



Providing an optimum exercise experience for ALL members

# *Eating right for you!*

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## The Fountain of Youth : Does Nutrition Play a Role?

Exercise is the best preventative medicine; however, from the womb to the tomb there are excellent nutritional tricks and guidelines to follow in order maintain a healthy body. Just because you are in your 50's or older, does not mean you should be experiencing any overt symptoms, like achy bones/joints, fatigue, poor vision, deprived memory, and weight gain. These are all signs that you have been thrown out of balance most of the time due to excess nutritional demands. Here are some ways to keep that balance.

### **Food and Vitamins**

Any diet rich in whole, alive fresh foods that have been minimally processed will always provide the nutrients our bodies require to stay healthy and supple. Key foods are:

**Cruciferous vegetables (broccoli, cabbage):** have cancer fighting properties via the indoles released by chewing. Also a source of Vitamin C, beta-carotene, selenium, and Vitamin E

**Beta-Carotene:** can be found in cantaloupe, pumpkin, carrots, mangoes, peaches and spinach. High levels are proved to prevent cancer, cataracts and heart disease. It also increases immune strength!

**Bio-Flavonoids:** these are the nutrients that provide colour to fruits and vegetables: best food sources are blackberries, cherries, rose hip tea, and apples. These work with vitamin C to keep connective tissue, skin/tendons/ligaments healthy and strong.

**Vitamin D:** recent reports indicate that those who are deficient in vitamin D are 60 percent more likely to experience declines in thinking, learning and memory over a six year period. Minimum daily amount is 400IU but this is bare minimum and usually higher amounts are required, a fat soluble quality supplement should be taken daily.

**Fish Oil:** essential for building hormones, maintaining optimal blood viscosity and providing the bi-lipid profile of the cell all, and nerve transmission, omega 3's are essential to our diet to maintain health.

## **NUTRITIONIST INFO:**

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## NUTRITION TIPS!

- #1 Eat more raw foods.
- #2 Stick to a Mediterranean diet of dark green leafy veg, fruits, nuts, fish, poultry and extra virgin olive oil
- #3 Switch daily sugar and caffeine filled coffee to a low calorie nutrient providing herbal tea
- #4 Get between 25-45 grams of fibre per day
- #5 Drink at least 1 litre of purified/filtered water a day, more if you are taller/muscle mass.

## Braised Halibut with Quinoa

### Ingredients

2 Halibut filets

1tbsp extra virgin olive oil (evoo)

Cherry tomatoes for garnish

**Quinoa:** ½ cup water, 1 cup water, pinch sea salt,  
½ cup zucchini, 1 large carrot (julienned), small leek (julienned),  
2 cloves garlic, 1 tbsp evoo, sea salt

**Salsa:** 1 cup cherry chopped cherry tomatoes, 2 tbsp fresh  
Grated ginger, 2 tbsp zucchini, 2 tbsp evoo, 1 tbsp apple cider vinegar, 1 tbsp fresh dill, seas salt



### Method

Simmer quinoa in water for 15 minutes until absorbed. In large pan heat oil, sauté zucchini, leek, carrot, garlic over medium heat under slightly tender. In the meantime, brown both sides of halibut in oil, then bake in oven 5-7 minutes until done. Place quinoa on plates, arrange halibut on top, garnish with cherry tomatoes and slasa

## MORE LIFESTYLE TIPS!

- #1. Exercise every day – this impacts mental health and cardiovascular health positively
- #2. Avoid carcinogens as much as possible, burnt food, smoking, car exhaust, harsh cleaning products
- #3. Sleep in a completely dark room, with no electronics – this allows for proper serotonin production – the hormone responsible for controlling hunger, sleep and wake cycles.
- #4. Use organic all natural no additive skin products like pure avocado or apricot oil on skin.
- #5. Delegate – you can't do everything in life. Say no sometimes and learn to relax!