

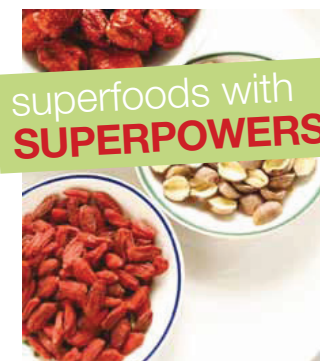


# WE LOVE... grapes

Grapes are now in season and are the perfect pick me up when you're feeling peckish. Here's the facts...

**Grapes:**

- are low in GI meaning they're a great source of long-lasting energy
  - contain glucose and fructose which are good sugars and provide a great natural source of energy
  - are fat free, cholesterol free and low in sodium
  - contain 80% water to help keep you hydrated throughout the day
  - are a great source of fibre to help cleanse and detoxify the system
  - are high in Vitamin C which helps maintain a strong immune system
  - are rich in powerful antioxidants which may prevent heart disease and other illness. Red grapes boast the same beneficial antioxidants as red wine – but without the alcohol
- Table grapes are in season for six months from November, with the season peaking in February and March and closing in May.



## superfoods with SUPERPOWERS

The growing trend of organic, natural foods has fuelled the popularity of ancient superfoods from around the world like the Goji Berry, Chia seed and Acai berry to name a few.

These 'superfoods' are natural immune boosters and have been scientifically proven to make a huge difference to our health if consumed over a period of time. Much research has been carried out on their miraculous healing qualities.

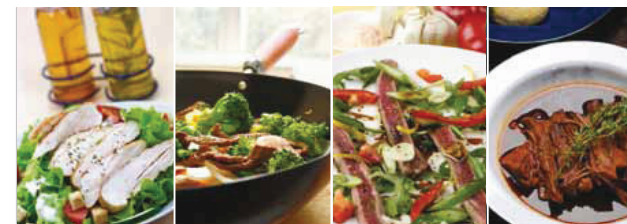
**The Goji Berry** (otherwise known as the Happy Berry) from China has been used in traditional Asian medicine for over 5,000 years and has been reintroduced to the modern day diet for its essential nutrients, vitamins, and minerals.

**Chia seeds** (sprouted from Chile) were a major staple in the diets of the Aztecs and Mayans and were carried on long journeys by the warriors to enhance their strength and endurance. Today, they are an excellent source of antioxidants and omega fatty acids, one of the most important fats for your health which help to reduce inflammation.

**Acai berries** from Brazil, another popular superfood that boosts the immune system, can be used as a dietary source for fibre, nutrition and protein and is found in many smoothies and juices today. According to Nutritionist Emma Sutherland, "Goji and Acai berries are not yet grown in Australia so look for certified organic ones from overseas. Goji berries come as dried red berries while Acai berries are found as a freeze dried powder or capsules. The powder is preferable as it is less processed than the capsules."

## lean towards lean

Lean meats are low in fat, low in saturated fat, high in protein and packed with essential vitamins and minerals. Whilst white meats (chicken and turkey) are healthier options to beef, pork or lamb (in total fat content), red meats are rich sources of iron and minerals and should not be excluded from your diet.



chicken breast	beef strips	lamb strips	pork leg strips
total fat 0.9 g	total fat 3.2 g	total fat 7.9 g	total fat 1.5 g
total SFA 0.3 g	total SFA 1 g	total SFA 2.8 g	total SFA 0.6 g
total protein 28.6 g	total protein 30.9 g	total protein 28 g	total protein 29.5 g
cholesterol 62 g	cholesterol 77 g	cholesterol 96 g	cholesterol 70 g

Regardless of the type of meat you choose, be sure to trim off visible fat before preparing to cut additional fat intake.  
(Stir fried lean meat cuts – 100g serves: fat, protein and cholesterol composition compared) \*SFA = saturated fat  
(Australian Chicken Meat Federation Inc)

## sculpt your body

We women are often told to increase our protein intake to help us lose the kilos. Why? Not only does it help us feel fuller for longer but it's vital to repair and tone our muscles after a workout. But it's often difficult to fit extra protein into our diet when we're running around all day. But, Sculpt has the answer. Their range of bars, ready to drink poppers and shakes are ideal for us women on the go. Designed to be a convenient satisfying snack or small meal, they are packed with the important nutrients we need to help us look good and feel great!

## pure water with fruit essence

We all know pure water is good for us, but let's face it... it can get really boring. Many of the more 'interesting' waters available tend to have bad stuff added – sugar, artificial colours & preservatives, etc.

That is until now. Introducing NZ Natural Pure Plus: 99.6% pure NZ spring water, infused with the essences of natural ingredients – that makes our water more interesting in a natural way. NZ Natural Pure Plus contains no added sugar, colours, preservatives or artificial additives. Now available in Australia in 3 great flavours: **Cleanse**, Pure spring water, lemon, ginger and white tea. **Revive**, Pure spring water, lime, mint and ginkgo bilboa. **Unwind**, Pure spring water, lime, rosewater and camomile.

