

Nutrition news

YOUR SOURCE FOR RELIABLE HEALTH & NUTRITION INFORMATION

Achieving a Healthy Weight this Summer!

What if one simple eating strategy could help you to achieve an optimal weight, increase energy, reduce body fat, avoid overeating, reduce cravings for carbohydrates, reduce cholesterol, and improve exercise performance and recovery?

The suggestion sounds (almost) too good to be true. However, all of these health benefits are associated with the simple tool of maintaining blood glucose levels, or blood sugars. You can do this through proper meal timing.

Key Points:

1. Eat every 2-4 hours throughout the day, no exceptions!

Doing this will help to control your blood sugar levels throughout the day, keep energy levels high, eliminate cravings for carbohydrates, avoid overeating and prevent you from making poor food choices in the evening.

2. Focus on making balanced food choices each time that you eat.

Any balanced meal is one that contains carbohydrate and a source of protein. The carbohydrate provides you with some quick energy and the protein helps to make that energy last longer.

3. Satisfying snacks should be low in sugar with a source of fibre.

The sugar raises blood glucose rapidly triggering a strong insulin response and possibly leaving you feeling low even 30 minutes after the snack. Conversely, fibre slows the rise in blood glucose and therefore helps to extend the energy of the snack.

For more information, check out the resource page on our website www.danihealth.com.

Upcoming Seminars & Workshops:

- Thursday July 9, 6:30-8:30pm. Healthy Cooking Class. Thrifty Foods, Tuscany Village.
- Thursday July 23, 6:30-8:30pm. Healthy Shopping Class. Thrifty Foods, Tuscany Village.
- Tuesday, October 6, 7-9pm. Nutrition & Organic Foods Course. University of Victoria.

For more information, contact info@danihealth.com.

Health Benefits Coverage

Ask if your health benefits plan includes Dietitian. You may be covered for up to \$500 per year!

July Special – 50% off

\$75 Nutrition Counseling
(Regularly \$150)

To book your session,
call (250) 380-3847 or
email
info@danihealth.com

Are you Getting Enough?

Vitamin A

Vitamin A helps maintain good vision, and keeps your skin and eyes healthy. It also promotes normal growth and development.

Vitamin A can be toxic when taken in large amounts. Therefore, it's best to get vitamin A from foods, rather than from supplements.

TOP TEN VITAMIN A FOODS

- liver
- sweet potatoes
- carrots
- spinach
- kale
- orange/yellow squash
- cantaloupe
- sweet red peppers
- apricots
- broccoli