



Module Three

Letting Loose

GET YOUR BODY BUZZING ~~==~~ EXPRESS Workbook

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Letting Loose

Eating Out, Alcohol and How to Boost your Brain

Eating Out

Eating out, whether it is restaurant dining, grabbing something on the run or a takeaway, is estimated to account for one-third of all food expenditure in Australia. One of the main issues with eating out is that very often the kilojoule content is high, due to large serving sizes, extra oil, fewer vegetables, fatty meats and pasta-based dishes.

It is important to know the difference between everyday eating occasions and special dining experiences. If you have special events or bookings that occur infrequently, enjoy it and order what you feel like. But if you are just getting a takeaway or a quick convenient meal, knowing a few basics when it comes to food selection outside the home goes a long way in preventing weight gain.

Top Tips for Eating Out

- **Don't go to the restaurant hungry**, you are more likely to overeat on whatever is available and be less careful about what you choose. Try eating regularly but lightly on days that you are eating out.

Eat regular meals leading up to the lunch or dinner but account for the fact that a little more fat and / or sugar may be consumed when eating out.

- **Plan your alcohol intake.** Remember, alcohol stimulates the appetite and depresses good resolutions. Have breaks in between alcoholic drinks with lime and soda, diet soft drink or water. People generally won't pester you to have another drink if you have a fairly full one in your hand. Ask for a jug of water on the table.
- **Watch out for pre-dinner bread and tasting plates** - they are best refused due to their Moorish qualities. Items on tasting plates can often be high in fat and not very filling, which means that you can end up eating a lot of them. Bread will fill you before your main meal arrives and usually means the addition of butter or oil bumping up the calories substantially. Stay away from garlic bread – it is acts just like a sponge.
- **Entrées or main?** - if others at the table are ordering entrees as well as main meals, you might like to order two entree size meals instead (how often have you come out of a restaurant feeling uncomfortable from eating too much?).
- **Do away with dressing** - ask for salads and vegetables without dressing, sauces, margarine and butter. Ask for any sauces or gravies to be served separately and then you can control how much is on your plate.
- **Beware of descriptions** such as 'crispy', 'pan fried' and 'basted', they usually mean that the food has been cooked in fat.

- **Don't be afraid** to ask the waiter or waitress how a particular food is cooked, customer service is their job. You can also ask for the food to be cooked differently if you wish to e.g. grilled instead of fried.

Choose dishes that are not coated in breadcrumbs or batter and fried in oil.

- **Always share dessert.** Quite often when it comes to dessert, you are not hungry and just want a taste of something that looks and tastes delicious. Sharing ticks all the boxes.
- **Eat slowly** to let fullness register as this can take up to 20 minutes. Have a chat to your dinner companions in between mouthfuls.

Alcohol

The reality for many of us, alcohol is part of our social lives. To help you make an informed decision about choosing alcoholic beverages, there are some facts and figures we need to consider.

Lets consider beer and wine to begin with.

Things are looking good for beer. However, can you imagine drinking 100ml beer from a stubbie and then stopping or passing it onto your friend for their 100ml serve? I think it is fair to say that no-one drinks only 100ml beer.

An average restaurant size serving of wine is 180ml or 1.8 standard drinks and the average serving size of a full strength beer is 375ml or 1 middy/can/stubby, which is equal to 1.5 standard drinks.

If you go out for a drink and enjoy 2-3 wines or 2-3 stubbies of beer, you will clock up around 1500 -1600 kJ in both cases. This is equivalent to chomping through 4 slices of multi-grain bread, although not quite as nutritious. Beer, wine and other drinks can weaken resolve and many people reach for high fat snacks after a few drinks. Combining fatty foods with alcohol is the worst combination of all for weight gain, so it is a good idea to eat before drinking alcohol to lessen the temptation to reach for the chips and peanuts.

If we look at some other types of alcohol, they don't fare so well.

Some lower kilojoule choices include a spirit plus low kJ mixer or soda water and lime, smaller glass of wine or champagne.

How to boost our brain

How can we boost our brainpower to get an edge, not just at work but to get a head start on preserving our brain cells as we get older?

The brain is an interesting organ. It accounts for only 2% of our total body mass (around 1.4kg) yet it uses 20% of the oxygen and nutrients that we consume (energy). So it makes sense that we should do all we can to maximise its power.

1. **Get Cracking** - nuts are a great source of omega-3 and funnily enough we have a nut that looks a lot like our brain.
2. **Turmeric** - Turmeric is a very distinctively coloured spice that has been around for thousands of years and is right up there in the ancient stakes.

Although traditionally used in curries and savoury dishes, in recent times turmeric has found a new place in golden hued lattes, teas, tonics and smoothies in many cafes around the globe.

The active ingredient in turmeric is curcumin and it's this compound that has been linked to many health benefits including:

- Natural anti-inflammatory properties which can assist with inflammatory related disease
- Powerful antioxidant
- Possible breakdown of the amyloid plaques in the brain that contribute to dementia and Alzheimers Disease
- Some research shows that curcumin may help to prevent some cancers by reducing the size and number of tumours
- Helps to fight colds and flu's
- Assists with digestion by increasing the production of bile
- Possible decrease in blood sugar levels in diabetics

In it's natural form, turmeric is a root from the ginger family (and does in fact look very similar to raw ginger) and the roots and bulbs are generally boiled and dried to make the powder. The root can also be grated like ginger and added to food or taken as a supplement in the form of capsules, drops or fluid extract.

3. **Swishing Around** - Fish are a rich source of omega-3 fats. Fats are a major component of brain cell membranes. Plus omega-3 promotes the production of serotonin – a mood enhancing brain chemical. The extra special fish are yellowfin tuna (also high in vitamin B6) and wild salmon.
4. **Use it or lose it** - Get challenged. Tonight when you brush your teeth, try using the opposite hand to usual – it is hard

Keep learning – ongoing challenge. Has anybody tried learning something new lately?

5. **Get Moving** - Research shows that we are more productive in the two hours after exercise with a 24-hour improvement. 20 minutes every second day halves the risk of Alzheimer's Disease.
6. **The Good Gooie** - Egg yolks contain choline, in fact they are the richest source. Choline is essential for the manufacture of neurotransmitters.
7. **Get colourful** - Antioxidants are key. Green - leafies, red - tomatoes, orange – carrots, pumpkin. Berries are especially powerful
8. **There's no aphrodisiac like oysters** - No evidence to suggest they are, **but** they are the richest source of zinc, which is essential for concentration and protecting your mind and brain from signs of forgetfulness.

1 dozen oysters – 7 x daily requirement
9. **Still the mind** - Sleep deprivation is torture and it has been used as a weapon for centuries. When tired, your body acts as though you have a blood alcohol level of 0.05.

Being tired doesn't seem quite as much fun as having a glass of wine though.
10. **The more you drink the more you shrink** - More than 2 drinks per day increases brain shrinkage there is a lot of research that shows even smaller amounts can lead to shrinkage but you also have to live!

**One of the very best things about life is the way we must
regularly stop whatever it is that we are doing and
devote our attention to eating.**

- Luciano Pavarotti

Your tasks for this week are

- Send your completed sample meal plan to me at info@juliemEEK.com.au for assessment

Resources

- 'This = That' is a life size photo guide to serving sizes. A fantastic book worth taking a look at. You can find it at http://www.foodtalk.com.au/contents/en-us/d12_diet-nutrition-books.html
- Dr Jenny Brockis also has some interesting reading on fish oils at <http://www.drjennybrockis.com/dr-jenny-brockis/fish-oil-supplements-do-they-really-help-our-brain> and <http://www.drjennybrockis.com/dr-jenny-brockis/is-taking-fish-oil-just-a-red-herring>