



Welcome to our monthly Newsletter...

July Newsletter

Beat the extra kilos during winter!

Welcome to another issue of the Designer Diet newsletter! As winter hits it's particularly hard to stay on track – so this month I've included a list of my favourite tips to avoid the winter bulge.

Please note that we have recently opened a second office in Bondi Junction to complement our already existing Kogarah office. Wednesday's and Thursday's are the Bondi Junction days should you wish to make an appointment.

Please note we have also changed our email address to info@designerdiets.com.au.

The designer diet team wishes you a warm winter. We look forward to seeing you soon to see how you are achieving your body and nutrition goals!

Tips to avoid the extra kilos during winter:

- Incorporating low GI carbohydrates, good fats, low-fat foods and lean protein into your diet during the colder months will leave you feeling full and satisfied – but without packing on the kilos.
- Avoid snacking between meals by filling up with plenty of fluids. Water is best and is great for your skin too!
- Soup in a cup makes a great, low fat and cheap tummy filler. Perfect for warding off that mid-afternoon biscuit or vending machine binge.
- Choose wholegrain type foods that can be warmed up and will keep you fuller for longer, for example, a toasted sandwich.
- Porridge is a great start to the day. It will not only keep you warm, it will keep you going for longer. Add some berries to add some flavour.
- Make sure you eat before you do your weekly shopping. Feeling full will stop your tummy ruling your head, and will help you to stick to healthy choices.
- Choose an exercise regime that is fun and enjoyable. Organise sessions with friends. It is much harder to back out of an appointment that it is to hit the snooze button.

DESIGNER DIETS RECIPE OF THE MONTH

Minestrone Soup

10 Serves

Cooking time 20-25 minutes

Ingredients:

- 2 litres water
- 1 cup each of celery sliced, small broccoli florets, carrot diced, zucchini diced, potato diced
- 1 onion chopped
- 1 x 410g can chopped tomatoes
- 1 x 440g can kidney beans drained and washed
- ½ cup raw small pasta noodles
- ½ cup tomato paste
- 4 teaspoons salt-reduced vegetable stock powder
- 1 teaspoon crushed garlic
- 1 teaspoon dried basil
- 1 teaspoon oregano
- ½ cup fresh chopped parsley
- Pepper to taste



Directions:

1. Place all ingredients, except for the pasta, into a large saucepan.
2. Bring to boil, then simmer for 20-25 minutes or until vegetables are tender.
3. Add the pasta and stir occasionally until al dente.
4. Serve hot with whole grain toast.

Calories/Kilojoules = 349 KJ or 83 cal

Carbohydrates = 14.5 g

Protein = 4.8 g

Fat = 0.5 g

Serve and enjoy a nutritious, well balanced meal providing a good variety of vegetables to meet your requirements!

We hope you have enjoyed our quarterly newsletter and look forward to hearing from you in the near future.

Warm regards,

Geraldine Georgeou and the Designer Diet Team

"Food is our common ground, a universal experience"

James Beard