



Foreshore Nutrition

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NEW YEAR'S RESOLUTIONS

How to choose a resolution and stick to it

COMMON MYTHS DEBUNKED

Why snacking and carbohydrates aren't all bad & why calories aren't all equal

EAT WELL TO LIVE WELL

Top tips to improve your health & nourish your body

ALSO...CLINIC NEWS...

Foreshore Nutrition's TV debut coming soon....

EXCLUSIVE RECIPE





Every New Year marks a milestone in time and we often use this as a fresh start by making resolutions in an effort to improve ourselves or change something in our lives. The 5 top resolutions in the UK last year were:

1. Eat healthier
2. Exercise more
3. Lose weight
4. Spend more time with family & friends
5. Live more economically

As a Nutritional Therapist, I wholeheartedly commend the fact that 66 million people in the UK are committed to self-improvement through nutrition and lifestyle. Studies have shown that we are more likely to succeed at goals which are supported and which do not involve avoidance. However, only around 50% of us sustain these goals long-term. In nutritional therapy, we use SMART (Smart, Measurable, Achievable, Relevant, Time-based) goals to achieve long-term change.

Applying SMART goals to New Year's Resolutions would give more chance of success by making changes small and achievable. Another thought to bear in mind is that it's winter! Many animals hibernate during this time and if we really listen to our bodies, this time is best used to reflect, rest and recover before implementing change. If you feel like you need more sleep or rest, then make that your New Year's Resolution!

Once you are ready to embark on a resolution, rather than starting unsustainable fad diets, slimming programmes with strict calorie counting, dry January or unrealistic exercise regimes, a better approach could be to use measures to improve overall health which are not necessarily about exercise and dieting. It is wise to be suspicious of any programme that offers quick and easy weight loss solutions which can often do more harm than good.

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes"

**ANDREW
CARNEGIE**



”

I believe the most important
and the most powerful tool you
have to change your health
and the world is your fork.

DR MARK HYMAN



”

Eat food. Not *too* much. Mostly
plants.

MICHAEL POLLAN



7 top tips to nourish your body and mind

1 Eat the rainbow

include at least 5 different coloured vegetables and fruit each day to provide a wide range of phytonutrients (phyto = plant). Where possible, opt for those that are locally and organically grown in rich, living soil to enhance nutrients, decrease environmental toxins and support local business.

2 Avoid highly refined, processed & sugar carbohydrates

minimise sugar, cereals, white bread, pastries, white pasta/rice, chips, biscuits and cakes to avoid blood sugar spikes and cravings. Swap for complex carbohydrates such as sweet potatoes, root vegetables, brown rice & pasta, lentils and beans.

3 Include good quality protein & healthy fats with each meal

healthy fats don't make you fat, they contain essential nutrients to help keep us healthy and feeling fuller for longer – opt for oily fish, eggs, avocados, nuts and seeds, olives, olive oil, coconut oil and butter (not vegetable spread!).

4 Choose healthy snacks and treats

dark chocolate, nuts, crudites, flaxseed crackers or oat cakes topped with hummus or smashed avocado, fruit slices with almond butter, yoghurt with berries provide good sources of fibre, antioxidants and a wide range of nutrients.

5 Eat your calories, don't drink them

avoid fruit juices and fizzy drinks which contain sugar and artificial sweeteners. Drink alcohol in moderation, opt for small amounts of red wine which contains the antioxidant resveratrol. Cut down on tea and coffee which can be dehydrating and stop absorption of certain nutrients, opt for filtered or spring water and aim to drink 1.5 litres daily.

6 Sleep well

poor quality sleep can impact your health – turning off devices in the evenings, reading and going to bed and waking up at the same time to balance your circadian rhythm are just some of the measures to help promote good sleep.

7 Rest your mind & body

practicing relaxation techniques, keeping a gratitude journal, spending time outside in nature and gentle exercise are ways to nourish your mind, reduce stress and calm inflammation in the body which can lead to ill health.

And my ultimate top tip.....

Book a consultation package with me to identify your individual needs and receive professional support to help you make achievable and sustainable changes as you begin your journey to optimum health and wellbeing.

Make this New Year's Resolution one that is realistic and enjoying - re-kindle your love of food.

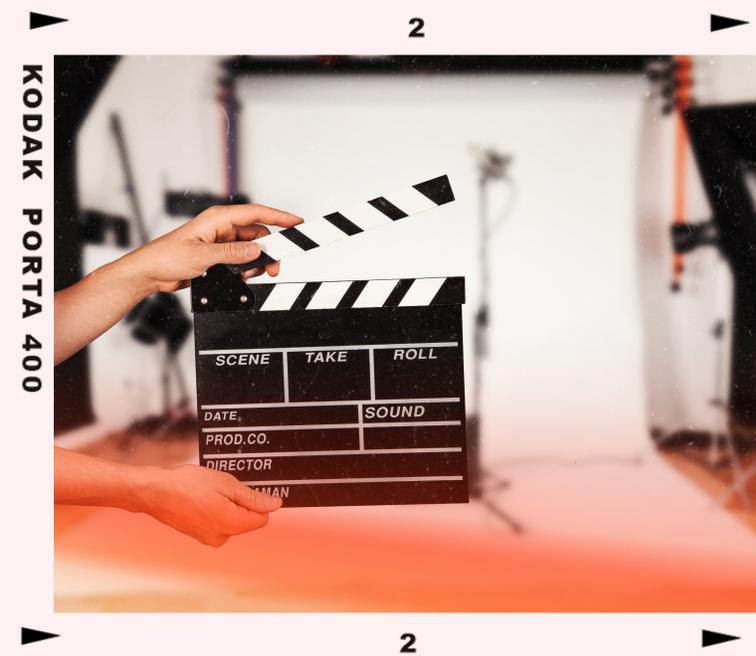


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Coming soon to
your TV screens....

**In 2020, I did filming with Channel 5 and
ITV so keep an eye out for me on your
screens!**

January 13th (date subject to change) ITV
West Country news at 6.00 pm

March 2021 appearing in the Channel 5 series
"Secrets of Your Supermarket Shop"

New Flexi Package

Book 5 hours of consultation time to use as & when you wish!
Includes a choice of face-to-face, online zoom sessions or phone calls.
Cost: £400 paid in two instalments - see website for further details.

Friends referral scheme

All clients who refer a friend who subsequently books a consultation package with Foreshore Nutrition will receive a surprise gift!

Gluten Free Lasagne

Serves 6-8 Prep time 30 minutes Cooking time 1 hour

Ingredients:

- 3 medium aubergines, sliced thinly lengthways
- 1 red onion, peeled and chopped
- 2 cloves of garlic, crushed
- 1 red pepper, chopped
- 150g organic grass-fed minced meat
- 400g tinned chopped tomatoes
- 1 tbsp dried oregano
- 1 tbsp dried basil
- 1 tsp smoked paprika
- 1 tsp mild chili powder
- 1 tsp salt and pepper
- 2 tbsp olive oil
- 100g buffalo mozzarella, torn into pieces
- 50g grated mature cheddar cheese



Method:

- Grill sliced aubergines in a hot grill pan for approx. 5 mins on each side until slightly soft and set aside
- Heat olive oil in a medium-sized saucepan or pot and cook the onion and garlic for 5 minutes
- Add the minced meat, oregano, basil, smoked paprika, chili powder, salt & pepper and stir well
- Add the red pepper, chopped tomatoes and add 200ml water, stir well and leave to simmer for 30-40 minutes until thickened
- Meanwhile, heat the oven to 200C

Next assemble the lasagne in an oven proof dish:

- Put a very thin layer of the meat mixture in the bottom of the dish
- Cover the base of the dish with half of the aubergine slices
- Top with the half of the remaining meat mixture, scatter half of the mozzarella pieces evenly over the sauce
- Top with remaining aubergine slices, add the remaining meat mixture, scatter the remaining mozzarella and grated cheddar evenly over the top
- Bake in the oven for 15-20 minutes until golden brown
- Serve with a green salad & enjoy!!

