

Newsletter: Autumn 2013

Welcome



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.

Today is the 1st day of a new Season so 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! Now is a great time to get into exercise if you haven't already, it's not as hot anymore and so get in now before you can use the excuse that it's too cold. Find something that you find fun rather than plain hard work and you'll stay motivated as the weather gets colder.

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

Whole Food of the Season

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 full 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.



Recent studies show basil has 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. Adding green herbs to salads, soups, stir fry's, pastas and meat on a regular basis can really improve your overall wellbeing! 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 readily available, 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.



Australian Dietary Guidelines Released!

The New Australian Dietary Guidelines have just been released! And the new Australian Guide To Healthy Eating has been revised. Over the next few weeks Eat Me Nutrition will sift through the 213 pages of the Guidelines and bring you the information you need to live a long healthy life through our Facebook Page. Click on the picture to the left to learn more or go to www.eatforhealth.gov.au

Nutrient of the Season

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) mixed with lemon juice for an incredibly strong alkalising effect. Available in 200g and 1kg containers. Call or email Eat Me Nutrition Administration to order (07 3901 4213), or ask our Dietitians about it during your next appointment.



Recipe of the Season

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 favourites especially in QLD at this time of the year because it's lovely and refreshing whilst the weather is still warm.

Energy Per Serve

As a main: 1040kj / 249cal

As a side: 515kj / 123 cal

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. *(Combine with 100g of your favourite protein grilled with basil and oregano to give a fantastic all round meal)*

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 – 1pm – 8:30pm

Kate Pollard

Browns Plains – Tuesday 8am – 6pm

New Farm – Wednesday 1pm – 6pm

Thornlands – Thursday 7:30am – 6:30pm

Kangaroo Point – Friday 9am – 12pm

New Service Fees

We haven't increased our fees for two years, and so now we have finally had to! But we have only increased each fee by \$5 we and **promise** they will stay this way for another 2 years.

Initial Consultations now \$95

Review Consultations now \$75

Subsequent Consultations now \$55



Up and Coming: The future of Eat Me Nutrition

Skinfold Assessments

We now have Skinfold Calipers and can provide you with highly skilled body fat analysis. The most accurate method of tracking body fat is through skin folds with a trained professional. It only takes a few minutes and is a great way to keep focused because you get to see the results of all of your hard work. It only costs \$10 extra if taken as part of your appointment and \$25 without a Dietitian appointment.



Facebook

If you haven't seen already, we are now well and truly on Facebook! Please feel free to like and share any post that you think is awesome so that your friends can gain the benefit of your being super healthy! Let us know if there is anything you would like us to cover on Facebook! Either way stay tuned for Michael's Meal of the week, motivational tips and tricks, changes to the world of nutrition and great YouTube links.



YouTube

Eat Me Nutrition now has a video camera so over the next few weeks we will be filming and loading videos onto YouTube to help everyone eat better, live better and feel better. Email us any ideas you have of what you would like us to cover and if we use your idea you'll receive **\$10 off your next appointment.**

Cooking Workshops

We are still working on the best place to get these classes working. So please bear with us, it'll be great when we do. So we can get an idea of numbers please email us at admin@eatmenutrition.com.au and we'll keep you on file to let you know asap! You can be the first in!



Public Talks

This year Eat Me Nutrition has been asked to talk at the QLD Coeliac Society's Gluten Free Expo over the Mother's Day Long Weekend. This will be an excellent interactive talk about Coeliac Disease with lots of information to help you if you or someone you know has Coeliac Disease or is intolerant to wheat. The talk is free once you have paid a small entrance fee into the Expo.

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