and be grateful for what you do have.

## 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.



 <http://twitter.com/SusiesUpdates>

 [http://www.facebook.com/pages/Susie-Burrell-DietitianNutritionist/229083924450?v=app\\_2347471856&ref=search](http://www.facebook.com/pages/Susie-Burrell-DietitianNutritionist/229083924450?v=app_2347471856&ref=search)