



Eat, drink & lose weight... Forever!

The WeightWise Newsletter

Cracking the Code for Weight Loss

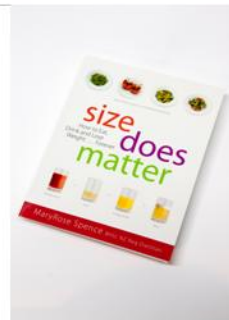
There are many initiatives for weight loss at all different levels in our community. They range from government funded to individuals stepping up and taking personal responsibility. The latest figures show 65% of New Zealanders are either over weight or obese which certainly indicates the limited success to the message 'eat less and exercise more'. However there are some recent studies that highlight the role protein may play. Over the last 25 years, our kilojoule intake and consequently body weights have increased. If we look more closely at our food intake over this time, carbohydrates have increased and infact fats and protein have decreased. Proteins generally provide around only 15% of our kilojoule intake, so it would be easy to overlook them as a key player in weight control. Two sets of studies have both indicated that a very small increase in dietary protein enables the total kilojoules for the whole day to be decreased with a resulting weight loss. No doubt there will be more trials carried out over longer periods of time, maybe with a resulting shift from cereals to the protein breakfast!

Portions, portions, portions...



The Book has Arrived!

'**Size Does Matter**' by MaryRose Spence is now available from all bookshops and from our office. Price \$39.95 (plus handling if you would like it delivered)



Lost your Way?

Phone us on 5221776 and we'll put you back on track with your food, fluid and exercise

Vegetable of the Month

Asparagus was a favourite of the Greeks and Romans who used it as a medicine. Its short season from September to December signals summer has arrived. Fresh asparagus is 'squeaky' - when the spears are gently rubbed they squeak! Old asparagus is rubbery and doesn't squeak. Asparagus can be lightly steamed, stir fried, microwaved, boiled, chargrilled or barbequed. Serve by itself or with a glaze. Green asparagus is the most common in NZ, with purple now becoming more available.



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