



# Susie's Updates

Summer 2012

*"The sooner you take responsibility for your food, your choices and your body, the sooner you will get your weight under control, for life"*

## Lose weight fast

The start of a bright and shiny New Year means new projects, new goals and fresh starts and my latest project is my new book, 'Lose weight fast' which will hit stores during the last week of January. 'Lose weight fast' has been designed as your diet bible – the manual that shows you how to lose weight whether you have 5 days, a month, 3 or 6 months. With diet plans, recipes and all the tips and tricks of the diet trade, 'Lose weight fast' will not only help you lose weight quickly but it will also make sure you do it safely. I hope that you enjoy it!

On Tuesday February 7th 2012 I will be holding a seminar to launch "Lose weight fast" with Sunrise host Melissa Doyle at The Stadium Orthopaedic & Sports Medicine Centre. Tickets are \$50 and include a copy of both 'Lose weight fast' and 'Losing the last 5kg' as well as a talk on weight loss, some tips on health and well-being from and a goody bag of gifts – register at [www.susieburrell.com.au](http://www.susieburrell.com.au).



## Your Food

### Snacks you never thought of

When you are hungry in between meals and need to grab a snack, the best question you can ask yourself is, "What do I really feel like eating?" – too often we eat something because we think we should as opposed to what we really feel like and end up overeating until we satisfy our real food craving.



Snacks do not need to be boring, a little creative spirit and you can enjoy some these options which give you a good protein / carb balance.

Snack	Cals	Carbs (g)
6 wafertins + smoked oysters	150	6
Paddle Pop	100	16
2 Rye Cruskits + 2 tbs cottage cheese	100	6
Hydroxyburn Lo Carb Bar	160	3
2 Corn thins + 1 tsp peanut butter	170	10
Small skim Latte	150	10
Choc Nut Bar	160	12
35g Lindt dark chocolate	180	12

## Your recipe

### Chicken Waldorf Salad (Serves 4)

#### Ingredients

- ½ cup pecans
- 500g grilled chicken breast
- 1 small avocado, thinly sliced
- 2 green apples, cored, halved, finely chopped
- 2 celery sticks, trimmed, finely chopped
- 1 packet baby rocket leaves
- ¼ cup whole-egg mayonnaise
- 1 tablespoon extra-virgin olive oil
- 1 tbs white wine vinegar
- 1 tbs finely chopped fresh chives
- 1 tsp honey

#### Method

1. Preheat oven to 180°C. Spread the pecans over a baking tray. Cook in preheated oven for 5 minutes or until golden brown and fragrant. Remove from oven and set aside for 5 minutes to cool.
2. Meanwhile, to make the dressing, whisk together the mayonnaise, oil, vinegar, chives and honey in a small bowl.
3. Place the chicken, avocado, apple, celery, rocket and pecans in a large bowl and gently toss to combine.
4. Spoon salad over a platter. Drizzle with oil dressing serve.



## New Product

### Chobani Greek Yoghurt – [www.chobani.com.au](http://www.chobani.com.au)



One of the biggest issues with yoghurt is that it contains too much sugar. Greek and natural yoghurts are better options nutritionally, but far fewer people enjoy these varieties. A great addition to the current yoghurt

market here in Australia is the range, the number one selling yoghurt brand from the US. With more than 12g of protein and 20g of carbs per serve, Chobani is an excellent snack choice and much lower in sugar than many of the other varieties available.

## Your Food Tip

### The best wine

Enjoying a glass of wine or two is a daily pleasure of many and there are some slight calorie difference between the different varieties of wine which may help to direct your choices-

200ml	Carbs (g)	Sugars (g)	Alcohol (g)	Cal
Chardonnay	2.4	2.4	19.2	140
Sauvignon Blanc	2	0.2	13.6	110
Champagne	3.3	3.3	18.3	140
Low Cal Wine	1.7	1.7	13.6	100
Red wine	0	0	19.2	140

## Your Life

### Focus your attention on what you intend for yourself

Sure in an ideal world it would be great if we all sat down and set our weekly, monthly and annual goals but the truth be known often life gets in the way of this process. So before the year starts to get away from us, take some time this January to make a note of all things you would like to achieve by this time next year. Would you like to have a new job, or lose 10kg? Do you want to save some money or travel overseas? Do you want to develop a new hobby or spend more quality time with friends and family? The simple act of stating a goal and keeping it at the forefront of your mind via a visual display or having it written down is often enough to keep it present in your mind and more likely to be achieved.



## Another recipe for you

### Grilled salmon with bean salad

#### Ingredients

- 4 pieces of Atlantic Salmon
- Packet of vine ripened tomatoes
- 1 can of mixed beans (kidney, cannelloni beans, any beans really)
- 2 spring onions, finely chopped
- 1 tablespoon olive oil
- Packet of baby spinach leaves
- 1 tablespoon lemon juice
- 1 large red capsicum, finely chopped
- 1 roasted beetroot, sliced

#### Method

1. Combine all ingredients except for fish and serve with 100g grilled salmon.



## 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://www.susieburrell.com.au>

 <http://twitter.com/SusiesUpdates>

 <http://susieburrell.blogspot.com/>

 [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)

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