

EDIBLE CREATIONS

Shapely Foods That Say More

BY SIMONE STEPANCIC

How many of you have declared that you are going to get in shape before summer? You are trying on your bathing suit and perhaps you see an extra roll around the tummy, or flabby muscles on your arms; you may not be as firm as you would like to be. Stop abusing yourself with bad eating habits, negative thoughts and inactivity! Kick start a sluggish metabolism, improve your well-being, and experience more joy.

SUPERFOODS TO BUILD A LEAN AND YOUNGER BODY

The first step to achieve a balanced weight is to eat natural whole plant-based foods. Energy-rich foods are nuts, seeds, vegetables, grasses, sea vegetables and fruits. They will nourish you with protein, vitamins, minerals, essential fatty acids, fiber, organic water and phytonutrients, which are naturally occurring substances that plants create for their own protection. Phytonutrients give plants their colour, flavour, taste and resistance to disease and are beneficial for humans as they boost the immunity, fight disease and slow down the aging process.

SUPER PROTEIN: THE KING OF BUILDING MATERIAL

Protein is an abundant substance in your body and is the major constituent of every living cell. The body breaks down the protein that comes from the food you eat into amino acids. There are 20 amino acids that are considered important. Eight of these amino acids are considered essential because the body cannot make them, and therefore must be obtained from the diet. The other 12 can be synthesized by the body from these original eight.

flaxseeds, hemp seeds, bee pollen, maca, almonds and sprouted grains are all easy digestible sources of amino acids, the building blocks of protein. You can also use hemp, rice, or whey protein in shakes. Blend the protein with water and add some fresh or frozen berries. Protein shakes will keep you energized and you will be

able to work out longer. But that is not all: with the right protein sources you are able to build a beautiful, lean and health body.

I recommend that you include more green leafy vegetables in your diet.

They are the ideal source of amino acids. Cooked animal protein coagulates; it is hard to digest and also causes inflammation in the body.

SUPER FIBRE

Fibre is essential for the elimination of toxins from the bowel. Fibre is the part of plant food that your body cannot digest. There are two types of fibre - soluble and insoluble. Insoluble fibre speeds up elimination and does not dissolve in water.

Sources of Fibre: It is found in whole grain breads, cauliflower, dried beans, flaxseeds, fruit skins, and whole grain pasta. Soluble fibre dissolves in water and soaks all the toxins in the bowel. It is found in apples, oranges, lentils, beets, and carrots.

You need at least 35 grams, and ideally 40 to 70 grams of fiber-rich food daily for bowels to work efficiently. Unfortunately, many people are walking around constipated with digestive and intestinal problems. Fiber slows the release of sugar into the bloodstream and prevents insulin from spiking above the normal levels. It improves the transit time and lowers the glycemic index of food. Fibre makes you feel full when eating, and therefore it is very useful for weight management.

SUPER CARBOHYDRATES

Complex carbohydrates are the most important nutrients to fuel your body and increase stamina. There are two types of carbohydrates - simple and complex. Simple are usually processed and found in bread, white pasta, white rice, baked white potatoes, potato chips, rice cakes, pastries, cakes, ice cream, white sugar, and corn chips.

These carbohydrates are low in minerals and have high glycemic index.

The glycemic index is a system that measures how fast carbohydrate-containing foods raise blood sugar levels in the body. Low glycemic index food causes a slow rise in circulating blood sugar. It reduces cravings, helps with satiation, improves eating habits and balances weight.

High glycemic index food will cause a



sharp spike and raise insulin levels very fast. If you have too much insulin in your system, the body cannot access body fat as a fuel source. Eating processed carbohydrates causes inflammation and irritates your organs and tissues. But that is not all: they lead to addiction and create hypoglycemia and diabetes. Balance is the key, and to maintain blood sugar balance we need to eat complex carbohydrates that take longer to digest and prevent a fast rise in blood sugar.

Sources of Carbohydrates: The best source of carbohydrates to fuel your body is homegrown organic fruits rich in minerals and low in sugar. Sweet potatoes are an excellent choice because they contain more minerals and less sugar than white potatoes. Ancient grain breads such as kamut and spelt are also superb.

Other sources of fruits that I love are apples, berries (strawberries, raspberries, cranberries, blueberries, and blackberries), figs, mangoes, pears, avocado, coconut water, papayas, citrus fruit, apricots, peaches, plums, and cherries.

Vegetables are another good source of complex carbohydrates found in artichokes, red peppers, spinach, dark green leafy vegetables and lettuces, broccoli, celery, tomatoes, cabbage, onions and garlic.

SUPER WATER

Water is essential for healing. Water lubricates tissues, flushes wastes and toxins, hydrates the skin, and transports minerals, vitamins, proteins and sugars around the body for assimilation. Water is also crucial for rebuilding and repairing body tissues and helps with weight loss. Many of you are chronically dehydrated, and that slows the metabolic rate, and delays excretion of waste. When you feel sluggish, tired, and with no energy, think about your daily water intake. Drink water between your meals and sip on water throughout the day. Have a bottle of water with you wherever you go and never wait until you have a dry mouth or feel thirsty. By this time you are already dehydrated.

Keep your body well hydrated, reduce fatigue and prevent injuries during sport training.

Recommended is approximately ten glasses of reverse osmosis water every day. The amount depends on climate, stress, exercise and the amount of cooked food that you are eating daily.

SUPER FATS: Essential Fatty Acids (EFA'S)

Fats and oils are made of building blocks called fatty acids and they cannot be made by the body; they must be supplied in the diet.

There are two main fats that are essential - Omega-6 linoleic acid and Omega-3 alpha-linolenic acid. These EFA's are transformed into hormone-like prostaglandins that increase hormonal communication. These fats are beneficial for circulation, brain development and immune function, and they encourage cells to burn more body fat.

Good Fat Sources: Avocado, olives, stone-crushed olive oil, raw nuts, raw nut butters, and seeds such as pumpkin, sunflower, sesame, hemp seed, flaxseed, coconut butter and young coconuts are excellent sources of good fats that we can eat daily.

SUPER EXERCISE: GET PHYSICAL

Exercise is essential to add muscles to your body. To increase lean muscle and build stronger bones resistance training is essential. With weight training you can increase the lean muscle and strength, and according to Brad King a fitness expert, the more you enhance your muscle function, the better your metabolism and the more fat you can burn 24 hours a day - even while you sleep.

It is important to balance weight training with other forms of exercise such as walking, running, cycling, skiing, and yoga. It will strengthen your whole body – muscles, nerves, blood, glands, lungs, heart, brain, mind and mood.

SUPER RELAXING SLEEP

Get enough good quality sleep. Good night sleep is very important to feel rested, calm and reenergized in the morning. Sleep nourishes your nervous system, relaxes muscles and also helps with weight management. When you sleep, you release Growth Hormone. Growth hormone stimulates the growth of body tissues, organs and muscles.

Go to sleep at the same time every night and wake up at the same time every morning.

Try to sleep in a quiet, well-ventilated room, and in complete darkness. Practice relaxation and meditation before sleep to help better cope with stress. Avoid sugar snacks and alcohol before bed.

With proper healthy food choices and regular exercise you will be able to build a stronger, fitter and younger body for life.

RECIPES

HEMP PROTEIN SHAKE WITH GOJI BERRIES AND RASPBERRIES

INGREDIENTS:

1 scoop hemp protein powder, vanilla flavour
½ cup water
½ cup raspberries, fresh or frozen, organic
½ cup Goji berries, dried, soaked for one hour

PREPARATION:

In a blender, mix water, raspberries, hemp protein and Goji berries until smooth. Pour into a glass.

VANILLA WHEY PROTEIN ISOLATE SHAKE WITH STRAWBERRIES

INGREDIENTS:

1 scoop whey protein isolate powder, vanilla flavour
1 cup water
1 cup strawberries, fresh or frozen, organic
1 tbsp flaxseed oil

PREPARATION:

In a blender, mix water, strawberries, and whey protein until smooth. Add flaxseed oil at the end. Pour into a glass