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**4<sup>th</sup> Australia and New Zealand  
Growers Conference  
2009**

**Keynote Speaker  
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Nutritionist and chef**

July 21<sup>st</sup> -24<sup>th</sup>  
Cairns  
35 minutes

# Balancing life and work through nutrition and avocados

## **1. Eat right for your life**

Tools for introducing a healthy diet  
The food groups for a healthy life

## **2. Energy levels – maintaining and increasing**

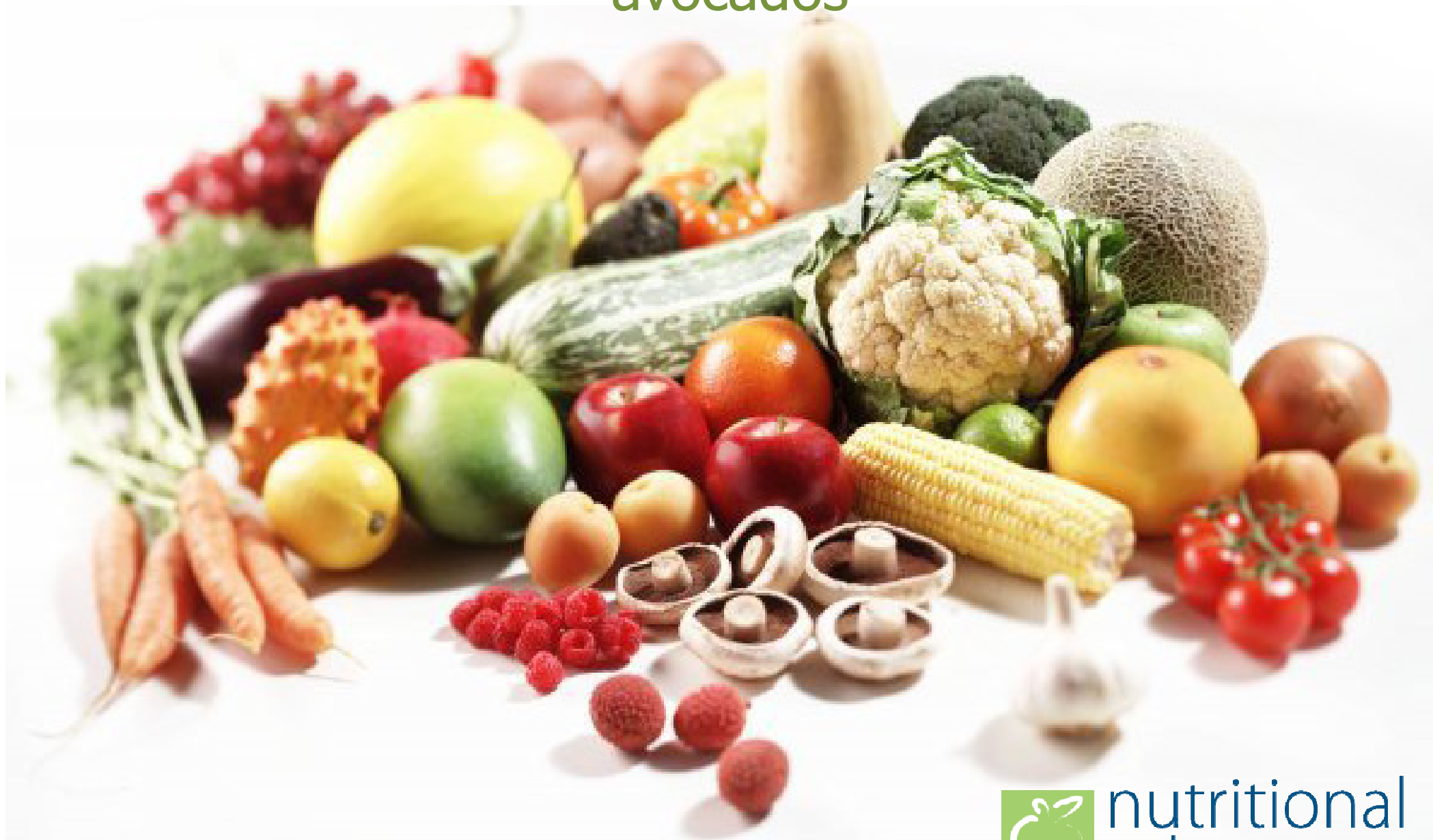
The 11am and 3pm energy lows  
A look at carbohydrates & energy levels

## **3. Stress - reducing and managing**

The hypersensitive state of stress  
Supplements and a low stress diet

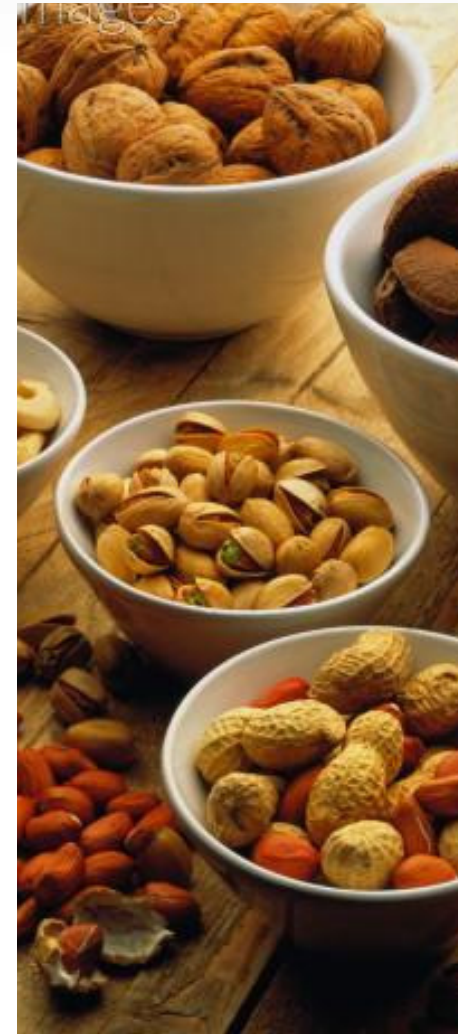


# Balancing life and work through nutrition and avocados



# Tools and tips for starting a healthy life

1. Keep a food diary. This will help increase awareness of what and how food impacts your body and routine.
2. Make a shopping list on Sunday, and buy the food you will require for your lunches and snacks for the week.
3. Liquids: Drink 2-2.5L of liquid per day; water, herbal teas and/or freshly squeezed juice. Buy a 1.5L bottle of water and keep it at your desk. Drink no more than 1 cup of coffee or 2 teas per day. Reduce alcohol – 10 units of alcohol per week 1 unit = 100ml of wine
4. Aim to eat small meals every 3-4 hours, this will maintain an active metabolism and regulate your blood sugar levels.
5. Take time to stop and enjoy the food you are eating this will assist digestion and enjoyment.



# 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.



# How to increase energy levels



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# Increasing energy levels

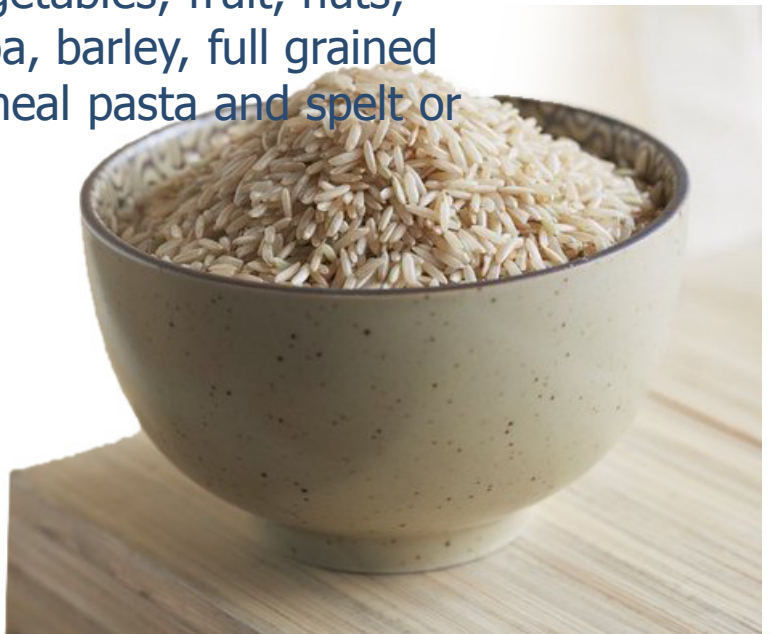
Reduce high GI or processed simple carbohydrates and increase low GI or unprocessed complex carbohydrates, therefore decreasing the fluctuation of energy levels through out the day.

**Simple Carbohydrates or high GI foods:** cakes, biscuits, jam, chocolate, soft drinks, tinned foods, sweets, sugar, white bread, refined foods, some components of fruit, some highly processed breakfast cereals and breakfast bars

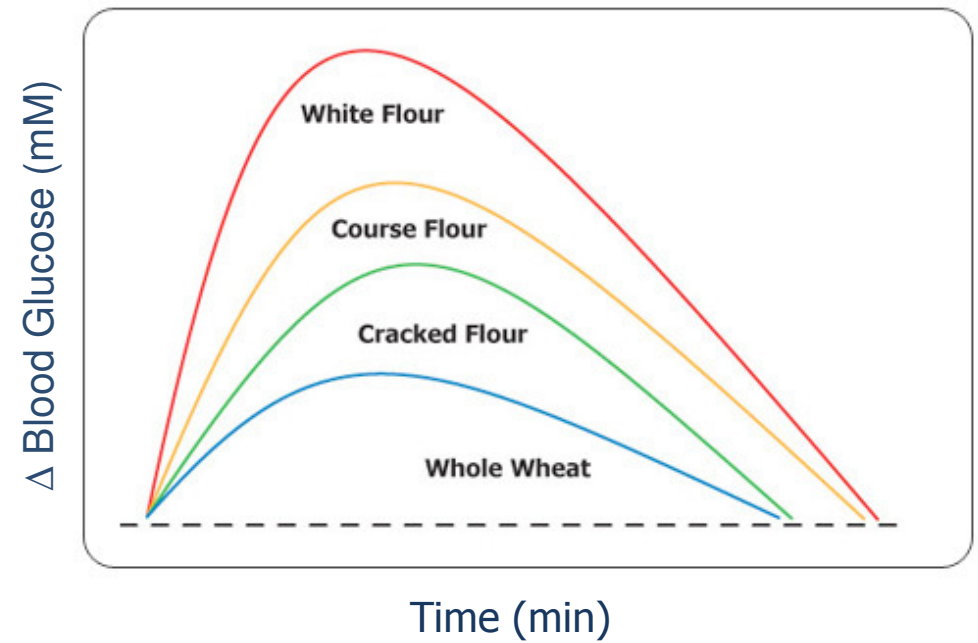
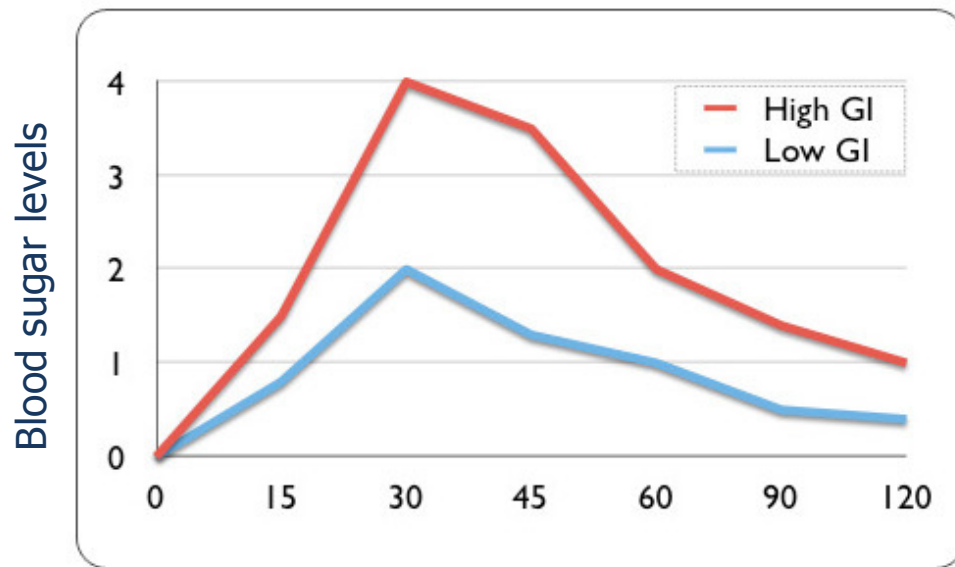
**Complex Carbohydrates or low GI foods:** oats, vegetables, fruit, nuts, seeds, unprocessed grains e.g. brown rice, quinoa, barley, full grained bread, legumes (nuts and seeds, spelt or wholemeal pasta and spelt or wholemeal flour

## **Glycaemic Index and its benefits on blood sugar levels**

The Glycaemic Index (G.I) is a ranking of foods based on their overall effects on blood sugar levels. A low G.I. (60 and below) means a smaller raise of blood sugar levels and a high G.I. (above 60) means a large raise in blood sugar levels



# Blood sugar levels



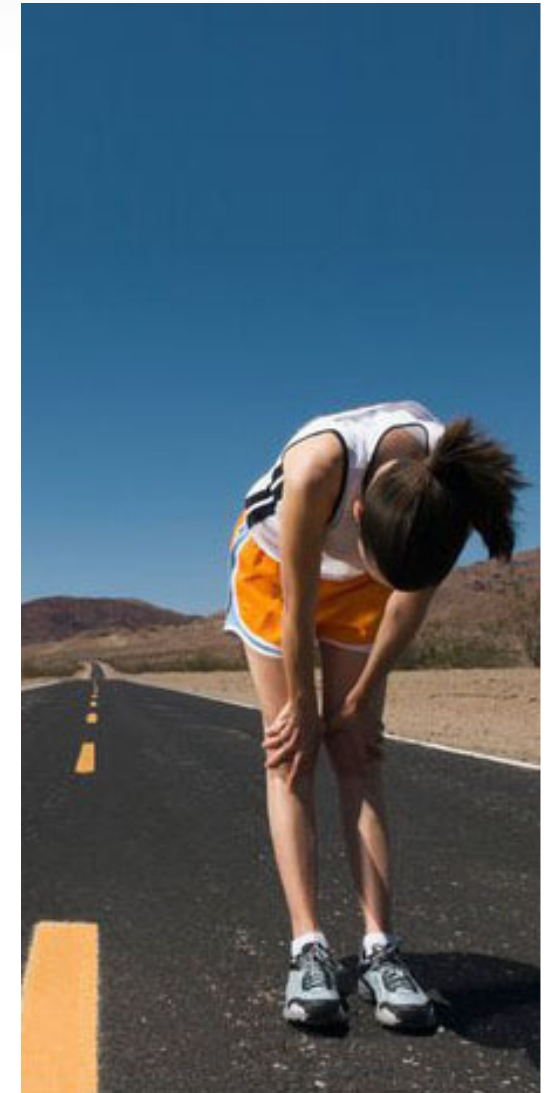
# Increasing energy levels

<b>Low GI foods</b>	<b>GI</b>	<b>High GI foods</b>	<b>GI</b>
Burgen soy & linseed bread	36	French baguette	95
Guardian cereal	42	Corn flakes	84
Rolled oats	42	K-time breakfast bars	72
Basmati rice (white)	58	Jasmine rice (white)	109
Sweet potato	54	Desiree potatoes	101
Digestive biscuits	59	Rice cakes	82
Spaghetti wholemeal (spelt)	37	Gnocchi	68
Cherries	22	watermelon	72
Avocado	15	Yoghurt low-fat (fruit)	33



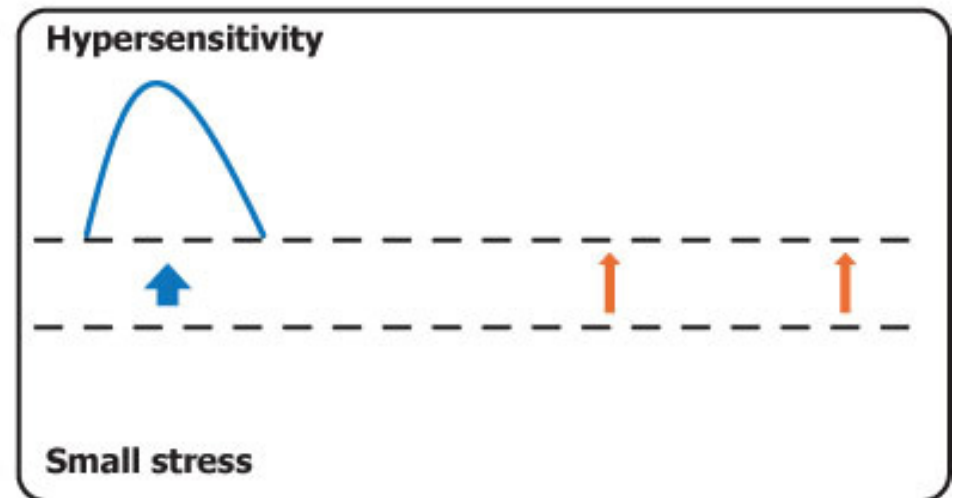
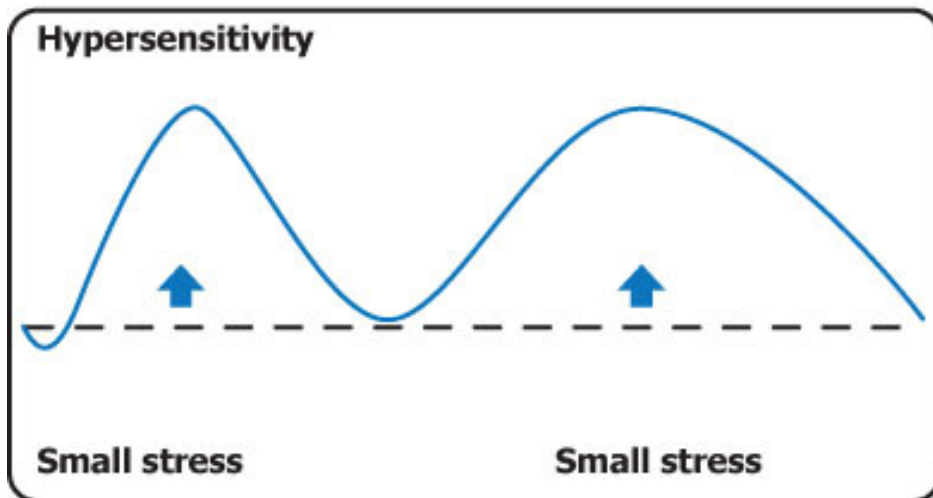
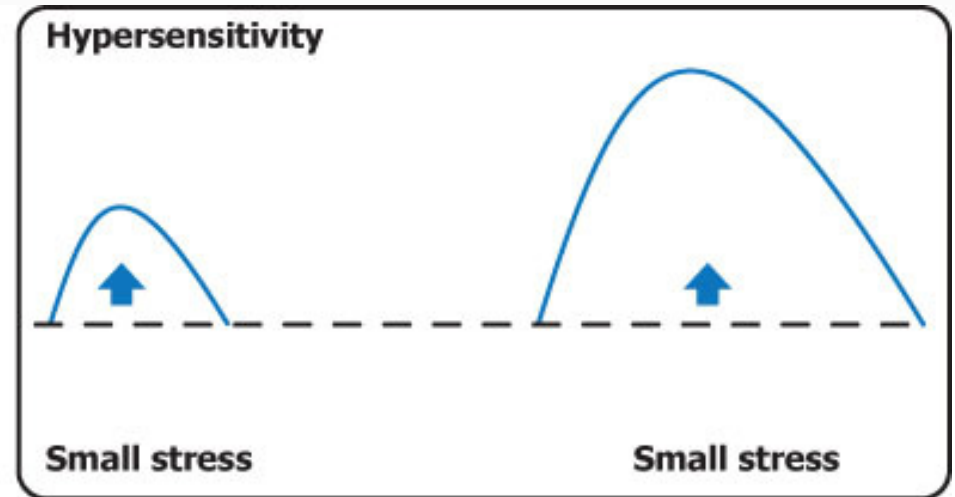
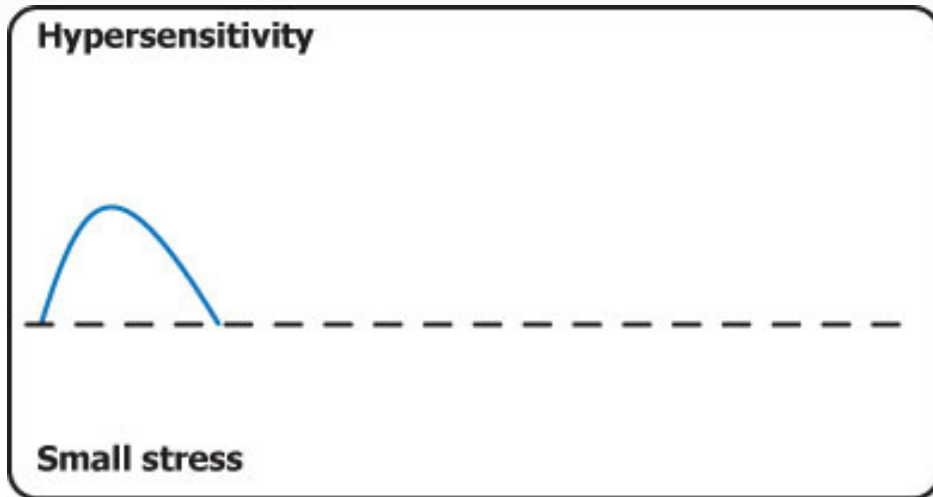
# How to help the energy lows

- Supplement with a B-complex. It will increase overall energy production
- Optimal intake of water helps to preserve energy levels, increase your water to 2-2.5L per day
- Snacking regularly on healthy food will help maintain stable blood sugar levels i.e. avocado on toast
- Reduction of stimulants in the diet; caffeine and guarana
- Adequate sleep. Keeping within the 6-8 hours of sleep per night. Too much sleep is as detrimental as too little
- Regular exercise 4-5 sessions per week for a minimum of 30 minutes



# Reducing Stress Levels

# The hypersensitive state of stress



## ...reducing stress levels

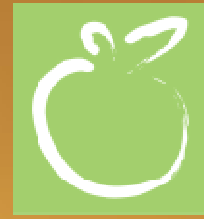
- B vitamins help reduced stress by regulating neurotransmitters and supporting the adrenal glands
  - B6 (Pyridoxine) helps to decrease the stress response on the body  
100g of avocado = 0.26mg 29% RDI
  - B5 (Pantothenic acid) protect the body against stress by balancing the production of Adrenal 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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