

# Healthy eating - put SPRING back in your step

We're jumping for joy! It's spring – and time to shed those winter grams that have been piling on. Out with the warm comfort foods and in with the fresh, crisp flavours our taste buds have been crying out for. Today we look at recipes that celebrate spring.

It's time to talk healthy eating – which can be a bit of a sore topic for some. To us, healthy eating is far from depriving yourself of delicious food, but rather, it's about feeling great – inside and out! Healthy and nutritious foods can stabilise your mood, increase your energy levels, and of course – improve your health. So instead of focusing on counting calories, think of your food intake in terms of colour, variety and freshness and avoid processed foods. How do you start your day off without a big carbo-load fry-up? With this double yum berry smoothie, of course!

## Double yum berry smoothie

- 1/2 cup blackberries and raspberries
- 5 medium strawberries
- 1 cup crushed ice
- 175 ml non-fat greek yogurt

Combine, blitz and serve with a straw! What makes this smoothie one of our go-to spring favourites, is that it's not only low in calories, rich in vitamin C and loaded with cancer preventing flavourants and phytochemicals, it also keeps well in the freezer for a tasty frozen berry treat! Even the kids will love this one.



## Meal planning



When planning your next meal, try not to think of certain foods as being 'off-limits' but focus on reducing your portion size instead. As a rule of thumb, when you're serving meat, fish, or chicken, the portion size should be about the size of a deck of cards. For mashed potato, rice or pasta, make sure that the portion size is about the size of a traditional light bulb and that half of your plate is filled with colourful veggies. If you still feel a bit peckish after your meal, rather nibble on some juicy fruit to combat your sweet tooth.

To make life a little easier, plan your next meal ahead of time and make sure you have a well-stocked supply of clean foods to avoid unhealthy snacking. Did you know that saturated fats, especially found in red and processed meat boosts bad cholesterol? Try limit your intake of these bad fats by opting for lean meats, skinless poultry and non-fat or low-fat dairy products.

From healthy eating to healthy living, here's our top recipe for creating a nourishing avocado face mask. Avo is an amazing source of iron, potassium, calcium, magnesium and vitamins, and when applied to the skin, a source of deep hydration and elasticity. So let's get mashing! Mash 1 avo to a pulp and mixed with 1 tbsp honey, apply to the skin and let the natural goodness seep in for 10-15 minutes. Rinse with lukewarm water, pat dry with a soft towel. The result: beautifully, glowing skin.



**Visit our Dieticians at KPMG on Tuesdays and Wednesdays for your own health and diet assessment. Let us help you put the spring back in your step!**

Healthy eating is centred around clean and sound nutrition. It's all about making healthier choices without depriving yourself from essential nutrients, while keeping portion size in mind. Think, eat, live healthy!



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*"He who has health has hope and he who has hope has everything"*