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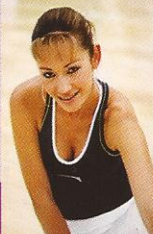


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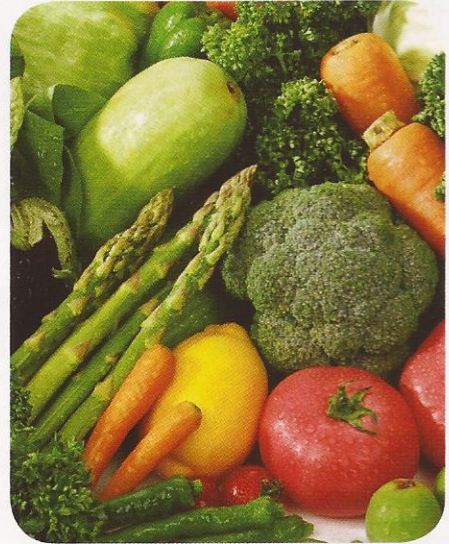
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BEAUTY, HEALTH & WELLNESS

**STAY HEALTHY AND
SLIM THIS WINTER**

When winter time approaches, many people expect to gain a few kilograms as they tuck into warm wintery comfort foods, often high in fat and sugar. If this sounds like you, make this winter different. Here are some tips to stay healthy and slim (and maybe even lose some weight) this winter.



EAT THREE MEALS PER DAY WITH HEALTHY SNACKS IN BETWEEN MEALS: It is important to nourish our bodies with small, regular meals. This helps to give you a steady supply of energy throughout the day. Also, if you are eating regular healthy meals and snacks, you are less likely to be over hungry and then reach for the wrong foods, or overeat at your next meal.

EAT YOUR FIVE A DAY: This refers to the recommended guideline that we all need to be eating five portions of fruit and vegetables per day. Fruit and vegetables contain lots of important vitamins and minerals, and they are high in fibre. This winter, include vegetable bakes, steamed veggies, and vegetable soups in your meal times. Also, eat plenty of winter fruits such as oranges, guavas and paw paw, all of which are high in vitamin C which will help you ward off the winter colds and flu.

EAT HEALTHY COMPLEX CARBOHYDRATES AT EACH MEAL: Complex carbohydrates are your whole grain foods. They are important to give you a good supply of energy, supply you with fibre, and keep you feeling full so that you don't reach for sugary snacks. Eat whole grain breakfast cereals such as oats or bran, brown rice instead of white rice, low GI seed bread instead of white bread, and whole-wheat pasta instead of white pasta.

KEEP YOUR DIET LOW IN FAT: Cut fat off your meat, remove skin from your chicken, buy lean mince, and use only low fat or fat free dairy products to reduce the amount of animal fats in your diet. In place of unhealthy animal fats, use small amounts of healthy plant fats such as olive oil, olives, nuts and delicious avocado which will be in season in winter.

Article By: Emily Innes (nee Ryan),
Registered Dietician in Pinelands.

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