

DAVID RUSSELL ON...



Kick Start the New Year

Had one too many mince pies this Christmas? Sick of the sight of chocolate? If like the rest of the nation you are feeling a little worse for wear after the festive excesses, you will be pleased to learn that there a few simple dietary choices that can help to get your energy levels, not to mention mood and weight, back on an even keel.

• **Problem:** Feeling tired and lethargic

• **Solution:** B vitamin rich foods

If your get up and go got up and went on New Year's Day, top up your reserves of B vitamins to shake off the sluggishness. B vitamins are required for the manufacture of energy as well as helping to maintain a balanced frame of mind. Gorge on eggs, leafy green vegetables such as spinach and kale, fish and seafood, meat, dairy products like cheese and yoghurt, whole grains such as porridge oats, brown rice and wholemeal bread, and beans and pulses like chickpeas and kidney beans.

• **Problem:** Trousers too tight

• **Solution:** Cut back on carbs

The little-known truth about weight gain is that it is sugar not fat that is largely responsible for making you gain weight. To maintain a healthy weight or lose those extra pounds, you need to make sure that your blood sugar is balanced. Sugary foods and refined carbohydrates like white bread, white flour and white rice cause a sudden surge in blood sugar. Unless you burn this off on the football pitch or in the gym, the excess is likely to be stored as fat. The secret is to avoid sweetened foods and drinks and choose whole grain carbohydrates like wholemeal bread, porridge oats and brown rice which are broken down into sugar much more slowly. This will help to keep blood sugar even to avoid weight gain.

• **Problem:** January Blues

• **Solution:** Give your serotonin levels a boost

If your feelings of good will to all men have been replaced by irritability, you might want to try increasing your intake of tryptophan-rich foods. Tryptophan is an amino acid which the body uses to make serotonin – otherwise known as the “feel good factor”. So for a natural way to boost your mood try eating more poultry, fish, dairy products, bananas, eggs, nuts, avocados and beans and pulses like lentils, chickpeas and kidney beans.

WORKSHOPS ON THE COMMERCIAL APPLICATION OF NUTRITION – THE RUSSELL PARTNERSHIP

If you're looking to train your team on the basic principles of nutrition then book them on to the next Commercial Application of Nutrition course run by the Russell Partnership.

Taking place on January 15 2009, there's still time to secure your place on this well respected course. The two day event offers caterers and manager the chance to learn more about nutrition and it's place in a commercial environment as well as equipping them with practical tools to improve menus and source better quality products.

To book your place please Call Nicola Rees on 020 7665 1888 or email nicola@russellpartnership.com.

WORLD FIRST IN VENDING

A new product from Eagle Vending introduces a world first to the vending machine marketplace, offering a range of curries and basmati rice and providing a solution to universities seeking to cater to students late at night. The meals are ethically created using 100 per cent natural ingredients, to provide a 24/7 food solution to university students. The meals are said to be of restaurant quality and are excellent for universities who wish to furnish residential halls or common areas with a convenient and simple solution to the problem of providing an accessible food service that coordinates with student's often atypical meal schedules.

Vending machines have a proven record

