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WEEK 4

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Weekly Tip:

Don't eat before bed or after 8:00pm.

True or false???
My answer is...

False. Unless you go to bed an hour after eating dinner that is.

Your body is not designed to go long periods without food—it needs fuel in order to operate efficiently so it is imperative to fuel it at least every 2-3 hours. Breakfast, snack, lunch, snack, dinner and yes... snack.

It isn't when you eat that matters, it is what you eat and how much of it.

All snacks should be made up of complex carbs (whole grains) and protein. Cereal, toast, peanut butter, yogurt, cheese, popcorn, nuts - ALL great choices for a bedtime snack!

It's in the Label

So what do the numbers on those nutritional labels mean? Total grams? Percent Daily Value? None of us are the same so do those numbers really mean the same for everyone??? How am I supposed to know how many grams are good or bad?

These are many of the questions that I am asked about nutritional labels and they are all very good questions. Knowing how to read the labels is a very important part of making the best decisions for you and your family.

The first thing that you have to understand is serving size. On the example it shows that a serving size is 1 cup but that the container holds 2 servings. The nutritional information shown is based on serving size—not container size so it is based on only 1 cup of the product.

From there you can look at the calories. There are 260 calories in a 1 cup serving of this product, is that good? It depends on what it is, if it is a snack or a meal and how many calories you expect to eat in a day.

The % daily value is based on a 2000 calorie a day diet. So if you are a less-active person, trying to lose weight or are just a smaller

frame, 2000 calories per day is not realistic - most of my clients hover around the 1600 calorie a day mark. If you are more active and just trying to maintain your weight, you may need more than 2000 calories a day. These numbers on the label are just a guideline so the % daily value may not be the best tool for you to use if you are not trying to eat 2000 calories a day.

The best way for you to determine the best choices in my opinion are by grams. With some simple math, you can calculate how many grams a day you need from Fat, Protein and Complex Carbohydrates and from these you can choose what foods are best.

The formula for calculating you grams is this:

FAT: (calories per day x 20%)/9 = grams per day

Protein: (calories per day x 25%)/4 = grams per day

Carbs: (calories per day x 55%)/4 = grams per day

Sound complicated? It's not really.

On a 1600 calorie a day diet, you would want 220gr of carbohydrates (the less from sugar and starch the better); 100gr of protein and 36 gr of fat (the less trans and saturated the better.

For 1800 calories you would want 247gr of carbs, 112gr of protein and 40gr of fat.

Remember that you need fat, proteins and carbs in the right ratio in order for your body to function at its best. That will help you maintain or lose weight, balance your blood sugar and have all of the energy you need throughout the day.

Labels don't have to be confusing, just concentrate on what really matters and know your numbers!

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 260	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 660mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

Recipe Corner

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



Moroccan Quinoa Salad

Quinoa is an ancient grain, high in protein, fiber, low in fat and a great source of energy that can be eaten, hot, cold - any which way but raw!

Ingredients:

3 Cups cooked quinoa (1 cup dried) ; juice from 2 lemons; 3 tbsp. olive oil; 2 tsp. ground cumin; 1 tsp. salt; 1/4 tsp. sugar; 1 can black beans (rinsed); 1 can corn kernels; 1/2 small red onion thinly sliced; 1 basket cherry tomatoes—quartered; 1/2 cup slivered almonds; 1/4 cup chopped green or black olives; 1/4 cup fresh mint; 1/4 cup fresh chopped coriander

Preparation:

1. Cook quinoa, according to package instructions.
2. While quinoa is cooking, whisk together lemon juice, olive oil, cumin, salt and sugar into a vinaigrette in a small bowl.
3. Combine quinoa and all remaining ingredients, except fresh herbs, into a medium-sized bowl.
4. Drizzle with vinaigrette. Toss to combine.

Refrigerate for at least one hour to allow flavours to combine.

Add fresh herbs just prior to serving. May be served at room temperature. Perfect for Potluck!

Michelle's Blog:

www.butterflyconsultations.com/blog

A Senior Moment

As we age, it is more important than ever to get regular exercise including cardiovascular activity.

That doesn't mean that you have to take up jogging in your 60's, but it does mean that the more often you exercise, raise your heart rate and work your muscles, the healthier your body will be and the more capable it will be in fighting off illness, disease and injury.

Low-impact activities, like brisk walks, low impact aerobics, yoga, Pilates, tai chi, and dance can be fun and beneficial programs suitable for any fitness level and age. Whenever you want to start a new fitness program you want to consult with a doctor and any reputable and professional fitness trainer will have you and/or your doctor fill out what is called a ParQ form—a questionnaire directed at specific health concerns that may make certain exercises difficult for you.

Once you have that questionnaire and permission from your doctor in place—there is no reason why you should not be participating in classes and programs to stay in shape, at any age!

The added benefit to fitness classes and group activities such as these is the social aspect. Completely different than going for a walk or exercising alone in your living room, group fitness classes allow you to get out, meet new people and broaden your social circle with regular interactions with others sharing your interest.

The importance of both exercise and social outlets are not limited to your physical well-being, they have direct benefits to both your mental and emotional health as well.

Regular exercise improves your mental acuity through increased blood flow to your brain while communications and active discussions improve your memory. Both the social and

physical activity related to fitness classes ward off depression which can be as dangerous to us in our senior years as any physical ailment.

Exercise, laughter and social involvement release endorphins in our brains—promoting the feeling of well-being and contentment—staving off inertia, loneliness and apathy.

If your community does not have a group fitness studio offering senior's fitness classes or low-impact activities, check with your local recreation department or senior's service's representative to see what programs are offered in your area.

With so many benefits of regular exercise—to your body, your mind and your heart, can you really afford not to take part in regular activities? You owe it to yourself—at any age!



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