

Summer 2011

Your Healthy[🍏] Year

with
Barbara Cox



“Thanks for taking the time to have a look at ‘Your Healthy Year’, the summer edition. I’ve packed it with my favourite tips for having a healthy time whatever you’re doing !”

Barbara Cox



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Shaping Up For Summer #1



People are always asking me for my **top tips for shaping up**, particularly around this time of the year. So if you want to shed some pounds and feel healthier as we get into summer, here are some ideas to get you started.

Drink more water:

It plays so many roles including aiding digestion and flushing out toxins. People often mistake thirst for hunger so drinking between meals may also keep you from snacking, aim for **1.5 to 2 litres a day**.

Don't skip meals:

Skipping meals - especially breakfast - might seem like a good way to lose weight, but it causes your blood sugar levels to drop along with your will-power! Eat a healthy **breakfast of cereals or fruit** and you're less likely to be tempted by unhealthy snacks later in the day.



Love Fruit & Veg:

Don't stop at 5-a-day - that's just a minimum! As well as providing a wide range of vitamins and minerals, most vegetables can help you lose weight because they're low on calories, but help you feel full.

Eat Healthy snacks:

Snacking between meals is okay as long as you **snack on the right stuff**. Try crudité of vegetables or fruit. Watermelon has a high water content, it's in season, sweet, filling and refreshing on a hot day.

Limit your alcohol:

Stick within the guidelines! You don't want to eat 1 sensibly by day, then blow it all on your favourite tipple at night! Why not try my mock cocktails on page 10?

Shaping Up For Summer #2



Burn Those Calories:

The simple thing about calories is that to lose weight you have to burn off more calories than you take in. The best kinds of activities are those that **give your heart a good workout.**

Exercise With a Friend:

Two's company when it comes to exercise. Working out with a partner has some great advantages - it gives you someone to play against in a sport like tennis and of course it acts as a **great motivator.** And at this time of year I can't think of a better place to exercise than the beach.



Calorie Cutting

Be more aware of the calorific value of foods that you're eating. If you eat 500 calories less than you need each day you lose at the rate of 1-2lbs a week. Men should consume 2500 calories & women 2000, but please also take into account your lifestyle. Size does matter when it comes to portion control. The concept is easy, if you eat less, you consume fewer calories.

A simple weekly weigh-and-measure:

This will help you to **check your progress**, but don't demand that you lose weight quickly. You may find that some days you 're-proportion' without actually losing much weight.

Steady progress is best and don't forget, any attempt to lose weight should be a **healthy lifestyle change** and not a fast diet yo-yo!

Enjoy Healthy Summer Skin



The key to healthy skin is hydration, but a healthy diet is just as important. Here are the essential nutrients and ingredients that provide them:

Vitamin A

plays a vital part in the formation of new cells. Useful sources of vitamin A are red and yellow peppers, spinach, broccoli, watercress, apricots and oily fish like herring and mackerel.

Vitamin B2

helps keep the skin smooth and moist. Good providers of this vitamin are wild rice, sunflower seeds, tuna, almonds, beans and peas.

Vitamin E

works together with the mineral selenium to counteract free radical damage caused by exposure to the sun. Foods that provide vitamin E are avocados, sweet potato, Brazil nuts and beans.



There are a couple of others that are also important:

Foods rich in **beta-carotene** (such as green leafy vegetables & carrots) -good for your skin and may also provide protection against cancer & heart disease.

Eating foods high in **zinc** (such as beans, oats, pumpkin seeds & sunflower seeds) also protects against acne.

And finally the **dreaded sugar**. Avoid putting too much into your system as the way it breaks down in your body leads to dry skin and wrinkles.

You should of course take care with what you put on your skin and make sure you **protect it from the sun**.

Bloating- the Do's & Don't's



Bloating is a very common problem and there are lots of things you can do to help. There are also lots of things that can make bloating worse, so I've divided my advice to you into **do's and don'ts**...

Do...

Chew your food properly - this is so important as it prepares your food for digestion by breaking it into manageable pieces and allowing enzymes in your saliva to begin their work. Swallowing without chewing makes it so much harder for your stomach to digest food.

Avoid wheat as the protein in it (gluten) is difficult for the body to digest. Instead, try bread or pasta made with rye, spelt or rice flour.

Take a probiotic - these will re-introduce 'friendly' bacteria into your digestive system. This is especially important if you've ever had to take anti-biotics, which can kill your good bacteria!



Don't...

Add sugar or sweeteners to food or drinks, as these can ferment in your digestive tract causing bloating.

Eat gas-forming foods like baked beans, Brussels sprouts, cabbage and cauliflower.

Drink carbonated drinks - stick to still mineral water instead, at least until your stomach has settled down.

Go to bed with a full stomach - eating too late can put unnecessary strain on your digestive system while you're asleep. It's simple really - while you're lying down your digestive system can't utilise gravity, and instead has to push your food along sideways!

Are You Getting Your Factor X?



Despite the fantastic start to Spring & Summer, we seem to get more than our fair share of rain, but did you know that the right nutrition can prevent gloomy weather leading to ill health?

Way back in 1919, a scientist called Sir Edward Mellanby found by chance that dogs living mainly indoors developed a bone disorder not dissimilar to osteoporosis. He found that they were lacking in a substance he labeled 'Factor X', which we now call Vitamin D. Sir Edward rightly concluded that **Vitamin D** must be produced by the skin of the dogs - a fact which we now know to be the same for humans, too.

The main role of **Vitamin D** is to maintain normal levels of the two most important minerals in our bones: **calcium and phosphorus**. Without it, therefore, we're much more likely to develop brittle bones and nails, as well as undernourished hair. Recent research has even suggested strong links between a lack of Vitamin D and an increased likelihood of various cancers.



Fortunately for us on this rain-prone island, we don't have to rely solely on sunny days to provide our daily dose of the D vitamin. **The next best source is from naturally oily fish such as salmon, sardines, mackerel and tuna.** For vegetarians I recommend a good quality supplement, but if you do like fish, there's a whole host of exciting ways of ensuring you get your Vitamin D all year round.

Why not start with my quick & tasty recipe for Spiced Mackerel Fillets, on page 9

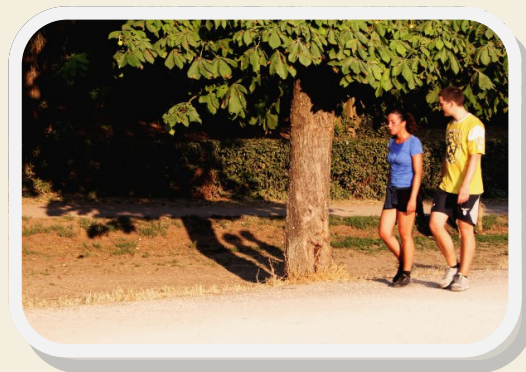
Enjoy Your Active Summer



I love staying fit myself, but being a nutritionist and not a fitness expert, I called upon a hand full of **Nutrichef's fitness friends** and here are some of their top tips:

“My top tip for getting slim and fit is to concentrate on HIIT (High Intensity Interval Training), this works whether you are totally unfit or are very conditioned but obviously at different levels. A HIIT session involves a warm-up, several short maximum-intensity efforts separated by moderate recovery intervals and then a cool down. You can expect to burn up to 9 times more body fat training this way compared to conventional aerobic training.”

Spencer Cuckney, bournemouthfitbodybootcamp.com



“Less time more intensity, keeping your exercise routine to shorter time periods will help reduce injuries and fatigue. Get out of your comfort zone, completing the same exercise routine especially after six weeks actually won't do you any good. The body adapts and get used to it slowing down your metabolism, but by changing it around and doing something different you can increase you weight loss.”

Boris Stone, militaryfitnessbootcamp.co.uk

“Exercise frequency, intensity, type and duration are all crucial elements of losing weight. Combine 30 minute of aerobic exercise with 30 minutes of resistance conditioning, 3-5 times per week and you'll send your metabolism through the roof”

Daren Vye, dvfitnesstraining.co.uk

To Barbecue or Not to Barbecue?



At this time of year this is the question I get asked more than any other. **And the simple answer is yes!** It's a fun (and healthy) way to cook and it brings people together around food, which is always a good thing.

The downside of a barbecue isn't the grill, it's usually what we put on it, so why don't you try something a bit different like **your favourite fish** wrapped in foil with some fresh herbs and some garlic?

Or, if you don't fancy sea food, why not **try making your own burgers**, with some lovely lean lamb mince or even a vegetarian variety, with soya or beans. You could even put some **sliced peppers** straight onto the grill. For desert why not try some **chargrilled pineapple**, sprinkled with chopped hazlenuts and a drizzle of soya cream.



Take Care

Avoid **cross-contamination** of raw meats on plates, hands and cutlery

Don't grill frozen foods, fully thaw them first

Use a meat probe to be sure food is **thoroughly cooked** -the centre of the meat should be over **72°C**

Raise the grilling surface from the heat source to **avoid causing a black char** on your food

Avoid fat dripping onto the flames and causing flare-ups and smoke

Don't leave meat lying around. If you've cooked too much meat, cover it and get it into the fridge as soon as possible.

Some Summer Recipe ideas



Spiced Mackerel Fillets

These lovely fillets are versatile and can be eaten hot, (perfect grilled on the BBQ), with crushed new potatoes or eaten cold alongside a seasonal salad.

Directions

Make diagonal slashes in the skin of the mackerel, then place in a bowl. Mix the cumin, coriander, cayenne, turmeric and pepper with the lemon juice. Rub this spice mixture over the mackerel and leave for 20 minutes to marinate. Grill the mackerel skin-side up for 7 to 10 minutes until cooked thoroughly.

Serves 4



Ingredients

8 mackerel fillets (scaled but skin left on)
2 lemons (1 to juice and the other to make 4 lemon wedges)
½ tsp turmeric
½ tsp cayenne pepper
2 tsp crushed coriander seeds
2 tsp crushed cumin seeds
Pepper to taste



Sprouted Salad

This simple salad is packed with nourishment, yet so easy to put together. Try serving it with the spiced Mackerel fillets.

Wash and dry the mange tout, chickory & watercress. Toss everything in a bowl and mix the balsamic vinegar or olive oil with cracker pepper to taste.

Serves 4

Ingredients

50g manegtout
50g sprouted chickpea & mung bean mix
25g alfalfa sprouts or cress (mustard sprouts)
½ chicory
½ bunch watercress
Balsamic vinegar & olive oil

Some Summer Recipe ideas



Alcohol really is empty calories in a glass, so why not try some **non-alcoholic cocktails**. Here's a couple that I love but be inspired by the fruit and drinks that you love.

Mock Pink Champagne Cocktail

½ cup orange juice
1 cup apple juice
3 pumps of cherry active cherry juice concentrate
1 litre bottle of sparkling water
Ice

Mix all together and serve in a champagne flute.



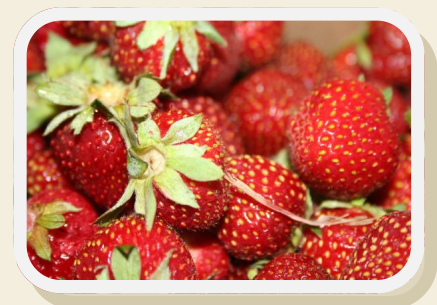
www.cherryactive.co.uk

CherryActive products are made from 100% Montmorency cherries, using special techniques to harness and optimise their powerful, naturally-occurring antioxidants! The cherries have numerous health benefits and are also low in sugar and are a low GI food.

Berry Slush

2 cups fresh strawberries, hulled
½ cup fresh lemon juice
½ cup fresh orange juice
3 pumps cherry active cherry juice concentrate
1 cup crushed ice

Blend all ingredients together and serve in a Martini glass.



Strawberries

Are a real superfood -Rich in antioxidants that are said to aid in concentration amongst other things. They also have an active ingredient that helps to whiten your teeth—go on rub it in and see what happens!

PS If you really fancy a glass of something then plump for the **red wine**, particularly **Cabernet Sauvignon**.

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Rick Jackson, Wave 105



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