

HOW DOES YOUR YOGHURT WEIGH UP?

By nutritionist, Sarina Lococo

1. Nestle diet, Swiss vanilla flavour, 99% fat free

Per 200g serving

kJ	335
Total fat	0.2g
Sat fat	0.2g
Protein	8.5g
Carbohydrate	10.7
Sugars	9.5



2. Yoplait, no fat, French vanilla, 70% less sugar

Per 200g serving

kJ	354
Total fat	0.2
Sat fat	< 0.2g
Protein	8.8g
Carbohydrate	11.6
Sugars	7.4



3. Vaalia, low-fat, French vanilla

Per 200g serving

kJ	884
Total fat	2.6g
Sat fat	1.8g
Protein	10.0g
Carbohydrate	36.0g
Sugars	34.0g



4. Nestle All Natural, 99% fat-free, vanilla flavour

Per 200g serving

kJ	752
Total fat	1.7g
Sat fat	1.2g
Protein	10.1g
Carbohydrate	30.4g
Sugars	29.5g



5. Soy Life, vanilla crème, 99% fat-free, soy yoghurt

Per 200g serving

kJ	704
Total fat	1.2g
Sat fat	0.2g
Protein	6.6g
Carbohydrate	31.0g
Sugars	19.2g



SARINA SAYS:

Since all the yoghurts are very low in fat it is important to consider their energy (kJ) content and added sugars. It's difficult to tell from the label how much sugar is added and how much is naturally in the yoghurt. Let's compare them to naturally unadulterated yoghurt (ie no added sugar

or flavours) which has about 10g of natural sugar (lactose) per 200g. Vaalia, Nestle All Natural 99% Fat Free and Soy Life all have a lot of added sugar which also makes them high in energy or kilojoules.

BEST CHOICES:

If you are looking for a low-fat, low in energy yoghurt then Nestle Diet Swiss

Vanilla and Yoplait No Fat are the best choices but they do contain artificial sweeteners. It seems that in order to add flavour like vanilla to yoghurt some form of sweetening is needed to bring out the best of the flavour. Alternatively you can buy natural low-fat yoghurt and add your own natural flavour!

**Swap
this for this**

6.4 grams



1.2 grams



Low-cal Wine...
Naturally lower in calories than other white wines, Early Harvest is the ideal wine for health-conscious women. Cheers to that!





Q&A

with Rob Lobosco, Chinese Medicine Practitioner
and owner of Yera Health Retreat

Q How can Chinese medicine help prevent me from getting colds and flu this spring?

A Traditionally in Western medicine when we get a cold or flu the organ in disharmony is the lungs. We have symptoms such as a dry cough or otherwise a productive cough with mucous and phlegm build-up. We think the disharmony is just in the lungs, but it's not. The lungs are where the illness manifests, but from which organ is it really coming from?

The body's organ systems are all connected and each organ system affects another in some direct or indirect way. There are two cycles in the Chinese organ system theory – the Sheng and Ke cycles. I will be looking at just the Sheng cycle. Think of the cycle as a mother/child relationship. The mother feeds it's child along this Sheng cycle. The heart, small intestine, pericardium and three-heater feed the stomach and spleen, and this feeds the lungs and colon and this feeds the kidney/bladder, and this feeds the liver/gall bladder.

The spleen is responsible for; blood-building and immunity. If this is weak, this is where cold and flu can begin to develop. The spleen is the mother that feeds the child or the lungs. If it is deficient, it cannot feed the lungs and so cold and flu will develop. Essentially, the cold and flu does not come from the lungs, it manifests in the lungs, but develops from the stomach and spleen.

The spleen is responsible for transportation and transformation of damp and phlegm, so if this is weak, a cold and flu will develop.

Q What food choices should I make to avoid colds and flu?

A From a Chinese Medicine point of view, the spleen is nurtured with foods that are easy-to-digest and that are known as Earth foods. These foods include things such as pumpkin and sweet potato soup and any other thick soup such as vegetable, potato and leek etc, fresh rye bread, lentil dahl (pureed lentils) with fresh garlic and coriander, well-cooked grains, rice congee with fresh dates or shitake mushroom for a savoury rice congee, lentil burger with egg whites and rye bread crumbs. Any well-cooked foods are earth-type foods. Avoid excessive amounts of raw food or hard-to-digest foods.

Meat is hard to digest. So maybe during this time, of nourishing the spleen, get your butcher to mince some lean meat and stick to a nice shepherd's pie which is great for the spleen and a satisfying meal.

Avoid too many peppers and spices during this time. Most spices are very heating to the system and may irritate the stomach and affect the functions of the spleen and digestion.

Eat right and feel good and maybe even try a treatment or two of acupuncture. The Chinese know their stuff. If you're continually getting sick take a break and chill out, as your body needs time to recuperate...properly!!!

Rob Lobosco has completed a Bachelor of Health Science/Traditional Chinese Medicine Degree. He runs Yera Natural Health Clinic Essendon where he practices Chinese Medicine/Massage Therapy/Counselling/Dietotherapy and runs Yera Health Retreat in Rye.

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Q & A



with Lifecoach Victoria Mills

Q I'm a single parent with a teenage daughter and my mum is ill and is taking all my time and attention. I feel drained with no energy left for myself or my daughter and my doctor has suggested taking 'happy pills' to help me get through this tough period but I am not sure if I want to ... any ideas?

A Often when we are faced with challenging emotional situations it may seem the easier option to take a pill rather than other alternatives such as vitamins and minerals that help our emotions and nervous system whilst it is under stress.

Suggestions:

1. Have a chat with a naturopath or health expert and see how you can support your body through vitamins and other non-drug alternatives.
2. Surround yourself with people who love you and are available to support YOU during this time.
3. Use a journal to express all your thoughts and stop them rambling around in your head.
4. Make time for YOU each day and explain to those around you how important taking time out is for you.
5. Create regular special time with your child and do something fun and playful.
6. Express your emotions freely, don't hide them as this is part of the healing process.

Victoria Mills is a qualified life-coach and transformational teacher. If you have a question you'd like her to answer, drop her a line on victoria@themcintyresystem.com.

Sugar and lime hand scrub

For all skin types

This weekly treat for dry, flaky dull hands will smooth and brighten.

- 4 tablespoons granulated raw sugar
- 2 tablespoons sweet almond oil
- 10 drops distilled lime essential oil

1. Combine the ingredients thoroughly and store in an airtight jar.
2. Massage 1 teaspoon of the mixture into dampened hands, then rinse.

(SOURCE: FEEDING YOUR SKIN BY CARLA OATES, 2004.)



Beauty ON A BUDGET

Olive oil: natural eye-makeup remover. **Cabbage:** treats inflamed, pimped skin. Dip a couple of cabbage leaves into boiling water to soften them. Once cooled, place them over your face for 10 minutes.

Honey: helps smooth and soften lines, treat skin eruptions, disinfect, cleanse, nourish and tone. Spread in a fine layer over your face.

Tahini: softens and moisturises dry skin. Spread a fine layer over your face and leave for 10-to-15 minutes. Rinse off with a cotton cloth and warm water.

Cucumber: tones up skin around the eyes and cools and soothes inflamed eyes. Peel a piece of cucumber and squeeze the juice into your eye, or use a slice of peeled cucumber as an eye pad.



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The Weaker Sex??

Women are more likely than men to give up exercising in winter, according to a new survey by Australian outdoor group personal training company, Step into Life. The survey, which questioned 518 men and women of all ages, revealed that 75 per cent of women lose the motivation to exercise in winter, compared to only 57 per cent of men.

DID YOU KNOW

*More than half of smokers are unable to identify tobacco as the leading drug-related cause of death in this country.

*Almost a third of smokers incorrectly identify that one in five smokers will die early from smoking. The correct answer of one in two was ranked fourth out of six options.

*90 percent of Australians support the banning of smoking in cars carrying children. While nearly two in three Australians think the timing of the state governments' introduction of smoking bans in hotels is too slow.

(Source: Action on Smoking Australia and Pfizer Australia)

Move of the month



lunge – with leg on bench

The lunge with leg on the bench is a great exercise to really work deep into those glutes and hamstrings. Place one foot on the bench (as pictured) and the other leg a comfortable distance apart on the floor in front. With dumbbells in hand slowly lower yourself by bending the front knee, making sure you hold your stomach in tight. Avoid trying to keep back upright, rather keep it flat, as this minimises pressure on the lower back. Repeat exercise 12 times and then swap legs. Perform the sequence three times for each leg.

Weight loss tips

- Eat early. Late night eating is a recipe for weight gain as the body stores more food during sleep.
- Drink eight glasses of water a day. Water is a natural appetite suppressant.
- Avoid sugar – it lowers your metabolism.
- Cut out alcohol. It weakens your liver – the basic organ for fat metabolism. Beer and wine are also full of sugar, plus alcohol stimulates your appetite.
- Get your metabolism going by drinking a warm cup of water with a squeeze of lemon in it as soon as you wake up.

QUICK TIP:

Exercising in the cold weather burns more calories because your body is expending more energy to stay warm.



TRAINING Q&A

with Sue Heintze of idealbodiesonline.com

Q Some programs advocate a free day, where you can eat whatever you want all day. Sounds great, but won't this ruin my progress?

A It depends on where you are starting from, but someone that has a lot of fat to lose may still do very well on a program that incorporates an entire free day, providing they stick to a good diet and training program for the rest of the week. Personally, I prefer my clients to have one free choice meal only, rather than an entire day of free eating.

A free meal can be good for a number of reasons – physiologically it can have the effect of raising your metabolism, thus avoiding your body entering 'famine mode' and keeping you burning fat. Psychologically it gives you the opportunity to go out with friends and relax from the rigidity of your nutrition plan while enjoying your favourite meal and perhaps a couple of drinks. Your nutrition and training program must be enjoyable if you are going to stick to it long term, so being able to look forward to a night out every now and then can work wonders psychologically. In addition, that small break can give you greater energy and motivation to get back on track to continue on your way to achieving your goals.

Q What is the best form of weight training for someone who is trying to lose weight?

A The ideal way to train with weights for someone wanting to drop body fat, is one that continues to increase the load on the muscle, progressively and over time, by working with slow and controlled repetitions in the 6-to-12 range.

A higher rep range will be working your muscular endurance – this will do nothing to change your body shape. The idea is to build lean muscle, thereby raising your metabolism, which in turn increases fat burning.

Do not be afraid of bulking up by lifting heavier weights. This is virtually impossible for women to do due to the small amount of testosterone we naturally produce. A small amount of muscle will add shape and curves to your body – this, combined with a drop in body fat can dramatically change your appearance.

Do not overlook the importance of nutrition – it is an integral factor in the process of losing body fat – you can have a brilliant training program, but without proper nutrition, your fat loss attempts will be futile.

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