

When it comes to a diet for vitality, there is no quick fix but including several nutrient-rich foods regularly in your diet can boost energy levels, suggests accredited dietician Milena Katz



Sardines are an excellent source of omega 3 essential fatty acids which help boost circulation and are great for your heart, immunity, brain function and so much more.



Above all, with air travel listen to your body. Crossing time zones is stressful anyway, so supporting your system with the right fuel can help you deal with it

Super foods

There are foods that I would classify as “Super Foods” – by these I mean foods that provide extra benefits beyond just energy, protein, carbohydrate and fats. It’s important to look at the total package in terms of nutrients provided. Here are five foods that do great things for your health and vitality.

1. → Wholegrain breads and cereals – buy the ones that are the least processed where the whole grain has not been milled down to flour. The more unrefined the grain, the slower it will be digested and the longer it will last in your system to provide slow-release energy. Whole grains are an excellent source of fibre, magnesium and B group vitamins which all help to maintain good health.
2. → Did you know that the humble red apple has much higher levels of antioxidants than many berries? Apples, pears and many everyday fruits are just as good as the highly marketed goji and noni fruits and they are cheaper and more readily available. But don’t forget to eat the fruit skins! Great as a snack, fruit boosts your blood sugar without pushing it too high.
3. → Drinking 3-4 cups of tea per day (green or black) will keep you hydrated and alert. It is a potent source of antioxidants and the substance L-theanine, an amino acid found almost exclusively in tea. Research suggests that 50mg L-Theanine naturally stimulates activ-

ity in the brain known as alpha waves, which are associated with a relaxed but alert mental state.

4. → Other fabulous foods for maintaining energy levels include vegetables like sweet potato, corn and pumpkin. Legumes are also great – try to include canned lentils, chick peas or kidney beans into salads, soups and meat dishes. **L**

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TIPS FOR TRAVELLING

Many people experience diarrhoea or constipation while travelling because their diet changes dramatically and either fibre and/or fluid intake is lowered or the amount of fat is drastically increased.

→ Eat vegetables or salads with lunch and dinner, have whole fruit as snacks and have multigrain crackers on hand – the type of bread that you normally eat may not be available. Small travel packs of cereal are also excellent for travel.

→ Keep well hydrated – air travel, extreme temperature changes and alcohol can all contribute to your body using up more water.

→ Cakes, biscuits, muffins, crisps, soft drinks and lollies provide little nutritional benefit and will cause your blood sugar to sky rocket, then fall quickly, causing an energy slump later on.

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