

**SPRING INTO SUMMER**

The Summer season is here again! The days are longer and weather is warmer during the next few months, so it's the perfect time to get involved in outdoor sports and activities. Staying motivated to exercise regularly can be really difficult especially if you're at the stage where you view exercise as a chore rather than a part of your daily healthy lifestyle. You'll find once you get past the 'chore' stage that you'll enjoy the time you spend being active. You may find some of these tips helpful to achieve your goals

**Establish short term and long term goals.**

The use of goal setting will keep you on track during those difficult moments.

**Be realistic**

Unrealistic goals will lead to you becoming demotivated and frustrated.

**Develop a routine**

Setting aside a specific time for exercise will help you to stick to your goals and make exercise part of your daily life.

**Take up a sport or enter a competition**

Exercise needs to be enjoyable. By joining a sports team you can interact with others and reap the social benefits of sport. By focusing on entering a competition such as a 5km run you are more likely to stay on track.

**Find a training partner**

By exercising with a training partner you are more likely to follow your exercise programme as you can motivate each other to exercise. Even having a training partner for simple walks can be beneficial

**The main thing is to set aside a part of your day to exercise. It doesn't need to be at the gym whether walking the dogs or walking to work the aim is simply to be active!**

**Myth of the Month- All Fats are bad!**

It's a long-held nutrition myth that all fats are bad. But the fact is, we all need fat. Fats aid nutrient absorption and nerve transmission, and they help to maintain cell membrane integrity. However, when consumed in excessive amounts, fats contribute to weight gain, heart disease and certain types of cancers.

Not all fats are created equal. Some fats can actually help promote good health, while others increase the risk of heart disease. The key is to replace bad fats (saturated fats and trans fats) with good fats (monounsaturated fats and polyunsaturated fats).

Welcome to the Summer edition of Nutrition News from the Dietitians in the Bon Secours Hospital.

We kick off this edition with a feature on breakfast and why eating it is so important. We also provide some quick and easy breakfast ideas.

We will then look briefly at dietary supplements, and the benefits of buying in-season fruit and veg.

Finally our physical activity slot gives some suggestions on how to start and continue your exercise plan.

**Start the day with breakfast**

Get a great start to the day by taking time to have breakfast. The word 'breakfast' literally means to 'break the fast', or the first meal of the day. It is commonly known that breakfast is the most important meal of the day, yet many of us do not eat it regularly or skip it altogether.

**Why is breakfast so important?**

It has been shown that eating a healthy breakfast helps you make better food choices later in the day. People who skip breakfast are more likely to snack on less nutritious foods during the day which can contribute to weight gain.



**Three more reasons to eat breakfast**

**1. Gives you energy to get going and boosts your nutrient intake.**

Healthy breakfasts such as wholegrain bread, cereals, milk, yoghurt and fruit provide carbohydrate, fibre and calcium. Choose cereals that are minimally processed, high in fibre, and low in sodium and added sugar. Cereals with wholegrains, nuts, seeds and fruit are also good choices.

**2. Boost your metabolism.**

Breakfast boosts your metabolic rate, meaning you burn energy more efficiently which helps with weight control.

**3. Improve your mood.**

Eating breakfast can enhance alertness, concentration, mental performance and memory.

**Summer offers**

**New patient consult now €75  
Save €15**

**Weight Management Package now  
includes a  
free consult**

**That's 7 consults for €300  
(average of €42 / session)  
Save €75 on pay as you go.**

**Offers valid May-August 2010**

**Contact Rose on 021 4941930**



**Banana Smoothie**

**Ingredients:**

- 1 banana, roughly chopped
- 1 cup low fat milk
- ¼ cup low fat natural yoghurt
- ¼ teaspoon cinamon
- 1 tablesp oat bran / wheat germ

**Method:**

Add all ingredients to a blender and blend until smooth.

Tip: Add the fruit of your choice.

**Serves 1 per serving:**

Energy 250kcal, protein 19.5g, fat 1.5g, carbohydrates 69.8g, sugars 61.5g, fibre 4.0g, sodium 202mg.

**Make time for breakfast**

Some common reasons for skipping breakfast include not having enough time, tiredness, sleeping in (hitting the snooze button too many times!) and lack of breakfast foods in the house. Does this sound like you? Well, here are some quick and easy healthy breakfast ideas:

- Wholegrain or high fibre cereal with low fat milk (hot or cold) topped with fresh, canned (in own juice), frozen or dried fruit.
- Fresh fruit and low fat yoghurt with wholegrain toast.
- Bagel with jam / low fat cream cheese.
- Wholemeal or wholegrain toast with a variety of toppings such as reduced fat cream cheese, avocado, baked beans, tomatoes, nut spread and a piece of fruit.
- A smoothie made from low fat milk, fresh fruit, low fat yoghurt.
- Breakfast on the Go: Glass of pure juice and cereal bar**

**Eat The Seasons**

In general many of our common fruit and vegetables are sown in the Springtime, grow in the Summer and are harvested in the Autumn. However certain crops can be grown easily in Ireland all year round (e.g. cabbage, cauliflowers), while others cannot be grown at all (e.g. citrus fruit, bananas).

Using seasonal foods has many advantages. The two main advantages are quality and price. All fruit and vegetables taste their best and are at their nutritious best when harvested fresh from the field close to where they were grown. In these days of the super supermarkets we can obtain virtually any food item at any time of the year. But if you want asparagus in January you will pay a premium, it has probably been flown half-way around the world and is nowhere near as fresh or tasty as home-grown. In addition as Irish food travels less of a distance from farm to shop, it is better for the environment.

**In-Season Fruit and Veg**

**Vegetables include**

**Asparagus, Aubergine, Beetroot, Broad beans, Broccoli, Cabbage, Cucumber, Green Beans, Lettuces & Salad Leaves, New Potatoes, Mushrooms, Peas, Rhubarb, Salad Onions, Tomatoes, Watercress**

**Fruit include**

**Blueberries, Currants – black, white and red, Loganberries, Plums, Raspberries, Strawberries**

**Dietary Supplements**

Today's lifestyle can all too often be about convenience and short cuts.

- This is often the idea when it comes to eating healthfully versus taking dietary supplements. While there are benefits for some people in taking vitamin/mineral supplements, a healthy diet that includes vitamins and other nutrients is the best way to give your body what it needs.
- A vitamin/mineral supplement may help when:
  - You are eating low-calorie weight-loss diet .
  - You are elderly and not eating as much as you should .
  - You are a strict vegetarian or vegan .
  - You are pregnant or a woman of child-bearing age .
  - You have a medical condition that limits your food choices.

If your diet is well balanced it is generally unnecessary to take supplements.