

Diet & Fitness

YOU
Health



Go nude!

On Wednesday, October 19, go nude – with your food, that is! National Nude Food Day aims to get us thinking about food choices by packing a healthy, rubbish-free lunch for a healthy body and planet. Individuals, groups, workplaces and schools are invited to register and join in. So, what's a good Nude Food Day work lunch? Alysse Hourigan from Nutrition Australia suggests: 'Try a pasta salad of penne, tuna and vegies. Pack it in an insulated lunch box with fresh fruit – all rubbish free!' Visit www.nutritionaustralia.org for more nude food ideas.



CREATING THE PERFECT PANTRY

Save time, money and your health by sorting out your cupboards!

- 1 Take everything out, clean the shelves and bin all expired food.
- 2 Throw away any large packets of nuts, dried fruits, biscuits, potato chips, snacks and crackers, advises dietitian Susie Burrell. Tempting foods that are not portion controlled are too easy to snack on.
- 3 Susie suggests putting food you're unlikely to overeat – such as tea, wholegrain crackers and cereal – at eye level. Keep all your sweet treats out of sight.
- 4 If you have a deep pantry, professional organiser Angela Hunter suggests storing items in clear containers. It also stops moths getting in and keeps food fresh.
- 5 Follow your supermarket's lead – rotate older items to the front so they're used up first.



Everything in moderation. Not too much food, not too much exercise, not too much anything

SOPHIA VERGARA

How to FLATTEN YOUR BELLY FAST

Don't miss this month's Prevention magazine for its free Express Belly Blast DVD. In the meantime, try this Express Belly Blast yoga move called the Crescent.

1 Stand with feet together, toes forward and arms at sides. Inhale and raise arms overhead, reaching fingers to the ceiling. Exhale and bend forward from hips, bringing hands to the floor – bend your knees if you like.



2 Inhale. As you inhale, step right leg back into a lunge. Keep your left knee bent at 90 degrees, knee over ankle, right leg extended and resting on ball of your foot.



3 Inhale and raise your arms overhead, gazing forward. Hold, then return to standing and repeat the move, this time stepping left leg back.



Healthy SWAP

Before you reach for that mid-afternoon snack, consider the low-fat option...

A croissant has 1058kJ and 14.5g fat.



SWAP



A toasted fruit muffin has 710kJ and just 1.3g fat!

SAVE 348kJ and 13.2g fat