



**NEWSLETTER NO. 8, November 2009**

<p><b>Healthy Snack Ideas</b></p> <p>In order to keep blood sugar stable it is useful to eat a snack around 11 am and at 3 pm. This let you maintain your energy and prevent 'snack attacks' later in the day. Try these ideas for healthy snack:</p> <ul style="list-style-type: none"> <li>• Handful of almonds and an apple or 5 Brazil nuts or Walnuts and a fruit</li> <li>• Sugar free rough oatcakes with fresh avocado</li> <li>• Rice cakes with hummus and baby tomatoes</li> <li>• Cup of home made/fresh lentil or bean soup (take a flask to work)</li> <li>• Bio-live plain or fruit yoghurt with a handful of nut and seed mix</li> <li>• Ryevita or whole grain rye bread with cottage cheese and tomato slices or boiled egg</li> <li>• Celery and green-bean finger sticks dipped into spicy pinto bean dip (health food shops)</li> <li>• Spelt seed crackers (health food shops) with fresh tomato salsa</li> <li>• Mixed packet of ready washed mange tout, baby corn and carrot sticks dipped into hummus</li> <li>• Tinned sardines or pilchards mashed up with HP sauce on oatcakes</li> <li>• Make up your own bag of mixed pumpkin and sunflower seeds, cashew, hazel, almond and brazil nuts with a small amount of dried fruit to always have around to snack on.</li> </ul>	<p><b>Don't' Skip Breakfast !</b></p> <ul style="list-style-type: none"> <li>• Obesity and insulin resistance syndrome rates were 35 percent to 50 percent lower among people who ate breakfast every day compared to those who frequently skipped it, according to a study.</li> <li>• Researchers believe that eating breakfast may play a role in reducing the risk of type 2 diabetes and cardiovascular disease. Moreover, eating in the morning may make you less likely to overeat at lunch.</li> <li>• People with insulin resistance syndrome, a metabolic disorder, are at a greater risk of developing type 2 diabetes and heart disease. The syndrome is characterized by several factors including obesity, high abdominal body fat, high blood pressure, and high fasting levels of blood sugar or the hormone insulin, which helps the body store glucose. The syndrome does not allow the body to use glucose efficiently, and often patients also have problems with blood fat metabolism such as high levels of triglycerides and low levels of HDL, or "good" cholesterol.</li> <li>• Additionally, researchers found that people who ate whole-grain cereal each day had a 15 percent lower risk of insulin resistance syndrome, an association that they are studying further.</li> </ul> <p><b>Science Blog March 6, 2003</b>  <b>American Heart Association's 43rd Annual Conference on Cardiovascular Disease Epidemiology and Prevention March 6, 2003</b></p>
<p><b>Nutrient - Vitamin D (reminder)</b>                  Herring, mackerel, salmon, oysters, cottage cheese, eggs (meats, fish, dairy) , <b>cod liver oil</b>  <b>Keeps Immune System Healthy in the Winter Months!</b></p>	<p><b>Seasonal Foods for November</b>                  Seasonal foods are high in nutrients and you can usually get them locally. This months foods are:  <i>Apples, Parsnips, Turnips, Cauliflower, Leeks, Cabbage, Potatoes, Pumpkins, Spinach, Carrots</i></p>
<p>For a personal <b>Optimum Nutrition consultation</b> contact:                  Tove Cecilie Schränkler on 0211 1584 293 or <a href="mailto:info@scandinavian-health.de">info@scandinavian-health.de</a></p>	

*Don't change your medication or start a supplement regime without consulting a health professional.*