

Weight Reduction Clubs of Queensland Inc.

Unity is Strength



**COMBINED CLUBS
NEWSLETTER**

SEPTEMBER 2022

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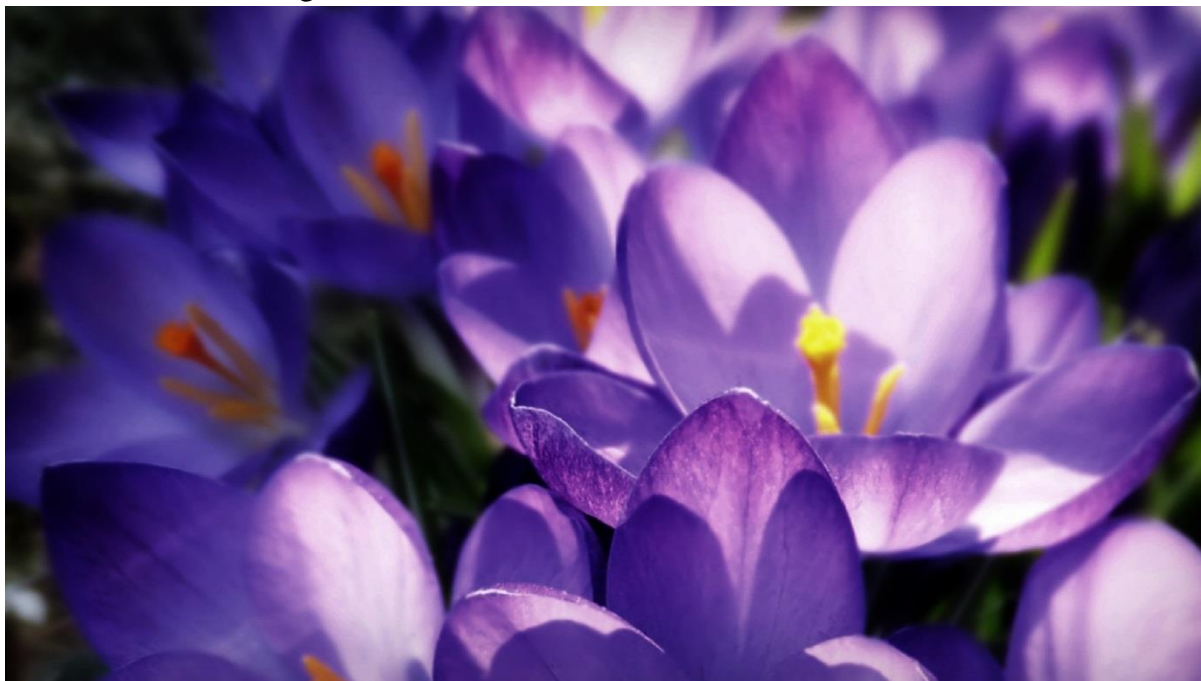
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Weight Reduction Clubs of Queensland Inc publishes the Combined Club Newsletter. Please address all correspondence for the Newsletter to the Editors, 20 Spitfire Avenue Strathpine Qld 4500

FROM THE EDITORS DESK



Spring is finally here, Time to shake off the doldrums of winter and start again with your weight loss journey. Convention is coming and wouldn't it be great to get some recognition for all your hard work.

Pat and I are off on a holiday in a couple of weeks. Longreach here we come. Pat lived out there when he arrived from England and he is looking forward to showing it to me. We will be travelling by train so will see lots.

We have some tours booked and will visit the Hall of Fame which is 10 minutes' walk from our accommodation. Only away for ten days and two of them will be on the train. A break away will be good.

I am looking forward to catching up with you all in a little over a month.

Keep on, Keeping off

Ann



INCREASE YOUR FIBRE INTAKE WITH VEGGIES - Column by Annette Sym

Vegetables are a great way to fill hungry tummies and increase the fibre in your diet. It is recommended that we have at least 30g of fibre per day for optimum health. To reach this number you need to include some high fibre choices.

Most Australians only get about 10 grams of fibre a day, which is nowhere near enough. Having lots of fibre in your diet can help reduce your risk of constipation, haemorrhoids, high cholesterol, high blood sugar, obesity, colon cancer, diabetes and heart disease.

And, fibre helps you to feel fuller for longer. Wow! That's a lot of benefits.

Here are some of great high fibre vegetable choices: cabbage, broccoli, carrots, corn, green beans, kale, peas, potato with skin, spinach, sweet potato, and pumpkin.

Winter vegetables are in season now, so they're at their peak and generally lower in price, these include broccoli, cabbage, carrots, cauliflower, silverbeet, potatoes, pumpkin and spinach to name a few. So, it's the perfect time to make delicious soups, stews and casseroles packed full of veggies.

I love roasted vegetables mixed in with pasta, tossed in a salad or as part of a delicious sandwich or toasted Panini. Many vegetables roast well, here are some you might not have thought of - swede, turnip, capsicum, eggplant, onion, zucchini, asparagus and cherry tomatoes.

Vegetables can be tasty and interesting, it's all in how you prepare them. So, think outside the square.

Here are 5 tips to ensure veggies don't get left on the plate:

- Change how you cut your veggies. For example, a carrot can be sliced either in round shapes, in half, cut on an angle or into thin strips.
- Get creative with the way you cook and present your vegetables. Adding a few herbs and spices can make a real difference.
- Wok fry broccoli, carrots, onion, and garlic then toss in some Cajun or Moroccan seasoning, then add mushrooms and cherry tomatoes towards the end as these take less time to cook.
- Try a delicious green vegetable combo such as snow peas, broccoli, beans, asparagus and bok choy. Add some oyster sauce, soy sauce, garlic and ginger, then thicken with a little water and cornflour and you have a great Asian green stir fry that will go with so many dishes.
- Avoid overcooking vegetables as nothing is more unappealing than mushy veggies, so keep the crunch and fibre up.

For more great ways with vegetables, check out the 'Vegetables and Salads' section in each of my cookbooks and start aiming for your 30g of fibre per day. Be sure to try my Curried Cabbage recipe included with this edition.

Annette's 9 cookbooks **SYMPLY TOO GOOD TO BE TRUE** are available online or in all good bookstores. Visit www.symplytoogood.com.au for more tips, recipes and weight loss tools. Follow Symply Too Good on FACEBOOK and INSTAGRAM for daily inspiration.



Curried Cabbage

SERVES: 2 | Book 1 | Difficulty ★☆☆☆☆

¼ cup water
1 small onion finely diced
¼ small cabbage shredded
1 teaspoon curry powder (or to taste) (Clive of India®)
½ teaspoon salt-reduced beef stock powder
1 cup cooked very lean beef mince
1 cup cooked spaghetti noodles or 1 cup cooked Basmati rice



- 1: Cover base of a large saucepan with water, bring to boil, add onion and cook 2 minutes with lid on.
- 2: Add cabbage, cook covered for 5 minutes (or until cooked to your liking).
- 3: Stir in curry powder, stock powder, mince and noodles. Mix well.

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE

FAT	TOTAL	4.4g
	SATURATED	1.6g
FIBRE		6.2g
PROTEIN		26.0g
CARBS		23.2g
SUGAR		4.4g
SODIUM		179mg
KILOJOULES	996 (cals 238)	
GI RATING		LOW



DIETITIAN'S TIP: Cabbage is a cruciferous vegetable that reduces the risk of cancers of the digestive tract.

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HOW TO CHOOSE THE BEST BREAKFAST CEREAL – Column by ANNETTE SYM

We all know that breakfast is the most important meal of the day. When you are busy getting ready for work and getting the kids off to school it makes sense to have something quick and easy. In Australia approximately 80 percent of households start their day with a bowl of cereal. You only have to walk down the cereal aisle in the supermarket to realise just how many options are available. But how do you decide what is healthy? Forget the hype on the front of the pack and go straight to the **INGREDIENT LIST** and **NUTRITIONAL PANEL**.

Here are 4 tips to help you choose healthy breakfast cereal:

- **Avoid high sugar cereals.** Anything that has sugar listed in the first three ingredients should be left on the shelf.
- **Choose high fibre options.** You want a cereal with more than 3 grams of fibre per serve, this will keep you feeling fuller for longer
- **Avoid high sodium cereals.** There is almost as much salt in a bowl of cornflakes or rice bubbles as in a packet of potato chips. For example, per 100g - Weet-Bix has 270mg of sodium compared to 550mg in Corn Flakes.
- **Choose natural muesli.** When buying muesli opt for untoasted varieties as these are lower in fat.

My pick for healthy choices are Weet-Bix, Vita Brits, Bran Flakes, Sultana Bran, oats/porridge and natural muesli. If you require gluten free cereal, Freedom Foods have healthy options. No matter what your age, the worst thing to do is not have breakfast. It has been proven that people who don't eat breakfast are more likely to be involved in industrial accidents and children who skip breakfast are more likely to be overweight than those who don't. Teachers can pick which children have missed breakfast as they get tired and generally find it hard to focus mid-morning.

Always measure your cereal. Even healthy options can rack up your daily calorie total if you're not careful. A healthy serving size for women is three quarters of a cup and for men one cup. Add some skim milk and a sliced banana or strawberries and you have a quick, easy breakfast.

Many cereals are fortified with essential vitamins and minerals which increases the nutritional value and is a good thing for everyone. Look at the percentage of RDI (recommended dietary intake) of any vitamins and minerals listed if you need to boost any of these, for example calcium to maintain healthy teeth and bones.

If you struggle to eat breakfast or simply don't have time, my Premium Breakfast Shakes might be a great option for you.

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Healthy Veggie Soup

SERVES: 8 | Book 6 | Difficulty ★★★★★

500g orange sweet potato
500g pumpkin (Kent)
500g carrots (about 5 large)
cooking spray
1 large onion diced
2 teaspoons crushed garlic (in jar)
2 teaspoons crushed ginger (in jar)
2 teaspoons ground coriander
2 teaspoons ground cumin
2 teaspoons ground Cajun seasoning
2 litres water
3 teaspoons salt-reduced vegetable stock powder
1 cup frozen corn kernels
1 x 400g can chickpeas (drained)



- 1: Peel and dice sweet potato and pumpkin.
- 2: Peel and slice carrots then leave to one side.
- 3: Coat the base of a large boiler generously with cooking spray then sauté onion, garlic and ginger for 2 minutes.
- 4: Add coriander, cumin and Cajun seasoning to pot and cook for 30 seconds.
- 5: Add water, sweet potato, pumpkin, carrots and stock powder to pot. Stir well and once boiled reduce to a slow boil for around 30 minutes, or until carrots are cooked through.
- 6: Process soup using either a hand held stick blender or food processor until smooth.
- 7: Lastly add corn and chickpeas to pot. Once boiled, serve.

NOTE: Instead of having a smooth soup you can use a potato masher to break up vegetables so that it has a chunkier texture.

NOTE: An adapted version of this recipe is also in **Cooking for 1 or 2 people**

Suitable to be frozen.

NUTRITIONAL INFORMATION

PER SERVE

FAT TOTAL	1.6g
SATURATED	0.3g
FIBRE	6.4g
PROTEIN	6.4g
CARBS	28.5g
SUGAR	11.5g
SODIUM	233mg
KILOJOULES	636 (cals 152)
GI RATING	LOW



DIETITIAN'S TIP: This tasty, low-fat, low-GI healthy soup is the perfect meal for people with diabetes. If you are still hungry, add a small multigrain bread roll.

7 Diet Myths Debunked

Column by Annette Sym

We are battling the bulge more than ever here in Australia with two thirds of the adult population either overweight or obese. The most disturbing part of this is the rise in obesity rate – from 18.7% of the adult population in 1995 to 31% adults in 2017-18 reported as obese (most current data from Australian Bureau of Statistics). And it doesn't help that there's so much conflicting information on weight loss that it's hard to decipher the truth. Here are 7 diet myths and the truth as I see it.

1. **Grapefruit will melt the fat away** – no food can do this
2. **You have to starve to lose weight** – this is the worst thing you can do to lose weight, in fact if you eat too little your body will not lose weight. Having a balanced diet with the right amount of fats and calories is the answer. Never go lower than 1200 calories in your day for women and 1500 for men.
3. **When exercising no pain means no gain** – this is so false, going too hard too quickly can cause injury and then you spend weeks on the couch recuperating, not a good idea. The key is to get your heart rate up and sweat a little. You can achieve this by doing a brisk 30 minute walk.
4. **Potatoes make you fat** – no it's not the potato that is the problem it is how you cook it or what you add to it. For example, fried chips or covering a jacket potato with sour cream and cheese will destroy the benefits of a humble spud.
5. **Sugar is the enemy** – if you have a diet high in sugar it can be detrimental to your health as it creates a very acidic body. For example, lollies, cakes and biscuits and soft drinks are loaded with sugar. My question to you is how much of these types of foods do you have on a regular basis? Small amounts of sugar aren't harmful - everything in moderation is the key to good health.
6. **Skip meals and you will lose weight** – this is a crazy way to lose weight. You only end up bingeing and in turn will gain more weight. It is better to have 3 correctly portioned meals and a few healthy snacks each day to keep you feeling satisfied.
7. **The healthiest choice on a menu is salad** – Well it depends. One of the highest fat choices on a menu is the Caesar Salad which has a high fat dressing, fried bread and bacon... not for a slimmer that's for sure. With any salad, always ask for the dressing to be served on the side so you control how much you use. Balsamic vinegar is the healthiest dressing. Also ask what's in the salad as they may add things like eggs, nuts and cheese that increase the fat count.

I hope this has cleared up some of the confusion.

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Penne Pasta in Creamy Bacon Sauce

SERVES: 4 | Book 4 | Difficulty ★★☆☆☆

3 cups penne pasta
¾ cup onion or shallots diced
1 teaspoon crushed garlic (in jar)
100g bacon short cuts diced
cooking spray
1 x 340ml can evaporated light milk
35ml skim milk
¾ cup skim milk
1 tablespoon finely grated parmesan cheese (Kraft®)
1 sachet 98% fat free Creamy Mushroom Cup a Soup
1 teaspoon salt-reduced beef stock powder
1 tablespoon cornflour
pepper

- 1: Follow cooking instructions on pasta packet, leave to one side.
- 2: Sauté onion, garlic and bacon in a large saucepan that has been coated with cooking spray, until browned.
- 3: Place both milks, parmesan cheese, soup sachet and cornflour in a small bowl, whisk together. Add to saucepan, stirring continuously until boiled.
- 4: Fold cooked pasta gently through sauce until heated through. Pepper to taste.

Suitable to be frozen for 2-3 weeks.

NOTE: An adapted version of this recipe is also in **Cooking for 1 or 2 people**

NOTE: This recipe has been updated due to the changed can size of evaporated light milk.

NUTRITIONAL INFORMATION

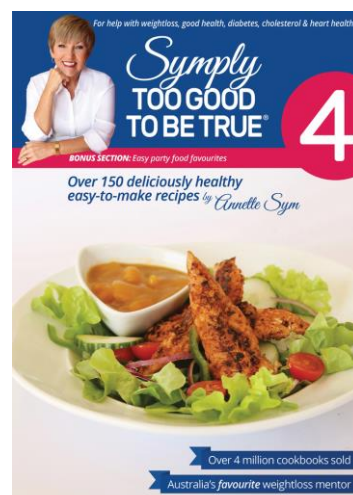
PER SERVE

FAT TOTAL	4.8g
SATURATED	2.3g
FIBRE	3.0g
PROTEIN	24.9g
CARBS	71.2g
SUGAR	15.1g
SODIUM	757mg
KILOJOULES	1807 (cals 432)
GI RATING	LOW



DIETITIAN'S TIP: The creamy taste in this recipe is not due to high fat sauces but evaporated light milk. You may like to use this product instead of cream in other recipes.

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MT WARREN WEIGHT REDUCTION CLUB

AUGUST ISSUE 2022

Hello to you all for yet another edition from Mt Warren!

So finally, SPRING is here and we can strip off our winter wooly layers and get outside into the sun and enjoy the great outdoors .having said that, I was freezing last night and was hunting for a jumper in the dark at 1.30am this morning!! This morning's sunshine was a great reward though when mum and I and my little girl Lottie, got to the park for our regular walk. So put a spring into your step and get out there walking if that is your thing, or do whatever it is you like that gets your body moving!

WEIGHT DETAILS FOR WINTER:

<u>INDIVIDUALS JUNE 2022:</u>		4 Meetings	1st	Kate McKinnon
<u>JULY 2022:</u>		4 Meetings	1st	Steve Williams
<u>AUGUST 2022:</u>		4 Meetings	1st Steve Williams	2.7kg
2nd	Julie Beddow	1.5kg		
3rd	Di Lamb	1.1kg		

Special mention to Kate Mckinnon who lost 2.2kg in August but only attended 2

meetings. GROUP WEIGHT DETAILS FOR WINTER:

<u>JUNE:</u>	<u>LOSS</u>	20.4kg	<u>GAIN</u>	14.8kg	<u>TOTAL: 5.6kg loss</u>
<u>JULY:</u>	<u>LOSS</u>	21.0kg	<u>GAIN</u>	12.5kg	<u>TOTAL: 8.5kg loss</u>
<u>AUGUST:</u>	<u>LOSS</u>	17.2kg	<u>GAIN</u>	17.8kg	<u>TOTAL: 0.6kg gain</u>

TOTAL CLUB WEIGHT LOSS FOR THE WINTER MONTHS IS A GREAT 13.5KG!

NOW THE WEATHER IS WARMING UP,
LET'S SEE HOW MUCH WE CAN SHIFT IN SPRING!!!



Everyone says they don't like getting older and having another Birthday, but at Mt Warren we're kindly gifted with a free meeting voucher to be used when we choose! Who doesn't like saving a little bit of money?

We had five lovely ladies who celebrated Winter birthdays.

JUNE:

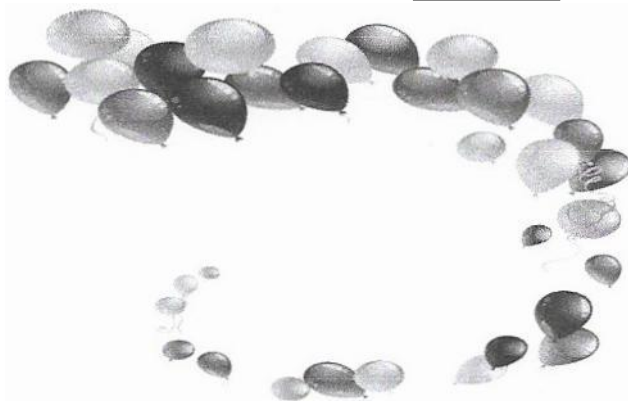
Dee Cooper

JULY:

Sandy Meeds and Maxine Hobbs

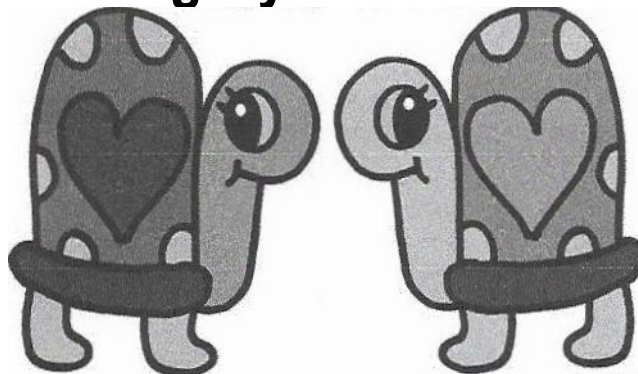
AUGUST:

Trish Roulstone and Bale Howard



On the 11th of June we had 14 members attend the Achiever of the Year luncheon at Redcliffe Leagues Club. A great day was had by all. The food was great but the company was better and it was great to see everyone being congratulated and recognised for their achievements. It really is very inspiring ... particularly for someone like me who still has a long way to go on my weight loss journey!! It's always good to see other members from other clubs. It's something we really only do a couple of times per year and these times are really special as they help us to forge new friendships.

**Thank you for
being my friend!**



WEEKLY MEETINGS

From the 7th June until the 30th August, our weekly meetings were focusing on dealing with WINTER!! Yep, those three months of the year that most people find a bit of a struggle when it comes to weight loss. It is colder so we tend to let things slip, like our walking or other activity, we don't seem to drink as much water as we should, it's just generally more of a struggle to get fully motivated ... and my-oh-my, don't those hot chippies with gravy taste s000000 good!! (Stop it Kim!!)

On the 7th of June our Fact Sheet, kindly provided each week by our fearless leader Heather, was all about **Winter** and how it can wreak havoc with our waistline! There were plenty of pointers to guide us successfully through these colder months. There were suggestions like swapping out hot milky drinks for herbal teas or warm water with lemon. Consuming plenty of veggie soups (not creamy soups). Baked beans were suggested as a great breakfast as they are high in protein and will keep you going till lunchtime. Also, porridge was another popular suggestion. The things to steer clear from were, the old comfort foods such as mashed potato, puddings, such as self-saucers, creamy sauces and those creamy hot drinks like a rich hot chocolate with marshmallows!!

On the 14th of June our Fact Sheet was all about **Food Diaries**. Many of our club members find the use of a food diary extremely beneficial and say that it keeps them on track and accountable. Honesty is so important when keeping a diary as the only person you're cheating is you. It's important to record all food and drinks, and can also help to record when and where you were when you ate, how you were feeling and were you eating mindfully. The use of measuring tools is also vital estimating will very soon end up in larger portions! Don't forget to include dressings, dips, sauces, spreads and toppings.

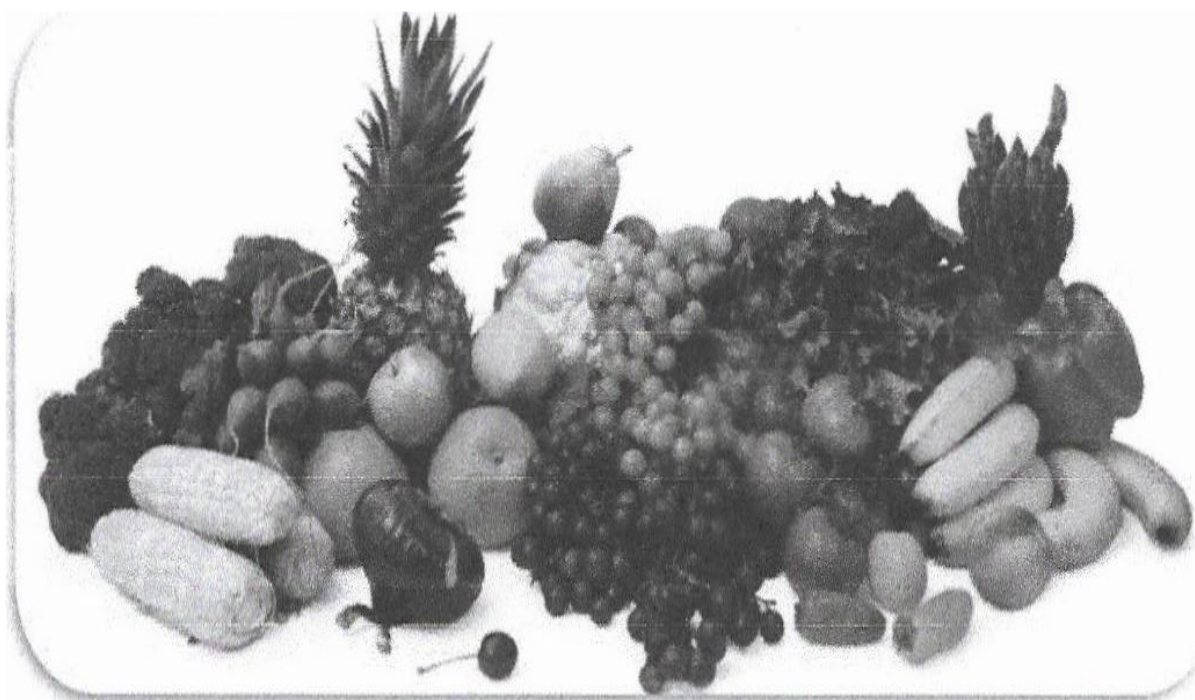
The 21st of June saw our Fact Sheet talking all about **Soups**. Who doesn't love sitting down to a big hot bowl of soup on a cold winter's night??? I guess the easiest and most popular soup would have to be the homemade version, made from the leftovers of a roast, be it chicken, lamb, turkey, ham bone. Strip the meat off, then use the bones to make stock. Strain the stock and add the meat back in along with a fresh batch of vegetables to finish making your soup. There are so many ways you can add flavour to these homemade soups - roasting your vegetables first intensifies the depth of flavour. I would be surprised to hear that each family doesn't have their own "tradition" when it comes to making a hearty soup like this one!!

On the 28th of June our Fact Sheet was all about those "nasty" things called **Fats!** The sheet talked about the fact that we should consume polyunsaturated & monounsaturated fats rather than saturated as saturated fat raises our blood cholesterol levels. There were many tips on the sheet for us to learn how to make wiser choices in cutting down the fat in our diets.

The 5th July was our *night* of **Monthly Awards** and revising the last 6 months and we set up monthly goals through to the end of the year. This involved each individual thinking realistically about their weight loss journey and how they think they can accomplish their own goals to get them where they want to be by the end of December this year. It involved a lot of thought and realistic goal setting, taking into consideration any celebrations that we know are coming our way.

On the 12th of July we had a **Round Robin** night of fun questions and answers. These nights are always well received by members and lots of laughs and giggles and sharing are had.

The 19th of July our Fact Sheet was all about **Winter Vegetables and Fruits**. The importance of having enough Vegies and Fruits in your diet cannot be understated. We should include plenty of fresh fruits and vegetables daily as they are both full of fibre, help reduce the risk of some diseases, help digestion, reduce blood cholesterol levels and may lower risk of heart disease_ They also provide us with a feeling of fullness that lasts.



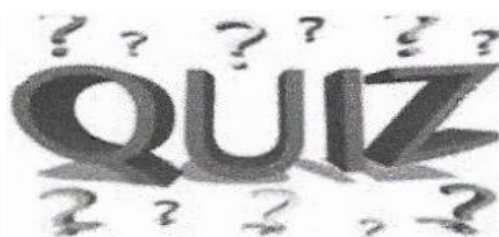
The 26th of July we discussed the importance and convenience of **Menu Planning**. We talked about how it can help if you plan your day ahead of time.... or for those that are really clever, your week!! My idea of menu planning at the time was to open the freezer at 5.30pm, stare into space and then grab for something I could throw in the microwave, cook quickly and serve with a salad!! So, I started slowly and planned a day at time. Tricky skill this! How do I know at 5pm on a Monday what I'm going to feel like for breakfast, lunch and dinner on a Tuesday.... and get all said food out and organised??? Still learning this one!!

On the 2nd of August we got a great Fact Sheet which gave us illustrations and suggestions on different options of foods we can eat for **Breakfast, Lunch, Dinner and Energy**. Great as a quick reference to just turn to and visually see something which you can grab for your appropriate meal!! On this night we also had some recipe sampling, which was brought in by two of our lovely members. We tried an Annette Sym Baked Fruit Salad Cheesecake beautifully created for us by Sandy Spence and also a very tasty Tuna and Veggie slice kindly cooked by Glenys Douglas. I didn't need any dinner when I got home that night after sampling each piece twice! (I will include the Cheesecake recipe at the end of the Newsletter.)

The 9th of August of August we didn't have a meeting due to the EKKA show holiday.

The 16th of August's Fact Sheet was all about **Protein**. This is incredibly important when it comes to weight loss. Weight loss can be assisted if all meals contain some form of protein and also if you incorporate protein into your snacks. Protein helps to build muscle and burn calories and also boost metabolism. Therefore, it helps to reduce your appetite if you're consuming enough protein throughout your day. It can increase your feeling of fullness and reduce the desire for late night snacking!!

The 23rd of August was another **Quiz Fun Night** at Mt Warren. These are always designed to be great fun but they are full of great information, new facts, interesting thoughts and definitely lots of laughs!



The 30th August drew to a close our **Buddy Groups**. Each individual had the opportunity to assess how they had gone with the goal they had set for themselves in regards to their weight loss or maintenance over the last three months. Buddy Groups are always a big success here at Mt Warren. We love the comraderie they create and how we can motivate each other to work towards, not only our personal goals, but also our group ones! Heather puts a lot of work into the Buddy Groups, allocating points each week for attendance, weight loss, personal goals achieved, group goals achieved.... tallying them all up each week, keeping an eye on where everyone is at and finally coming out with a winning group!



BUDDY GROUPS!!

—
Fun

Motivation

Friendships

Goals

Accomplishments

Group

BAKED FRUIT SALAD CHEESECAKE By Annette Sym

Serves 12

BASE

12 Highland oat biscuits 2 teaspoons skim milk Cooking spray

FILLING

1 x 250gm tub Low-fat cottage cheese
1 x 220gm Philadelphia extra light cream cheese
1 cup canned light condensed milk
1 x 440gm traditional fruit salad in natural juice

DIRECTIONS

Preheat oven to 150degrees fan forced

To make base: In a food processor crush biscuits, add milk and blend together. Coat a 23cm pie plate with cooking spray and press biscuit mix onto base. Refrigerate.

To make filling: clean food processor. Beat cottage cheese until very smooth, add cream cheese and blend well. Pour in condensed milk and combine well. Pour mixture into° large mixing bowl, fold fruit salad including juice into mixture. Pour over biscuit base. Bake 30 minutes or until firm to touch in centre. Leave to cool, then refrigerate.

Nutritional Information: Per Serve

Calories: 159, Protein: 8.2gm, Carbs: 25.8gm, Sugar: 24.3gm Fat
Total: 2.7gm



****Not the actual cake, but a representation!**

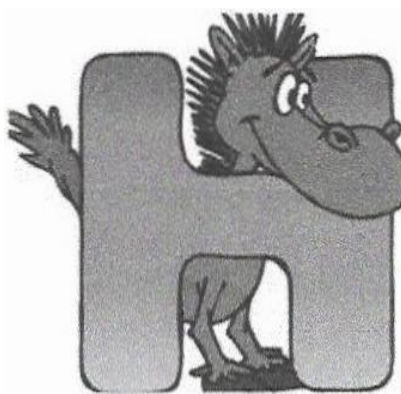
Well that's a wrap for another edition from Mt Warren Weight Reduction Club!

In closing, I'd just like to say last Tuesday was our first meeting for Spring and we got off to a great start for the month of September. As a club we lost a great 6kg! What a way to launch into the warmer months. Let's keep this going people. I need all the help and encouragement I can get. I love these powerful people around me each week. The support and motivation is wonderful and gives me hope that one day I WILL achieve my goal!

We have 13 members hopefully attending Convention this year. We are madly preparing all the Friday night entertainment, which we hope you will all find a bit of fun too. We are also working on our performance for the Talent Quest, some of us might say this is not coming along quite so smoothly but once again it's a lot of fun and *is* providing us with lots of laughs as we practice!!

Thanks for reading. I hope all club members are getting access to this newsletter that is put together by Ann as it is such a good read and great to hear from the other clubs and see what they are up to. It might spark an idea for a new challenge or task that your President could instigate in your club.

Put together for you by: Kim Perryman xo (under the watchful eye of Lottie the wonderdog!)



Don't forget the letter "H" for all things Convention this year!! So don't be "Horsing" around and leave it to the last minute!! Have some fun with it we definitely are!! xo

Eye on



Welcome to September,

September Events Calendar

- 5th Best Cooking methods to unlock vegetable goodness
12th – What should we eat more to help lower Cholesterol levels
19th - Nurse Wendy- Prostrate cancer
26th - Are you hitting your nutritional Targets



October Events Calendar

- 3rd – **Queens Birthday Holiday**
10th – 5 good reasons to eat nut and seed butters
17th – 10 Ways to shop smarter to make better food choices
24th – Staying on track - Healthy Weight Week
31st – Fruit calories



AUGUST Monthly Awards

Slimmer of the Month	Glenys L	1.8kg
Top Achiever	Glenys L Ann C	1.8kg
Runner up	Julie B	1.6kg
Maintaining Achiever	nil	
Special Mention	Phyllis L	1.1kg

BIRTHDAY LUNCH AND AWARDS

Eagleby's birthday lunch and awards was held at Eagleby Tavern on the 25th of July.

1st place – Stacey



Runner Up – Lynette



Encouragement – Desley



Butter vs spread



Is butter better? Is it time to ditch the spreads? Dietitian Melissa Meier dips into the latest research and shares some great alternatives.

From traditional butter to dairy-free spreads, and almost everything else in between, it can be tricky to know which products are healthy choices. Add to that the abundance of health claims, and you've got a shopping basketful of confusion. But if you follow Healthy Food

Guide's advice on spreads and butters, you can have your toast, and eat it too.

Quality and quantity count

Butter's back in fashion, with some advocates proclaiming it's healthier and more natural than margarine and reduced-fat spreads.* But let's take a closer look. Butter, made simply from churned cream and, often, a touch of salt, is about 50 per cent saturated fat. Despite sensational media reports to the contrary, saturated fat does raise your cholesterol levels. But it raises both your LDL, so-called 'bad' cholesterol, and your 'good' HDL cholesterol. So, what's the overall effect of all that saturated fat in butter?

That's where the rest of your diet comes in. Sure, a smear of butter on your morning toast is fine if you're eating an otherwise healthy diet. It only becomes a problem if you go overboard with butter, or if your diet is already high in other sources of saturated fat, such as processed snacks and fried foods. To help keep your heart healthy, check the sodium content and opt for an unsalted butter.

** The Food Code states a margarine must be at least 80 per cent fat, so spreads containing less fat cannot be labelled as margarine, even though we often call them that.*



The margarine debate

Margarine and reduced-fat spreads are made up of oils that have been hardened but are still spreadable. They're made with vegetable oils such as sunflower, canola and olive oils, so they're much higher in beneficial mono-and



polyunsaturated fats than butter. These healthier fats lift good HDL cholesterol and are cardio-protective. Plus, they're much lower in saturated fat than butter.

The confusion surrounding margarine has come about due to the trans-fats that were once generated by margarine's original hardening process. Trans fats are a double-whammy: they raise bad LDL cholesterol and lower good HDL cholesterol. In New Zealand, however, trans fats

are not an issue. Manufacturers changed production methods many years ago, so these dangerous fats are now virtually non-existent.

However, an olive-oil spread with 16-18 per cent olive oil is just not as health-giving as good-quality extra virgin olive oil itself, and margarine enriched with omega-3 does not confer the same benefits as a diet high in fish and seafood.

Are butter blends better?

There are also a range of dairy blends, known as 'spreadable butter'. Most spreadables are made from butter blended with vegetable oils. They often look and taste like butter, with less saturated fat. And they're easier to spread straight from the fridge.

What about plant-sterol spreads?

Expensive cholesterol-lowering spreads line the shelves, but do they actually work? These products contain plant sterols that block your body's ability to absorb cholesterol, but you have to consistently eat around two tablespoons of plant sterol spread every day to benefit your cholesterol levels. Use these spreads to replace another kind of fat, rather than adding them as additional fat to the diet. Heart health isn't just about spreads. Butter and margarine aren't your only choices. You can also look after your heart in a delicious way by eating healthy fats from fish and nuts, or fibre from oats and whole grains.

Smart spread swaps

Dip into these nutritious and delicious options:

Avocado Rich in heart-healthy fats, fibre and vitamins

HFG tip Top grainy toast with smashed avo and poached eggs

Nut butter Full of protein and fibre

HFG tip Spread no-added-salt or sugar peanut butter on crackers or bread and top with sliced banana

Extra virgin olive oil Powerful antioxidants

HFG tip Drizzle EVOO over veges and salads for a healthy flavour punch

Author: [Melissa Meier - M Nutr Diet, BAppSc \(Ex&SpSc\)](#)



Snacking habits

Annette Sym



To snack or not to snack?

My tips for healthy snacking

So many people tell me that the biggest obstacle to losing weight is their snacking habit! You can eat as many healthy meals as you like but if you don't watch what you eat in between meals it could be your downfall. Those couple of biscuits, that small chocolate bar or a little

packet of chips could be creating those extra bulges or rolls around your waist.

Let's take a look at your snacking habits

Do you...

Snack out of habit, boredom, loneliness or are you feeding an emotion?

Eat like a rabbit during the day and then become ravenous in the evening and binge on high fat snacks?

Skip meals and just grab a snack to tie you over to the next meal?

Snacking itself is not a problem, if anything it can help maintain even insulin levels, but you need to be aware that all those bits and pieces can really add up.

The solution? Plan your snacks into your day and make time to shop for the right type of snacks so you can embrace snacking as part of your weight loss journey, instead of hindering it. Have healthy choices in the fridge or cupboard to avoid eating things that don't support your weight loss journey.



Some tips for healthy snacking habits:

Do a fridge and pantry audit – Foods like biscuits, cakes, doughnuts, pastries, ice-cream, chocolate and chips have very little nutritional value and are high in fat and kilojoules. If you can't say no to them, don't have them in the house.

Beware the sugar craving – Sugar cravings can be a sign that your body needs protein. Instead of grabbing chocolate, try a slice of low fat cheese on a rice cracker or Ryvita, add some slices of tomato or Vegemite for variety.

Eat breakfast – Having a healthy breakfast each morning helps prevent morning munchies. Breakfast will also kick-start your metabolism for the day and get you into fat burning mode! That's a definite win.

Stay hydrated – People often mistake 'thirst' for hunger. If you are tempted to reach for a snack, try grabbing a glass of water first. If you are still hungry in ten minutes, choose a healthy snack option.



Measure your portions – Never snack straight from the bag! It's okay to have potato chips for an occasional snack, just measure out a portion and don't go back for seconds.

Not sure what you should snack on?

Something sweet



Raisin toast with a light scrapping of Flora Light margarine

High fibre cereal with skim milk

Diet yoghurt, low fat custards and diet jellies

Fresh fruit is the best snack. Eat it as is or try stewing your fruit in winter for a warm snack.

Any of my baking recipes or try my Fruit Balls from [book 7](#)

Something savoury

Pretzels, rice crackers, roasted chick peas, almonds, low fat popcorn,

Celery and carrots sticks with 20g of peanut butter or a serve of skinny hummus

Check out the Party Foods section in [book 4](#) for more healthy snack ideas

Veggie soup is perfect in the cooler months



Hoping you all have a good month. Till next month, Unity is Strength.



Leone Ward – Secretary

**YOU HAVE TO GET UP
EVERY MORNING
& TELL YOURSELF,
"I CAN DO THIS."**

WEIGHT REDUCTION CLUB OF BOONAH INC.

Well, I am back in the land of the living, after major surgery, a broken wrist and Influenza A.

What a year it has been.

JULY 4th	Weight Reducer Gwen	1.4kg	Graduates	Denise V, Helen & Jan
11th	Weight Reducer Maxine	1.6kg	Graduates	Denise V, Jan & Wendy
18th	Weight Reducer Debbie	0.5kg	Graduates	Denise V, Glenys & Helen
25th	Weight Reducer Merillyn	1.0kg	Graduates	Denise V. & Glenys

The Monthly Weight Reducer was Gwen 2.0kg loss

The Monthly Graduate was Denise V.

Denise P. became a Post Graduate for the second time.

Congratulations to Roblyn who became a Graduate for the first time.

AUGUST 1st	Weight Reducer Merillyn	1.4kg	Graduates	Denise V, & Jan
8th	Weight Reducer Gail	0.6kg	Graduates	Denise V, Helen & Glenys
15th	Weight Reducer None		Graduates	Denise V.
22nd	Weight Reducer None		Graduates	Denise V.
29th	Weight Reducer Maxine	1.4kg	Graduates	Marilyn & Glenys

We held our stall early this year and made approximately \$1500. This money is donated to different charities in our community. This year we have donated to the Suicide Prevention Group, Mental Health Organisation and Days for Girls.

We held our Trivia Day which was a fun-filled day. Lots of people from our community attended along with Ipswich Evening.

We have a clothing sale day once a year. Members bring in clothes that are now too big and the money raised goes to our club.

We recently held our annual auction where members bring in goods and these are auctioned off. We raised about \$550. It was lovely to have Ipswich Evening attend and boy did they spend up big.

Our 11 Graduates all received their 6-month awards. Well done girls for staying on target.

THE BASICS OF HEALTHY EATING TO GET YOU STARTED.

1. Eat more fruits and vegetables. These contain vitamins and minerals your body needs.
2. Choose whole grains.
3. Limit processed foods.
4. Practice portion control.
5. Eat more healthy fats.
6. Create a plan.

The Dolly Parton Diet.

A guy walks into a bar and orders a light beer. “How’s your diet coming along?” the bartender asks.

“It’s going okay, but I’m not losing as much as my buddy Joe. He went on that new Dolly Parton diet,” the guy says. “It’s made Joe lean, Joe lean, Joe lean.”

Never, Never, Never Give Up
Gail



Greetings to all from Geebung Day Club.

We are a small club and meet every Monday morning – much to the chagrin of our new (and existing) members! It certainly puts the brakes on weekend shenenigans.

We finished 2021 with 14 members and now have 12 members. Karen and Noela have not returned due to ill health, and we wish them both all the best for their health.

One member learnt she was pregnant, and another gained employment. We were down to 10 members in July when two new ladies joined our club. Weekly attendance has been up and down due to various factors: winter illnesses, family commitments and travel, etc.

Our big success story is Nicole who has lost in excess of 30kgs since attending our weekly meetings. We may be a small club, but we are supportive and encouraging, and this is much appreciated by all our members.

The Achiever of the Year luncheon held at Redcliffe several months ago was attended by 8 members. We all enjoyed the afternoon, the setting and food were both excellent, and it was nice to meet the Committee members who all did such a great job in organizing and running the lunch and awards. We were most surprised and thrilled to be the second placed club. Quite an honour for such a small club. In July, we talked about a healthy plate with a display of the Great Ideas plate as an example and discussed portions. We talked about what we had eaten for breakfast, Gwen read from the June WRC newsletter – 8 easy swaps to reduce sugar in your life.

Last month, our Vice-President Gwen made a chia and pear spread from a Mary Berry recipe which we all sampled and enjoyed. She also brought along a chocolate chia pudding homemade with Jarrah low fat chocolate for us all to try out. We have been discussing various low joule snacks to enjoy with a clear conscience. Gwen read out a nutrition quiz for our joint participation in answering the questions. Our August weight loss was 22.6kgs and a gain of 3.5kgs, with 42 weigh-ins by our members.

We have commenced our Spring into Summer competition which ends on the first Monday in December.

Attached is an interesting article from the Health and Wellbeing site on the Queensland Health website. An appropriate reminder to keep up water intake with Summer approaching and also as below, when recovering from Covid or flu symptoms.

Go for H2O: why hydration matters when you are on the mend

Paying attention to how much water you are sipping down may be the last thing on your mind when you are stuck at home isolating or recovering from COVID-19.

However, now is an important time to keep that water bottle within arm's reach.

Staying hydrated is important all year round, though even more so when you are unwell or your normal routine has been disrupted by the pandemic.

Dehydration danger

When dehydrated, our minds and bodies cannot perform at their best. After all, [your body is 50-80% water](#), and if dehydrated we often feel more fatigued than usual or start to have trouble concentrating (the fuzzy head feeling). Your body temperature may also rise, because it cannot regulate heat properly when the total amount of water in your body is below normal level.

Our system can slow down, which is not surprising when you consider water helps with everything from brain function to flushing out waste. According to Australian Dietary Guidelines, reviews have shown an association between inadequate water consumption and poor health: "Dehydration of as little as 2% loss of body weight results in impaired physiological responses and performance."

The best way to beat dehydration is to drink water before you feel thirsty. The problem is our internal thirst mechanisms lag behind our actual level of hydration, so by the time you feel thirsty, you are probably already dehydrated.

Being unwell can lead to more fluid loss than usual, such as sweating from a fever, so replenishing those fluids is a must.

Just add water

Health and Wellbeing Queensland's Principal Nutritionist, Mathew Dick, says even if you don't feel thirsty, you should try to drink plenty of fluids, especially water, throughout the day.

Submitted by Jan, Treasurer, Geebung Day Club

DATES TO BE REMEMBERED

Board of Management Meeting	2 nd Friday of every month
<u>CONVENTION</u>	
Bookings open	On receipt of booking booklet
Cost of accommodation	\$265.00 per person
Day Visitors - Saturday	\$130.00 per person
Nominations for Rita Heath Competition Close	Friday 16 th September, 2022
Last date for cancellation with a refund.	Friday 14 th October, 2022
Final payment	Friday 7 th October, 2022
Raffle Tickets & Monies	Friday 21 st October, 2022
Medical Forms returned by	Friday 21 st October, 2022
Nominations for Qld vs Nsw, Individual and Post Graduate competitions close.	Nominations will be taken from entries send in for all competitions by Pat Taylor
Fancy Dress & Talent Quest	LETTER H
Annual Convention	November 4 th – 6 th
Office Orders must be in by	1st FRIDAY OF THE MONTH
Newsletter Articles must be in	by 2 nd Wednesday of Each Quarter, March, June, September & December