



Weekly Tip:

After comparing many, MANY varieties of yogurts, I have come up with the one product that I can honestly recommend as being the best one on the market based on fat and sugar content as well as flavour and calories.

Drum Roll Please...

Source 0% by Yoplait

With only 35 calories and 4g of sugar, this fat-free yogurt is a great choice for the whole family.

The best part?? It comes in flavours like lemon meringue parfait, and raspberry cranberry crumble!

When was the last time you considered yogurt for dessert???

The Truth about Carbs

With all of the media hype and celebrities advocating low-carb diets and swearing-by the Atkins and related fads, it can often be quite confusing as to what is really good for you and what will actually help you lose weight.

The truth of the matter is that your body NEEDS carbohydrates and in fact 55% of your daily calories or just over half of what you eat should be made up of carbs. Surprise!

Carbohydrates are your body's fuel. Your body uses carbohydrates for energy and when you deprive it, it has to work overtime to convert proteins and fats into energy—a task that it wasn't designed to do.

It is that process, that stressful process that can be credited with the fast weight loss of a low-carb or carb-free diet. Overwork your body and it will burn more energy—that isn't rocket science but what these fad diets don't tell you as they are trying to sell you their cookbooks and specialty foods is that while you body is on over-drive trying to drive itself with the wrong kind of fuel, fat loss is not the only side effect.

Organ damage, metabolism destruction, hair loss, fertility issues and pretty much every other function is damaged in the process of trying to force your body to do what it isn't meant to do.

Picture your car—what happens if you put diesel gas in it at the pump? Will it run? Yes, but not well and not long. Your body with the wrong kind of fuel is no different.

A healthy weight loss program will include about 800-1000 calories or 250g of complex carbs from whole grains, vegetables, and fruits. Don't stop eating bread and pasta, just try to cut out the donuts!



Bagged lunch Boredom



Quite often when I meet with a client they tell me that they can't clean out their cupboards and get rid of the processed snacks because well, they have kids. My answer to that dilemma is always they same—your kids don't need them either.

Now that school has started, many of us are scrambling to pack lunches that meet the aller-

gy guidelines of the schools, are healthy AND are something our kids will actually eat. And quite often pre-packaged foods fit that bill to our own detriment.

I have to admit that I am guilty of it as well but snacks should not be staples. Keep the treats ad treats and make sure that those lunch kits are filled with a variety of items from all of the food

groups. Tuna salad, wraps instead of sandwiches, fresh veggies, whole fruit, milk, cheese strings. Not only are these snacks great for our kids, they are the best choices for all of us!

Next time you are packing something for them—why not pack something for you too? Leaders lead by example and children learn what they live,

Recipe Corner

Delicious and nutritious snack and meal ideas that are perfect for the whole family!
Straight from Michelle's kitchen!



ALT Sandwiches

A delicious twist on an old favorite. A sandwich both kids and parents will love to find in their lunch boxes!

Use two slices of whole grain Bread or even a bagel!

Mix up some tuna salad—try adding raisins and use yogurt instead of mayo for a healthy alternative and don't forget the celery!

Slice apples and place on bread or mix in with the tuna .

Add some fresh lettuce.

Just because the old standard of PB & J isn't an option anymore doesn't mean you can't start a new tradition just by combining some old favorites! Think outside of the lunch box and see what you can come up with!

Veganism... All or Nothing?

Anyone who watches TV, reads or listens to any form of media will have been bombarded with animal rights issues over the years—everything from throwing paint on furs to promoting Veganism as the best way of life.

Vegans are people who eat only plant-sourced foods and derive nothing from animals. That includes milk, eggs, cheese as well as meat, and fish. Many say they choose this lifestyle for political reasons, refusing to eat any part of animals in protest of animal exploitation and slaughtering. As a nutritionist, I have no opinion on that stance as everyone lives by their own conscience.

BUT as a nutritionist, I will comment on the health aspect of a vegan lifestyle. Whatever your reasons for considering it, hopefully you have listened to reputable professionals and based your decision on

facts and not opinion. Or sensationalism. If you are still considering a change to veganism (which is NOT the same as vegetarianism) please let me clarify a few points for you.

Humans are omnivores by design which means that biologically and physiologically, we derive our nutrients from both plants and animal sources—it is how we are designed. Animals give us not only protein, fat and iron but other nutrients as well—important nutrients that CAN NOT be found in any other food source but animals. Nutrients like most Vitamin B's for instance.

If you were to choose a vegan lifestyle, you would have to balance everything very carefully to make sure that you weren't depriving yourself of any essential vitamins and minerals which means eating the right quantities of plant foods in the right combination and even after all of that careful planning

and thought, you would STILL need a supplement to get what plants just cannot give. Even the Vegan food guide lists supplements as a part of their daily plan.

While arguments can be made for a vegetarian lifestyle, veganism is on a whole different level and no matter what the reason, the consequences could be severe. I am sure there are much better ways to make a statement other than sacrifice your and your family's health.



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