

FIT *fabulous* FOODIE

LIVE AND
LOVE A
HAPPIER,
HEALTHIER
you!

Amy Giannotti is a dietitian, personal trainer, athlete and author. As a passionate foodie she recognises the importance of fuelling your body with superior nutrition as well as enjoying super tasty food! Her personal story will leave you inspired and her secret recipes will keep you feeling deliciously satisfied!

A delicious ebook
by **AMY GIANNOTTI**

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ABOUT Amy

If only one word could describe me it would be 'determined!'

I always have high expectations of myself and am super competitive. This can have both positive and negative consequences!

At a party a few years back, I was determined to win a splits competition between friends and co-workers, at any cost. I tore all 3 hamstrings off my bone and had to have them reattached with surgery! Up to 12 months with no running was painful, but at least I can say I won!

Exercise has always been a significant element in my life. I would enter all the school sports. My favourite class in primary school was P.E and my favourite sport or activity was Running. I was unbeaten in my chosen events in Running through Primary and High school. But I remember finishing many races in pain and tears, as I would push myself to my absolute full capacity!

My passion for fitness and training grew, I remember back to about year 7 taking my Dad for a run around Lake Wendouree in Ballarat where I grew up and helping him to get around the whole 6km track! He wanted to lose weight and get fit. I would say when he stopped "Dad when I run to that tree up there and come back you must be ready to go again". I didn't let him give up!

In year 9 my parents separated and my mother left my younger brother, sister and I to move interstate with her new partner. We moved in with our Dad. Needless to say this was a challenging time.

My Dad is my idol, a self employed successful builder, hard working, determined, loyal who will always stand by me, no matter what. His weakness, though, is a lack of cooking skills and nutritional knowledge. He never had to use these skills growing up.

So moving in with Dad was like going on a holiday. No set meal times, no routines, we could eat in the lounge room. It would be 8pm and if I were to ask what's for dinner I would most likely be told to make a toasted sandwich while he would be snacking on crackers and chilli tuna! If we went to the supermarket there was no process. It was more like just chucking food in the trolley with no plan of attack of what we were going to do with it. We would just buy heaps of food and when we were hungry we had a fridge and pantry full of food to make something!

Dad was flat out working, often 7 days, 5:30am until 5pm or even later and trying to look after 3 kids by himself! The last thing on his mind was cooking up healthy meals!

I remember having ice cream for breakfast and getting money for the canteen at school where I would buy chicken schnitzel rolls, mini pizzas, cookies and cream blocks of chocolate and donuts, and yes all in one day. When you're a kid these foods are heaven! At recess and lunch I would be buzzing with energy.



my dad and I



duke (horse) and I

THE HEALTHY *plate model*

Turning the 5 food groups into a daily eating plan with correct serves of each can be overwhelming.

How do you make sure that you have covered off the required serves for each group adequately?

The healthy plate was designed to make meal planning easy for my clients by having a simple guide or plan that they can remember and understand. Like you, they are educated on nutritional requirements. They understand that the easiest

**The Healthy Plate
Lunch & Dinner Plate Rule**

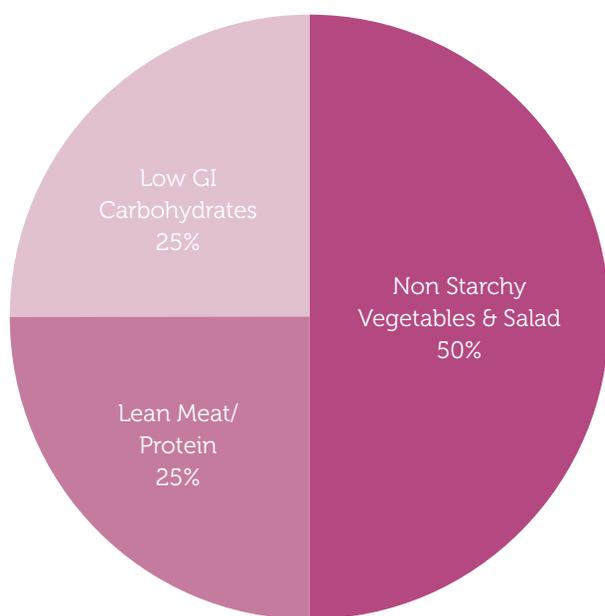


Diagram 1⁴

way to meet 100 per cent of their nutrition requirements is by using the recommended food serves for the 5 food groups!

You can adapt this guide to suit your lifestyle, food availability, likes and dislikes. I've had great success when using this model with my clients. Results include weight loss, satiety, increased energy, improved mood and recovery from training, and a greater enjoyment of food. Clients tell me the meal plan is definitely sustainable and they want to continue eating this

way. My favourite and frequent comment is "I feel like I am eating more but losing weight!" If this is how you want to feel then listen up!

Once you understand the healthy plate model and are able to be creative when putting it into practice you have found your answer to optimal nutrition, weight management and satiety!

A tour of the healthy plate model:

When designing your meal one quarter of your plate should be a low GI carbohydrate, one quarter should be lean meat or protein and the remaining half should consist of non-starchy vegetables or salad. Why such a large quantity of vegetables or salad? We need 5 to 6 serves per day and most of these foods are at least 90 per cent water, they are high in fibre and very low in kilojoules. They are great nutritious, filling or bulking foods! One serve will have no more than 250kJ's!

So which foods belong in which category?

Table 4: Low GI Carbohydrates / ¼ of the plate, your long lasting fuel!

Amy's favourite Low GI Carbohydrates for long lasting fuel

- | | |
|-------------------------------------|---|
| <input checked="" type="checkbox"/> | Sweet potato |
| <input checked="" type="checkbox"/> | Quinoa |
| <input checked="" type="checkbox"/> | Whole grains including Freekah, Farro, Spelt, Barley, Wild rice, black rice (some varieties), Long grain brown rice, Rice Plus |
| <input checked="" type="checkbox"/> | Wholemeal-Wholegrain bread, rolls or wraps |
| <input checked="" type="checkbox"/> | Legumes or 'pulses including butter beans, haricot (navy) beans, cannellini beans, red kidney beans, broad beans, azuki beans, black-eyed beans, mung beans, lentils, split peas, and chickpeas |

NOTE: Peanuts and soybeans are also categorised as legumes but are not included in this section due to their higher fat and kilojoule content. They can be enjoyed in smaller amounts.

⁴ Portion Perfection, Great Ideas in Nutrition (Amanda Clarke.)

UNDERSTANDING *food labels*

Understanding food labels is really important to weight loss and being able to select the healthiest food choice

Understanding food labels will help you determine healthier food choices that are:

- Lower in total, saturated and trans fats
- Lower in sugar
- Lower in sodium (sugar)
- Higher in dietary fibre

Nutrition information panel(NIP)

- Provide information on the average amount of energy, protein, fat, saturated fat, carbohydrate, sugars and sodium in the food, as well as any other nutrients about which a nutrition claim is made.

For example if a 'good source of fibre' claim is made then the amount of fibre in the food must be shown in the nutrition information panel.

- Must be presented in a standard format that shows the average amount per serve and per 100g (or 100ml if liquid) of the food.

NUTRITION INFORMATION

Servings per can: 2		
Serving size: 210g		
	Average Quantity Per Serving	Average Quantity Per 100g
ENERGY	895kJ	425kJ
PROTEIN	10.8g	5.1g
FAT: TOTAL	1.2g	0.6g
- SATURATED	0.2g	0.1g
CARBOHYDRATE	33.7g	16.1g
- SUGAR	15.5g	7.4g
DIETARY FIBRE	11.9g	5.7g
SODIUM	1300mg	620mg
POTASSIUM	650mg	310mg
IRON	2.7mg	1.3mg

Foods that don't require a nutrition information panel

- A herb or spice, mineral water, tea and coffee (because they have no significant nutritional value)
- Foods sold unpackaged
- Foods made and packaged at the point of sale, e.g. bread made and sold in a local bakery.

However, if a nutrition claim is made about any of these foods (for example, 'good source of calcium' or 'low fat') a nutrition information panel must be provided.

- Foods in small packages (100 square cm or less or about the size of a larger chewing gum packet) are not required to have a nutrition information panel.

Serving size

The serving size is determined by the food business. This explains why it sometimes varies from one product to the next.

The 'per serve' is useful in estimating how much of a nutrient you are eating.

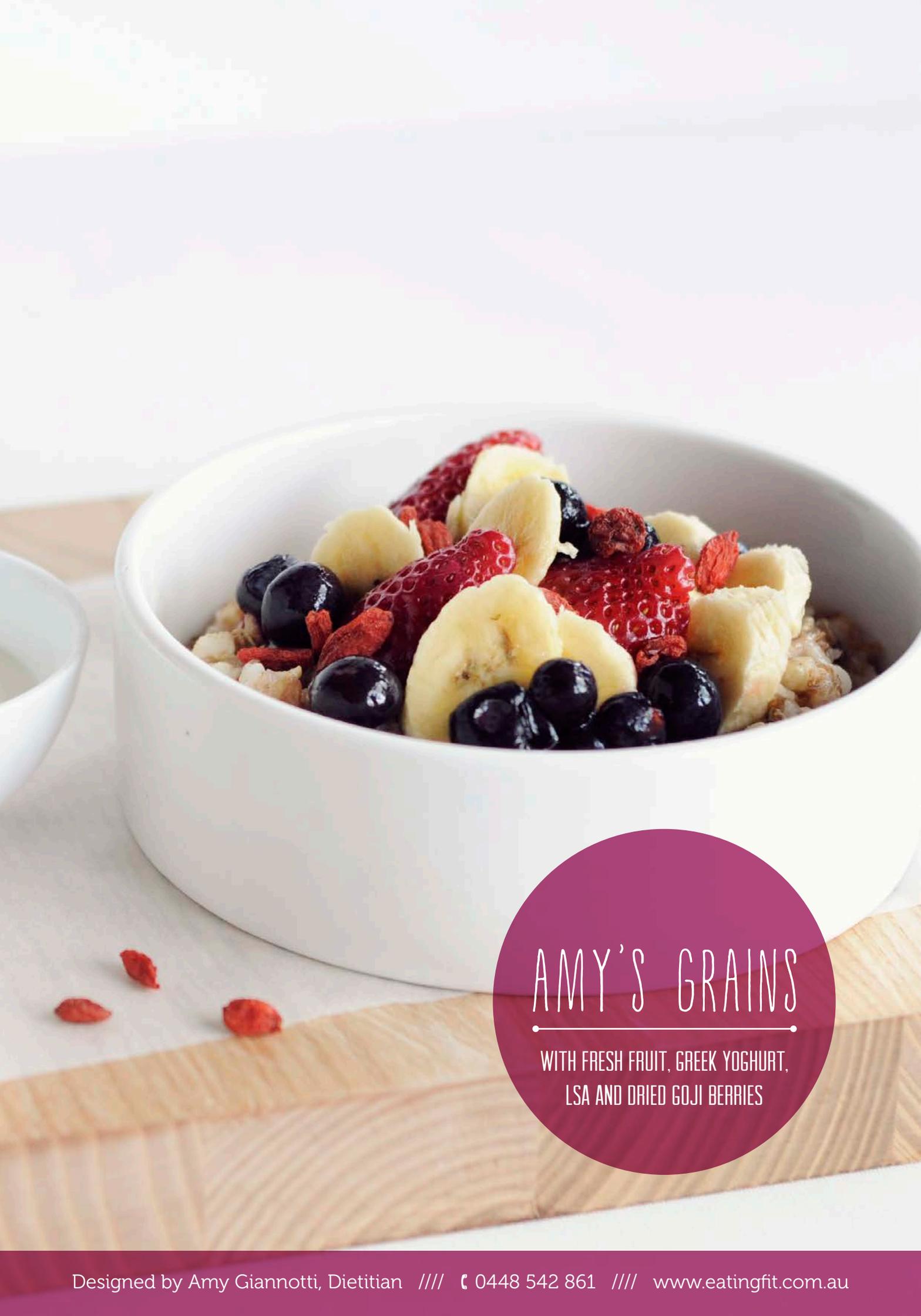
For example if you are watching how much fat you are eating, you can use the 'per serve' amount to help calculate your daily total fat intake from packaged foods.

Caution: are you eating their "serving size"

How much Breakfast cereal do you pour into your bowl? The serving sizes of many breakfast cereals are 30-45g, which can be $\frac{1}{3}$ to $\frac{3}{4}$ of a cup. Servings size is often smaller for muesli type cereals. I know from experience and the hundreds of dietary analyses I have conducted that that most people have at least 1 cup or 2-3 'serves'.

Quantity per 100g

The 'quantity per 100g' (or 100ml if liquid) information is handy to compare similar products with each other and work the same as percentages. For example, if 20 grams of fat is listed in the 'per 100g' this is equal to 20 per cent fat.



AMY'S GRAINS

WITH FRESH FRUIT, GREEK YOGHURT,
LSA AND DRIED GOJI BERRIES

AMY'S GRAINS

WITH FRESH FRUIT, GREEK YOGHURT,
LSA AND DRIED GOJI BERRIES



COOKING TIME
5-6 minutes



SERVINGS
1

INGREDIENTS

3/4 Cup Amy's Grains

1.5 Cups Water

1/2 Cup Low fat milk/Skim Milk

2 tsp No fat Greek yoghurt
(Chobani no fat plain
Greek yoghurt)

TO SERVE WITH:

1/2-3/4 Cup Fresh fruit

For e.g.: 1/4 cup blueberries
fresh/frozen, 2 large strawberries
chopped, 1/4 medium banana,
sliced, 1 tsp LSA, 1 tsp dried
goji berries

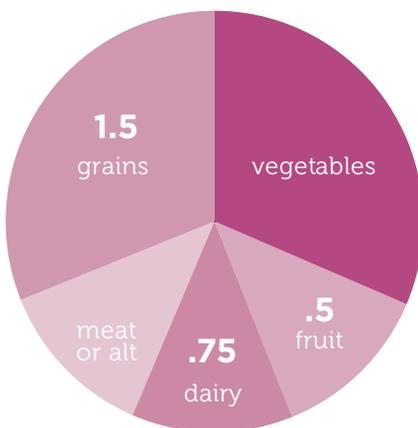
METHOD

- 1 Combine Amy's Grains and water in bowl and cook in microwave for 3-5 minutes (5 minutes in microwave)
- 2 Add fruit, blueberries, strawberries and goji berries, yoghurt, LSA and milk

TIPS

- This recipe can be made cold, just combine all ingredients in a container and let soak over night in refrigerator!
- Great for the warmer weather or when you are travelling away and do not have a microwave!

GUIDE TO HEALTHY EATING



NUTRITION INFORMATION

SERVINGS PER RECIPE: 1 SERVING SIZE: 607.4g	AVG QTY per serve	AVG QTY per 100g
Energy	1680.4kJ	276.7kJ
Protein	21.3g	3.5g
Fat	4.0g	0.7g
Sat fat	0.6g	0.1g
Carbohydrate	62.1g	10.2g
Sugars	20.2g	3.3g
Fibre	11.6g	1.9g
Sodium	109.1mg	18.0mg
Calcium	251.4mg	41.4mg
Iron	3.3mg	0.5mg

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