



FOLLOW OUR USEFUL HINTS
AND TIPS FOR A HEALTHY,
HAPPY YOU!

→ a better you

BOOST YOUR BREAKFAST

We all know that breakfast is the most important meal of the day – it kickstarts your metabolism and gives you energy for the day ahead. If you're already a regular breakfast-eater you're off to a great start in looking after you health, but there are easy ways to boost your breakfasts to give your body even more essential vitamins and minerals.

→ **Maize meal and peanut butter.**

There's nothing like a hot bowl of pap to warm you up first thing on a winter morning, and you can give it added oomph and taste with a teaspoon of peanut butter. Peanut butter is rich in mono-unsaturated and polyunsaturated fats, B vitamins and plant protein, and will give you even more energy for the day ahead.

→ **Cereal and a glass of orange juice.**

No, you don't have to eat your corn-flakes swimming in your juice, but eating citrus fruit or drinking orange juice not only gives you loads of vitamin C (to fight off colds and flu), but it helps you absorb iron from other foods too – like iron-enriched cereals.

→ **Fruit with yoghurt.** It's easy to grab an apple or banana on the run in the mornings, but why not wake up five minutes earlier, chop your fruit into some plain low-fat yoghurt and enjoy an even healthier breakfast? In addition to the vitamins from your fruit, yoghurt will give your body calcium for strengthening your bones and probiotics, which maintain the balance of good bacteria in your intestine, can prevent diarrhoea and help reduce intestinal inflammation.



BEFORE YOU REACH FOR THAT BURGER...

Ever wonder what you're putting into your body when you eat that greasy burger and chips? According to the experts at www.health24.com, this should give you an idea of how many kilojoules your favourite fast-food items contain, compared to some much healthier fruit and veggies.

→ **A regular Big Mac burger and fries is the same as:** 1kg of broccoli (1180kJ) + 1kg of butternut (1620kJ) + 4 apples (1224kJ)

→ **One standard ikota equals:** 1kg of broccoli (1180kJ) + 1kg of butternut (1620kJ) + 8 apples (2448kJ)

→ **One standard pepperoni pizza is similar to:** 1kg of broccoli (1180kJ) + 1kg of butternut (1620kJ) + 1 ½ apples (459kJ)

Not only is the fast food full of fat, sodium and other diet no-no's, but it doesn't contain nearly as many vitamins and minerals, and typically it costs about twice as much too. So, next time you're about to reach for that burger, think of those extra kilograms you want to shed and the money you'd do well to save – and make the wise choice.

I HEART ROOIBOS

A recent clinical trial conducted by the Cape Town University of Technology has found that people who drink rooibos tea – the participants in the study drank six cups a day – have a decreased risk of heart disease. Flavonoids in the tasty tea protect the body from the oxidative stress that causes many degenerative diseases. The study also showed that the local tea intake had no negative effects on the liver, kidneys, blood pressure or cholesterol levels of the participants. In a country where heart disease remains a major killer, rooibos tea is an affordable and delicious way to keep the danger at bay.

TIP OF THE MONTH
Wash your hands! We're in the grip of cold and flu season, so be sure to wash your hands whenever you use the toilet, prepare food, or even if you've just been in a large, public space like a shopping mall. It doesn't hurt to be cautious when your health hangs in the balance.

