

YMCA

HEALTHY LIVING

MAGAZINE

Winter 2014

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Understanding
gluten

How to avoid
the Winter weight gain

Healthy eating for
people with diabetes

Simple recipes
to warm you from
the inside out

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WELCOME TO WINTER!

Welcome to the Winter edition of the *YMCA Healthy Living Magazine*.

Thanks so much for sending us your feedback on our debut issue. We are always appreciative of your thoughts and suggestions, and wherever possible we'll try to integrate your requests and take your suggestions on board. Keep them coming, simply complete and submit the feedback form on page 16 or tap below.

Winter is upon us! Whether you love the health and fitness opportunities that the cold weather brings, or have to fight the desire to hibernate until the temperature gauge rises, the preservation of your health, fitness and wellbeing all rely on your attitude.

This Winter, challenge yourself to toss out the "I should" attitude, and adopt an "I will" one! When the alarm goes off in the morning, forget the snooze button and just get up and get into it. By committing to an "I will" mentality throughout the coming months, when Spring arrives your wellness, physique, and self esteem will be all the better for it.

Imagine how good you'll feel entering the warmer seasons without that winter-induced excess baggage! By maintaining your health regime all through Winter you can then kick-start your Spring, feeling healthier and happier than ever before.

So what are you waiting for? Shed the "I should" and adopt the "I will" – and watch the magic happen!



AMY FROST

YMCA Nutrition Program Sponsor

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Alana Grinnell, APD

Alana is an Accredited Practising Dietitian. She is passionate about nutrition and healthy eating and has a particular interest in the nutritional management of gastrointestinal disorders, cancer cachexia and other chronic conditions. Click here to learn more about Alana.

Understanding **gluten**

In this article, nutrition expert Alana Grinnell helps you better understand gluten, and provides tips to help determine if you need to go gluten-free.

Gluten is a protein found in wheat, barley, rye, oats and foods containing these grains.

It seems that most people choose to follow a gluten-free diet for one of two reasons:

- 1) The idea that wheat and gluten are bad for you; or
- 2) the widespread opinion that a gluten-free diet is a healthy diet that will assist with weight loss.

Realistically though, the only reason a person needs to be avoiding wheat or gluten is if they have an intolerance to gluten, like those with coeliac disease or a wheat allergy.

According to the Grains and Legumes Nutrition Council, grains – especially wholegrains – are an important part of a healthy diet. Not only do these grains give us our main source of carbohydrates, which fuel our body so that we can get up and go about our day, they are also packed full of

important vitamins, minerals, antioxidants and fibre.

According to the science, people who eat wholegrain foods regularly are more likely to have better long term weight control, and a reduced risk of developing cardiovascular disease and certain cancers.

By cutting out gluten or wheat foods unnecessarily in a bid to lose weight, not only will you miss out on valuable nutrients that help keep you healthy, but you may also be putting yourself at risk for developing other health problems later in life.

Some people do actually need to follow a strict gluten-free diet. These people have coeliac disease, a condition where the immune system reacts abnormally to gluten, causing the small intestine to become inflamed and damaged. This can result in various unpleasant symptoms like diarrhoea, constipation, nausea, vomiting, abdominal pain, cramping and

flatulence as well as other issues like lethargy, weakness, vitamin and mineral deficiencies and irritability.

Currently, coeliac disease affects one in 100 Australians but approximately 75 per cent of people with coeliac disease are not diagnosed and do not even realise they have the condition. Additionally, the diagnosis of coeliac disease can be a long and difficult process that involves a number of different tests. It is common for people who do experience symptoms after eating gluten-containing foods to just avoid gluten rather than going through the diagnosis process. Although this can be helpful for symptom management in the short term, it may be harmful in the long term if the person does not fully understand what a gluten-free diet is, and how to follow it properly. Their symptoms may also be caused by products in wheat, rather than gluten, which may mean the person is unnecessarily restricting their diet and missing out on foods that are actually safe to consume. **Y**

Some helpful tips to see if you should be gluten-free:

1 *Keep a food diary*

If you are experiencing symptoms after eating, keep a record of your symptoms and when they occur. Do they occur after eating certain types of foods? How quickly do you get symptoms? Do the symptoms change depending on the type of food? By keeping a food diary and writing down this information, you can narrow down the foods that are causing problems.

2 *Talk to your GP*

If you suspect you may be gluten intolerant or coeliac, make an appointment with your GP to get yourself checked out. Take your food diary and show it to your GP. It is important to continue eating wheat and other gluten-containing foods until after you have been checked out. This way your tests will be more accurate and you will (hopefully) get answers sooner.

3 *See an Accredited Practising Dietitian*

If you do get diagnosed with coeliac disease or advised to go on a gluten-free diet make an appointment with an Accredited Practising Dietitian, who will be able to properly explain the requirements of a gluten-free diet and devise tailored ways to help you adapt to the diet.





Katherine Baqleh, APD

Katherine is an Accredited Practising Dietitian and Accredited Nutritionist with Health Victory Nutrition Experts (www.facebook.com/HealthVictory). She offers individual and group advice on a number of health areas, and holds a particular interest in weight management, diabetes, women's health, community health, and menu review and analysis. [Click here to learn more about Katherine.](#)



**Nutrition Information
Per Serve**

- Energy: 55kJ (204 calories)
- Carbohydrates: 22g
- Fat: 5g
- Protein: 13g
- Fibre: 9g

Gluten-free, one-pot red lentil soup

This gluten-free, low GI meal can be enjoyed at lunch or dinner, served with a side of fresh or tinned fish. Extra veggies, such as celery and cauliflower, can be added to the soup to pack additional nutrition into every bowl. It is also great for freezing.

Serves

8 (main)

Ingredients

- 2 cups dried red lentils, rinsed
- 1 brown onion
- 4 cloves garlic, finely chopped
- 2 medium carrots, roughly chopped
- 1 cup pumpkin (any), roughly chopped
- 1½ tablespoons canola oil
- ¼ teaspoon curry powder
- ¼ teaspoon cumin powder
- 4 cups water (can be partly substituted with homemade chicken stock)
- 1 teaspoon salt
- Pepper and lemon, to taste

Six simple steps

- 1 Sauté the onion in oil until translucent.
- 2 Stir in the garlic for one-minute.
- 3 Add the remaining ingredients and simmer on medium heat for around 20 minutes, or until the lentils have softened.
- 4 Allow to rest for 15 minutes. Extra water can be mixed through depending on your preferred consistency.
- 5 Use a food processor (hand-held processors work fine too) to blend the ingredients into a smooth texture.
- 6 To serve, add lemon juice and a sprinkle of pepper to taste.





Zoe Nicholson, APD

Zoe is an Accredited Practising Dietitian and founder of Figureate (www.figureate.com.au). One of her key goals as a dietitian is to help everyone enjoy all types of food, especially the ones they love, but may avoid because "they're fattening"! Zoe does not believe you need to deny yourself, so teaches clients how to manage their health without dieting. Click here to find out more about Zoe.

Winter warmer: why stew is for you

Zoe Nicholson explains why stew makes a great winter meal for a family of one, or a family of six!

If you're a family of one, then cooking a decent meal in the evening can sometimes feel like a chore and hardly worthwhile. But this is where stews or casseroles are the perfect meal as one batch can provide you with three lunches and three dinners (or six dinners). Stew freezes well, so you don't need to eat the same meal six nights in a row but it's fine to do so.

On the other hand, if you have a family to feed then creating a delicious stew can be great bang for your buck, as it requires minimum effort to successfully feed your troops a hearty, healthy meal.

Most stews are nutritionally balanced meals as they're typically a mix of protein, vegetables and some carbohydrate in the form of starchy veggies or barley. In addition, having meals cooked in advance makes eating well a lot easier, saving you both time and money.

Here are a few advantages to doing a big stewy cook up:

- No need to think about what to eat each night or stop by the supermarket on the way home from work.
- More time after work to go for a walk or to the gym.
- If you work late, having a meal waiting for you means you are less likely to end up eating out or buying takeaway.
- A serve of stew can be as cheap as \$3 to \$4.
- A serve of stew is healthy, and likely to have half the calories of a takeaway or restaurant meal.
- Your overall diet will be healthier and you'll find it much easier to manage your weight.
- You'll boost your vegetable intake.
- You'll feel satisfied after a good hearty meal, and be less likely to crave sweet food after dinner.

Knowing you've eaten well during the week means you can enjoy eating more indulgent meals out on the weekend without feeling guilty!

So what's not to love about stew? No prizes for guessing what I'm having for dinner tonight! 🍷



Dr Joanna McMillan, PhD APD

The founder of Get Lean (www.drjoanna.com.au), Dr Joanna's ever-growing following is the result of her high profile within the media, health and fitness industries, and through her roles as Vice President of the Australian Lifestyle Medicine Association (ALMA), Ambassador for Diabetes Australia, and Ambassador for Australian Pineapples (to name a few). [Click here to find out more about Dr Joanna.](#)



Mediterranean beef stew

Dr Joanna McMillan shares her recipe for Mediterranean beef stew, which is bound to be a hit this Winter.

This dairy and gluten-free dish takes some time to cook, but it's not hands on – most of the time it's cooking nicely in the oven, while you can be getting on with other things. You could also throw the ingredients into a slow cooker in the morning and set it to be ready for that evening. This really is a delicious meal for a Winter's night, especially when you're craving comfort food.

Serves
4

Ingredients

- 2 onions
- 1 can of Italian peeled tomatoes
- 1 cup of sliced mushrooms
- 2 carrots
- 1 handful of fresh flat leaf parsley
- 1 broccoli
- 600g rump steak, diced
- 1 sweet potato for mash
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic
- ½ cup red wine
- 1 large bay leaf
- Freshly ground black pepper
- 1 teaspoon fresh thyme

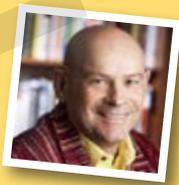
Six simple steps

- 1 Preheat the oven to 180°C.
- 2 Heat the oil in a large flameproof casserole dish (or use a pan and then transfer to an oven-proof dish) and brown the beef on all sides, cooking just a spoonful at a time so that the meat doesn't stew. Transfer the browned meat to a plate and set aside.
- 3 Reduce the heat then add the onions and cook for 3 to 4 minutes until they are soft and golden. Stir in the garlic and add the meat back in.
- 4 Add the wine (or stock), tomatoes, bay leaf and season with black pepper to taste. Bring to simmer, cover with a tight fitting lid and transfer to the oven. Cook for one hour.
- 5 Remove from the oven and add the mushrooms, carrots and fresh herbs and mix well. Return to the oven and cook for a further 20 to 30 minutes.
- 6 Serve with mashed sweet potato and steamed greens such as broccoli or broccolini. **Y**

Nutrition Information Per Serve

- Energy: 2,090kJ
- Protein: 57g
- Total fat: 19g
- Saturated fat: 6g





Glenn Cardwell, APD

Glenn (glenncardwell.com) is an Accredited Practising Dietitian with 33 years in clinical and public health nutrition, including 10 years as consultant dietitian to the National Heart Foundation and five years at the Children's Hospital in Sydney. He was a major player in establishing the WA School Canteen Association in 1994, and is an award winning professional speaker. Click here to learn more.

The benefits of bananas



Nutrition expert, Glenn Cardwell reveals the impressive health benefits of bananas.

The banana is our number one fruit, with Australians enjoying five million bananas a day.

Why? Because it's great value for money (at about 80c for a medium banana), and you won't get another great tasting nutritious snack with fewer than 100 calories for that price.

In addition, the nutrient benefits include vitamin C, vitamin B6, potassium and fibre. Analysis on Australian bananas revealed that they were also a very good source of folate. One medium banana has 12 per cent of your daily folate needs, making it one of the best fruit sources, and they can also provide 25 per cent of your daily vitamin B6 and C needs.

Bananas are low GI (Glycaemic Index), which means if you experience a mid-afternoon slump, the natural sugars in a banana can gently raise blood sugars back to normal levels. And, being high in potassium and low in sodium, bananas can also help maintain a normal blood pressure.

As you can see, there's a lot to like about bananas. So next, let's take a look at some of the common things said about this wonderful food.

1. Bananas cause constipation

Nope. Bananas are great for the bowels. All fruit has fibre and that fibre

helps to keep the bowels regular. The average banana provides around 3g of fibre, which is 10 to 15 per cent of the fibre recommended each day. In addition, the banana has some resistant starch, so called because it is resistant to digestion and, therefore, acts like fibre. The CSIRO say that "Diets high in resistant starch have been associated with improved bowel health and a reduction in the risk of colorectal cancer." So, rather than causing constipation, the banana actually helps to keep you regular and healthy on the inside.

2. Bananas are bad for diabetes

Wrong again! Because bananas taste sweet, some people mistakenly believe that bananas are bad for blood sugar levels. You have probably heard of the GI, which is a measure of how quick a carbohydrate-containing food is digested and absorbed into the blood. "Quick carbohydrates" will have a high GI. If you have diabetes then it is wise to eat foods that are mainly low or medium GI. And guess what? Ripe bananas have a low GI, making them a good fruit choice for people with diabetes.

3. Bananas are fattening

Let me tell you, no one has ever grown fat from eating bananas or any

other fruit. People are more likely to get fat by eating too many fatty foods, drinking too much alcohol or sugared drinks, or doing too little exercise (or a mixture of the lot). Bananas have a high satiety index, that is, they are very filling for the amount of kilojoules they provide. A medium banana has fewer than 100 calories, about a third of what you get from 50g potato chips and the same as a chocolate biscuit. You might easily eat four chocolate biscuits, but I bet you can't eat four bananas in one sitting!

4. Bananas are best kept in the fridge

That depends. It is always smart to buy a few bananas that are ripe and ready for eating now, as well as a few bananas that are green and will ripen over the next three to four days. If that's not practical, you can delay ripening by placing bananas in the vegetable crisper of the fridge. Sure, you will get some browning of the skin, but the banana inside will remain edible. On the other hand, if you want to speed up the ripening process, place the bananas in a fruit bowl with other ripe fruit, or put the banana in a paper bag with a ripe apple or avocado. The ethylene gas produced by the banana and other ripe fruit will hasten the ripening process. **Y**





Kate Save, APD

Kate (www.healthandnutrition.com.au) is an Accredited Practising Dietitian who aims to assist individuals achieve optimal health and wellbeing through balanced nutrition and exercise. Kate lectures in Nutrition and Exercise Science for various educational institutions, specifically addressing weight loss, diabetes, heart disease, bariatric surgery nutrition, coeliac disease, eating disorders, food intolerances and irritable bowel conditions. Click here to learn more.

Preventing the WINTER COAT

Nutrition expert Kate Save provides practical tips to help avoid the winter weight gain.

This year you can avoid the Winter weight gain by selecting less calorie-dense foods and ensuring you burn any extra Winter-induced calories off.

Did you realise that to gain 6kg over Winter you would only need to consume an extra 250 calories per day – that’s the calorie difference between one serve of lasagne for dinner compared to a minestrone soup!

So how can you avoid gaining that Winter coat?

Start to be aware of your Winter food choices and ensure to

select the lower-calorie options at main meals more regularly. Try to choose healthy snacks between meals, which could include fruit, diet yoghurt, healthy homemade soups or air-popped corn.

And finally, be active everyday and if you are going to have a bucket of hot chips, or a meat pie, be sure to compensate with extra exercise to burn it off.

Here are a few simple lower calorie choices that you can make:

High calorie winter option	Lower calorie Winter alternative
Bucket of hot chips (369 calories)	2 steamed dim sims (190 calories)
Takeaway hot chocolate – full-cream milk (247 calories)	Instant hot chocolate (49 calories)
2 slices Aussie pizza (322 calories)	Takeaway roast chicken salad box (126 calories)
Laksa soup (1,127 calories)	Pumpkin soup (130 calories)
Takeaway lasagne (427 calories)	Chunky minestrone soup (168 calories)
Meat pie (401 calories)	2 chicken rice paper rolls (220 calories)
Quiche – vegetarian (452 calories)	Vegetable burger (159 calories)
½ serve of Thai beef curry and rice (652 calories)	Thai beef salad (260 calories)
Nachos (1,210 calories)	½ jar chunky salsa and 15 crackers (165 calories)

Using the theory of compensation, here is a guide to what it may take to burn off some of those calories:

Exercise (60 minutes duration)	Calories burned
Walking (6km/hr)	302 calories
Jogging (10km/hr)	739 calories
Swimming (general)	403 calories
Golf (carrying clubs)	370 calories
Gardening	302 calories
General house cleaning	235 calories
Tennis	470 calories
Basketball	538 calories
Cycling (25km/hr)	672 calories

As you can see with a few small changes in your behaviour you can ensure you don’t come out of this Winter with any excess baggage. Good luck!





Helen Wells

Helen is a Personal Trainer and Health and Fitness Instructor at Kew Recreation Centre who loves to help people make the most of their life through improving their fitness and wellbeing. After a career change from corporate communications, Helen is passionate about the powerful benefits of being physically active. Away from work, Helen loves functional training, trying something new (starting CrossFit this year) and enjoying the great outdoors with her two children.

Five ways to maximise your workouts

Fitness expert Helen Wells provides these tips to help you work out smarter in order to achieve your goals faster.

Make the most out of your exercise time and achieve your fitness goals faster by working out smarter, rather than longer. Here are some simple, free and effective ways to amp up your workouts at the gym.

1 Do full body movements



There are lots of benefits to doing full body, or functional, movements. They are more transferrable to real life situations, can help you get a comprehensive workout faster, and they keep your heart rate up and provide cardiovascular and strength benefits.

Try:

Squat and press – holding a medicine ball close to your chest, drop into a squat then stand up while pushing the ball up until your arms are fully extended overhead.

- **Make it easier:** use a light ball and squat down to a bench
- **Make it harder:** do a full depth squat and either use the heaviest ball you can manage or project a moderately weighted ball up onto a solid wall as high as you can with a controlled catch before you repeat the effort.

Burpee – from standing, put both hands on the ground in front of your feet and jump your legs out together behind so you're fully stretched out, like the start of a push up. Do a push up, jump your legs back in, keeping your hips high and jump up in the air, clapping your hands overhead.

- **Make it easier:** step your legs in and out one at a time instead of jumping them in and out. Instead of jumping at the top of the movement, reach up high. Do the push up from your knees.
- **Make it harder:** try these variations:
 - One legged burpees: complete the whole movement on one leg, hopping instead of jumping
 - Barbell or step burpees: jump laterally over a barbell or low step and do the next burpee on the other side of your obstacle.

2 High Intensity Interval Training (HIIT)



HIIT means working out in high intensity bursts, with brief rest or active rest intervals in between. The rest periods allow you to catch your breath, ready for the next high intensity interval. The timing of the work/rest intervals can

vary, as can the exercises performed. Recent research has shown that it's very effective in improving fitness and for helping achieve weight loss goals.¹

Always scale HIIT to your own level of fitness. Done properly, HIIT is challenging for everyone from new gymgoers to experienced athletes. Everyone can benefit from this type of programming. Ask an exercise professional at your centre for a HIIT variation that will best suit your level of fitness and training goals.

3 Set goals



Sharpen your workout focus by setting a small personal milestone. Choose something that will challenge you and train towards it. Write down your goal and keep a record of your successes and failures. This keeps you accountable, helps you track your progress and lets you know when it's time to celebrate!

Try:

Break it down – break down your big goal into smaller goals that will help you work towards the big goal. For example, a big goal of completing a



marathon could be broken into smaller goals of first successfully completing a 15km run, then a half marathon.

Be SMART – Specific, Measurable, Accountable, Realistic and Time specific with your goals. You're more likely to achieve a very specific, realistic goal with a deadline (such as "I will do one strict pull up by the end of this month"), than a vague goal such as "I want to be able to do pull ups".

4 Train with a partner



It's more fun if you've got a friend to train with, and partner training can add a competitive element that will spur you on to push that little bit harder.

Try:

Partner plank with hand taps

Each person faces the other in a plank position (stretched out on floor, holding your weight on forearms and toes, keeping the body in a straight line from shoulders to ankles – like a plank of wood.) Without twisting at the hips or losing the straight line between shoulders and ankles, partners simultaneously reach out and tap hands, alternating hands each time.

Strength and cardio tag team

One partner completes 10 strength movements (e.g. push ups or dumbbell squats) while the other does a cardio

activity (e.g. star jumps or skips). Swap places when the 10 strength movements are complete, repeating two or three times without a rest in between.

Races

This one's simple – have a race and see who wins! Activities can include things like being the first to row for 50m or complete 100 skips or step ups.

5 Rest up



You will get more out of your time at the gym if you get enough rest. Recovery is a key part of being able to work out more effectively in the future. If your mind and body haven't recovered from exercise, you won't be able to put in your best effort the next time. This is especially true if you do any sort of strength or resistance training – rest time, and sleep, are when your body rebuilds and gets stronger.

Listen to your body – if you're feeling very tired, have a rest day or do something different. That doesn't necessarily mean lying on the sofa with the TV remote in hand. You can include restorative activities that get you moving, such as going for a walk, taking the stairs at work or doing a gentle yoga or stretching session. **Y**

Reference:

1. 'When Less is More', Powered, *Fitness Australia eJournal*, May 2014

GIVEAWAY!

TO ENTER, EMAIL:
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A passion for keeping fit whilst balancing a hectic work schedule inspired the creation of FLY Active, which aims to inspire the freedom to be active with the world's best sporting accessories. FLY Active has 16 cleverly designed sporting accessories in its current collection – from Wristpockets and Waistpockets to Bottle Carriers – all of which are designed to be fun, reliable and give you freedom when on the fly. FLY Active is available from leading boutique sports retailers or from www.flyactive.com.au



How to enter

To enter to win one of five FLY Active prize packs, valued at \$200, email 50 words or less to Nutrition.Vic@ymca.org.au, telling us what you love most about working out at the Y. The best five entries will win. Be sure to include your postal address and send your entry before 18 August 2014.



Training Tip:

Always warm up well before you start exercising and if you're unsure about anything or want to check your form, ask your friendly gym instructor for help.



HELP TROUBLED YOUNG PEOPLE STAY ON TRACK

YMCA helps kids doing it tough through one on one mentoring and creating a safe place to build positive relationships.

GIVE TODAY

*I've got my boy back.
Before camp Matt was going off the rails. Since coming back he's more open and happy.*



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Nicole Senior, APD

Nicole is an Accredited Practising Dietitian and Nutritionist, consultant, author, speaker and food and health enthusiast (www.nicolesenior.com.au). She has enjoyed a varied career over the past 20 years working in clinical practice, public health and health promotion, non-government health organisations and private businesses. Click here to learn more about Nicole.

ANSWERING YOUR NUTRITION QUESTIONS

Nutrition expert Nicole Senior answers your questions.

Q *I have been getting a bit of heartburn recently and would appreciate some advice on what to eat, with a few meal alternatives.*

A Firstly, talk to your doctor as heartburn can be a symptom of something more serious. Heartburn, or Gastro Oesophageal Reflux Disease (GORD), results in stomach acid rising up into the oesophagus. Reflux usually happens after large and fatty meals and is made worse by smoking, alcohol, caffeine and being overweight. Some foods may aggravate heartburn such as capsicum, onion, garlic, fruit juices, carbonated drinks, chocolate, tea and coffee, fatty and spicy foods. Lighter and plainer foods, such as lean meat/fish/chicken and vegetables, egg dishes such as frittata, pasta and rice salads, and stews and casseroles that include legumes are good meal options. Have smaller meals, eat slowly, chew your food well, and avoid food close to bedtime. Chewing (sugar-free) gum can also increase saliva secretions and neutralise stomach acid.



Q *I've heard sugar is even worse than fat for your health – is this true?*

A Eating too many foods high in sugar and low in nutrients is not a healthy way to eat. Soft drinks and confectionery are good examples of food we should ideally eat only sometimes, in small amounts. These foods tend to be high in kilojoules and low in nutrients, and are not great for our teeth either. Rumours that sugar is toxic and solely responsible for obesity and chronic disease are untrue. There's no need to avoid every gram of sugar in nutritious foods you enjoy such as wholegrain cereal or fruit yoghurt.



Q *Is coconut oil the healthiest of all the oils?*

A Despite what you may have heard or read, the science doesn't warrant a change in your everyday cooking, from the healthy oils that have been recommended for many years such as olive, canola and sunflower. Coconut oil is high in saturated fatty acids and increases bad LDL cholesterol so, for now, it's best regarded as a 'sometimes food'. Look to experts such as the Heart Foundation when it comes to deciding which oils are best for your health.

Q *Is it bad for young people to have high cholesterol?*

A You've heard the saying 'prevention is better than cure' and this applies to cholesterol levels and cardiovascular disease. The longer the body battles risk factors like high blood cholesterol and high blood pressure, the more trouble they cause. The sooner risk factors like high cholesterol emerge, the earlier the disease is likely to manifest. Ideally, active living and eating for heart-health need to start in childhood, both in behaviour and attitude. **Y**





Jane Karpavicius, APD

Jane is an Accredited Practising Dietitian and the Dietitian Team Leader at Diabetes Australia – Vic (www.diabetesvic.org.au). Click here to learn more.

Nutrition tips for people with diabetes

Nutrition expert Jane Karpavicius provides these practical nutrition tips for people with diabetes.

There is a lot of confusion about what to eat when you have diabetes. The bottom line is, there is no special diet or food for people living with diabetes. However, like everyone, people with diabetes should follow the recommendations in the Australian Dietary Guidelines. By following these guidelines, you are more likely to keep your cholesterol, triglyceride, blood pressure and blood glucose within your target levels to delay or prevent complications of diabetes. It is also very important to achieve a healthy weight so exercise should be included in your daily plan. Eat plenty of fibre-rich foods such as fruits, vegetables, grains and legumes

and limit foods that are high in added sugars, salt and saturated fat. Alcohol should also be limited to no more than two standard drinks per day for both men and women.

The additional consideration for people with diabetes is the carbohydrate content of foods. It is the carbohydrate (such as fruit, dairy foods, starchy vegetables, bread, rice, soft drink, sweets) that can have the greatest impact on blood glucose levels. For people taking insulin, learning to count carbohydrates will allow you to match your insulin dose with the amount of carbohydrate you choose to eat. Spreading your carbohydrates throughout the day can also help manage blood glucose levels. Accredited Practising Dietitians who

specialise in diabetes will be able to teach you both of these skills.

It's important to remember that not all carbohydrates are the same. Carbohydrates that are released slowly into the bloodstream may provide an additional benefit to your blood glucose levels. These are called low GI (glycaemic index) foods. Good choices are grainy or heavy sourdough breads, pasta, most fruit, legumes, pulses, oats, corn and sweet potato.

So what about chocolate? An occasional blood glucose level above target is not going to have a huge impact on your overall diabetes management. However, if you are taking insulin then the carbohydrate in your sweet treat could be counted and your insulin dose adjusted. If you are not taking insulin, then you could go for a walk to counteract the effect of your treat. So there is no need miss out on a piece of birthday cake or your favourite brownie – just be sure to only eat them in moderation.

Consider these healthier options:

SWAP

FOR



Whole chocolate bar



Two pieces of 70% cocoa chocolate



White potato



Sweet potato



Packet of potato chips



Handful of almonds



Jasmine rice



Basmati rice



White bread and jam



Small bowl of yoghurt



Two chocolate biscuits



Small square of rich fruit cake

For more information on healthy eating and diabetes, call **Diabetes Australia – Vic** on 1300 136 588

or visit www.diabetesaustralia.com.au





Juliana Lisboa, APD

Juliana (www.julianalisboa.com.au) believes in an education-outcomes approach, where the client is taught the latest scientific evidence translated into practical skills, allowing them to achieve their goals and become confident in making their own choices. Click here to learn more about Juliana.

Food logistics for adventure racing

Juliana Lisboa reveals the nutrition secrets to successful adventure racing.

Competing in an adventure race is a great challenge. Not only will you have to run, mountain bike, paddle and most likely deal with surprise activities along the way, you will also have to use a compass and map to navigate your way through the course – sans GPS!

In addition to the characteristics above, each event then adds its own elements. For example, length will vary greatly, from short and fast races, all the way to week extended endurance expeditions. Some races will allow (or require) you to have a support crew. These guys are a great help and you might get them to give you fresh socks, make your food and restock your backpack for the next leg, so it's important to make sure you are in sync with them.

Beginners are always welcome and some races even offer training days to simulate a short race and prepare for the challenges you might face on the course.

With such a physical and mentally challenging sport, it pays to invest serious time in preparation and logistics, so as to minimise stress during the race. Of course, an

essential area to focus on is nutrition. Nutrition requirements during adventure races can include:

- Regular intake of carbohydrate, as it is an important fuel in endurance sports.
- Fluid and electrolytes must be replaced according to sweat rate.
- In long races, protein aids muscular repair, supplements energy intake and keeps hunger at bay.
- In long races, vitamins and antioxidants must be included to help support the immune system.

Appropriate meal and snack ideas include:

- banana and peanut butter sandwich
- jam sandwich
- trail mix with salted nuts, dried fruit, chocolate and coconut
- cup of soup
- canned fruit
- salami and cheese rolls
- sports gels and bars
- chocolate milk
- instant noodles with tinned tuna.

Remember that our taste perception is different when exercising. Some foods that are appetising now, might not be well tolerated halfway through a bike leg; the same way some “weird” tasting

foods (i.e. sour lollies) might give you a nice change in palate.

Here are 10 tips to optimise your adventure racing experience:

1. Choose a backpack that has easy access to pockets.
2. Include a variety of flavours, textures and temperature in the foods you choose.
3. Set an alarm to go off at regular intervals to remind you to eat and drink.
4. Avoid high fibre foods before and during the race.
5. Prepare small zip lock bags with a mix of savoury and sweet snacks.
6. Remove any unnecessary packaging and pre-cut seals or anything that will get in your way.
7. Prepare large zip lock bags with all the food for a specific leg.
8. Label your food and bags clearly.
9. Give clear instructions to your support crew.
10. Practice. And then practice some more!

Success will also lie in finding a balance between meeting all your requirements, but also adding foods that are comforting and practical. **Y**



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