



nutritional
edge

**4th Australia and New Zealand Growers
Conference
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**Keynote Speaker
Zoe Bingley-Pullin
Nutritionist and chef**

July 21st -24th
Cairns
17 minutes

Balancing life and work through nutrition and avocados

Eat right for your life

The food groups for a healthy life

Stress - reducing and managing

The hypersensitive state of stress
Supplements and a low stress diet



Balancing life and work through nutrition



The food groups for a healthy life

1. Protein:

Include a good source of meat or vegetarian protein with each meal. 1g of meat protein per kg of body weight e.g. 75kg = 75g of protein 100g of avocado = 2g of protein

2. Carbohydrates:

Eat a diet high in complex carbohydrates or low GI foods and low in processed simple carbohydrates and high GI foods. Avocado has a GI of 15

3. Fats:

Eat a diet low in saturated fat, no trans-fatty acids and consume the majority from unsaturated fats such as avocados avocado contain 60% monounsaturated, 20% polyunsaturated, 20% saturated. 100g of avocado = 9.8g monounsaturated fat.

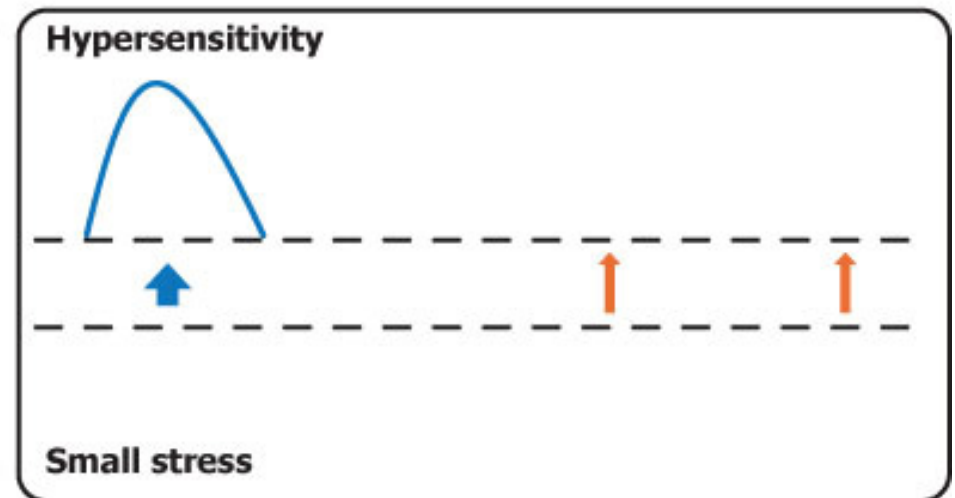
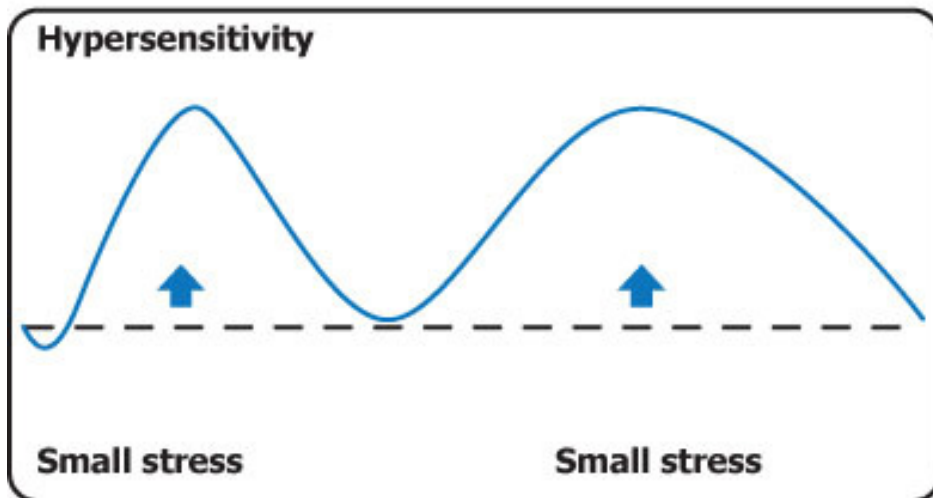
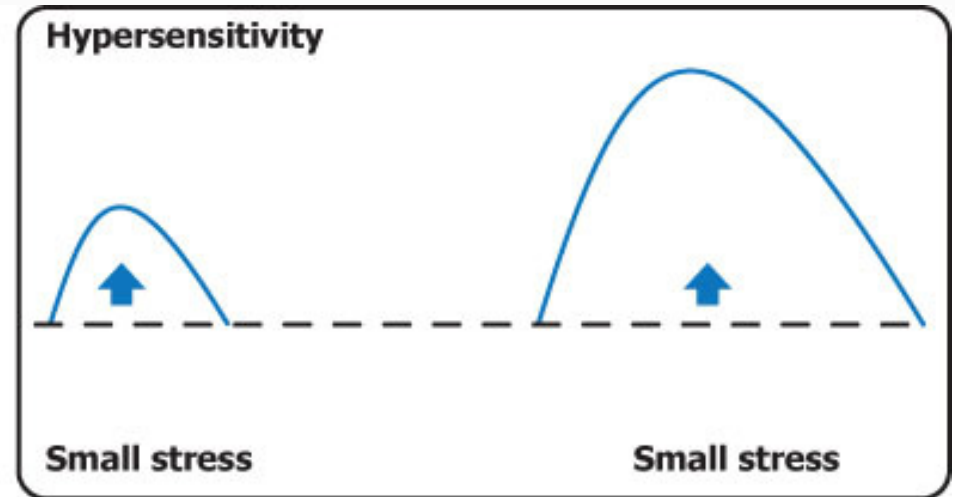
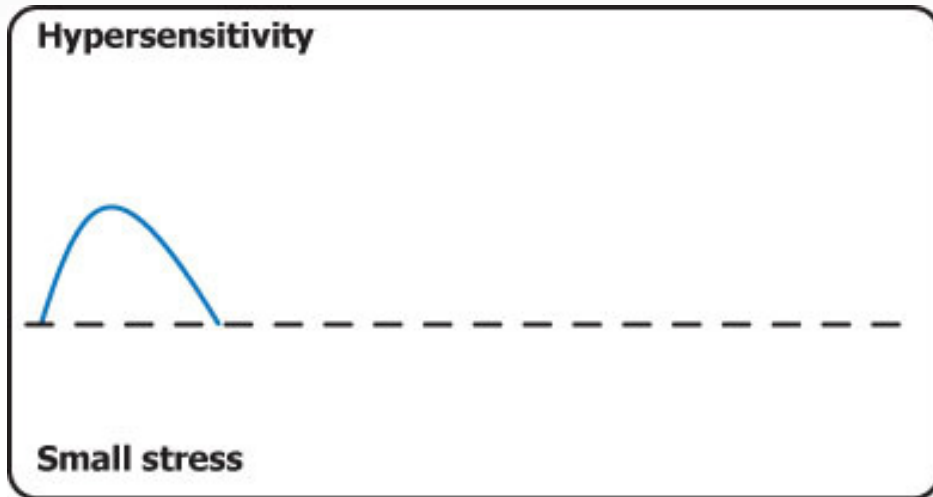
4. Fibre:

The RDI of fibre is 20-30g. Avocados are also a great source of dietary fibre. 190g of avocado will give you 12.7g of dietary fibre, which is 42% of your RDI.



Reducing Stress Levels

The hypersensitive state of stress



...reducing stress levels

- B vitamins help reduced stress by regulating neurotransmitters and supporting the adrenal glands
 - B6 (Pyridoxine) helps to decrease the stress response on the body
100g of avocado = 0.26mg 29% RDI
 - B5 (Pantothenic acid) protect the body against stress by balancing the production of Adrenal hormone.
100g of avocado = 1.39mg 44% RDI
- Magnesium acts as a calmative on the central nervous system reducing anxiety 600mg daily
100g of avocado 29mg 13% RDI
- Vitamin C lowers the production of cortisol by the Adrenals Glands during periods of stress. 2,500 mg per day
100g of avocado = 10mg 42% RDI



...reducing stress levels

- Reduction and awareness of stimulants on the stress response. Caffeine increasing the release of adrenaline.
- Regular exercise is vital for stress-free living as it increases serotonin
- Take long baths with Epson salt 1 cup
- Use herbs like chamomile, peppermint, licorice, lavender or ginseng either as tea or essential oils. They have a wonderful calming effect on the central nervous system.





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