

Newsletter February 2013

Welcome



Michael Lawler, APD / AEP (Director of Eat Me Nutrition)

Welcome everyone (a little belated) into 2013! We've had a cracking start to 2013 here at Eat Me Nutrition, and it's been great to see all the new faces come through the door, as well as all our familiar favourites. Following our time of Christmas Holiday indulgence, it's been amazing to see so many people dedicated to changing old habits, and commit to making 2013 a year of health, with their primary focus on eating tasty, wholesome and healthful foods. If you've been putting off getting back to your healthiest self, now is the perfect time to get back into it. Remember, at Eat Me, we want to focus on removing the guilt around food, and bringing the enjoyment back! – *Michael*

Whole Food of the Month

Basil and Green Herbs

Not just a great way to flavour foods, basil and other green herbs are counted as a 'superfood' because they are packed filled with nutrients including potassium, magnesium, iron and calcium, and have strong antioxidant content as well as antibacterial properties in certain varieties such as rosemary and oregano.



These herbs may also be useful in the war against aging, with recent studies showing basil to have anti-ageing antioxidants that help to protect against free radicals, cancer-causing chemicals that attack organs like the heart, liver and brain and damage nerve cells.

On a weight for weight comparison, basil and parsley have nearly double the vitamin C of oranges and dill has 6 times more beta-carotene than rockmelon and pumpkin. While we obviously eat less of these herbs than we would of other fruits and vegetables, adding green herbs to salads, soups, stir fry's, pastas and meat on a regular basis certainly adds up, and when consumed as tabouli and pesto can have a significant impact! Even better, using herbs in dishes can help us to reduce our dependence on salt and fat for flavouring – which is great for our blood pressure and waistlines.

While fresh herbs are available from supermarkets and farmers markets readily now, why not try your hand at growing a few yourself. Not only can you ensure that they are organic, but you will also save money and gain satisfaction from eating something that you've grown yourself.

Nutrient of the Month

Organic Green Barley Grass



Keeping on the theme of green, our product of the month is NuFerm's Organic Green Barley Grass. Grown in New Zealand and 100% Certified Organic, this simple powder is packed full of chlorophyll, amino acids, enzymes, vitamins and minerals, and can be used to treat a variety of different health conditions, as well as to increase energy and alkalise the body. Best taken in the morning Barley Grass can be simply mixed into juice, water, eaten plain, or (our personal favourite) made into a delicious smoothie with frozen berries and any other fruit or vegies you have lying around. Available in 200g and 1kg containers. Call or email Eat Me Nutrition Administration to order (07 3901 4213), or ask our dietitians during your next appointment.



Recipe of the Month

Tomato, Basil and Bocconcini Salad

This recipe is oh so simple, quick, inexpensive, healthful, tasty and low in energy – making it a perfect light lunch or accompaniment to a piece of lean meat or pasta dish. This is one of our summer favourites.

Energy Per Serve

As a main: 1040kj / 249cal

As a side: 515kj / 123 cal

Ingredients

Serves 2 as a lunch main, or 4 as a side

- 6 medium vine ripened tomatoes
- 1 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- 4 bocconcini, thinly sliced
- ½ cup fresh basil leaves



Method

Slice the tomato and bocconcini into 0.5cm slices. Pull the basil leaves off the stalk, and layer alternating the bocconcini, basil and tomato. Drizzle with olive oil and balsamic vinegar to taste and Voila! A simple, tasty summer salad for you to enjoy.

New Clinic Times

With our new year comes new clinic times for us!

Michael Lawler

Kangaroo Point – Tuesday, Thursday (7:30am-7:30pm) and every second Saturday (8am-1pm)

Paddington – Every Second Monday – 9am-4:30pm

Greenslopes – Every Second Monday – 7:30am – 7:30pm

Coorparoo – Wednesday – 7:30am – 12pm

Wynnum – Wednesday

Kate Pollard

Browns Plains – Tuesday 8am – 6pm

New Farm – Wednesday 1pm – 6pm

Thornlands – Thursday 7:30am – 6:30pm

Kangaroo Point – Friday 9am – 12pm



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