

From the author of *Lose Weight for Life*

FEEL GOOD

*for
life*

A recipe for
great health
and vitality



with NZ nutrition expert
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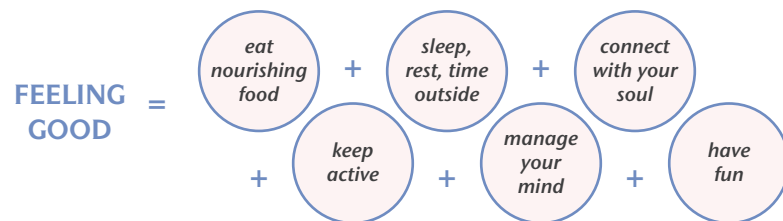
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Feel Good for Life is a collation of what I have learnt through my studies, good-quality evidence-based research and my experiences. I am not going to try to be a nutrition encyclopedia or commit to being all things to all people, but my intention is that the collection of information and practical ideas this book contains will help you to feel amazing and wonderful as often as possible. I want to help you to eat food that nourishes your body, mind and soul more often than not and to feel that you have the tools you need to create a healthy life that you love.

Use this book however it works for you! You can read it cover to cover or dip in and out of it – but my one word of advice is to actually answer the questions I ask and do the exercises I have outlined. You have to do them if you want to make changes that last. If you find yourself saying ‘I don’t know’ to any questions, then remember that is just your mind getting in the way – you do know. Somewhere inside of you, you do know the answer. You might just need to ask yourself, ‘If I did know, what would I say?’ You know more than you think.

THE RECIPE FOR FEELING GOOD



This book covers all the aspects of the ‘recipe’ you need to feel good. Throughout the book I will be helping you to:

1. Eat nourishing food that makes you feel good
 - Enjoy nutrient-dense foods that your body loves
 - Understand your eating behaviour
 - Eat for the right reasons
 - Eat at the right time for you
2. Keep active and get results
 - Learn how to be fit and active each and every day – the easy way
 - Get the best results from your workout
 - Eat right around exercise

3. Sleep, rest and have time outside
 - Get a great night’s sleep
 - Learn how to relax, unwind and disconnect
 - Understand the importance of time outside
4. Have fun – be an awesome kind of healthy!
 - Socialise the healthy way
 - Eat well when you are with friends and family
 - Manage your alcohol intake
 - Give healthy gifts
5. Manage your mind
 - Understand your thoughts
 - Learn to say ‘no’
 - Feed your mind the right way
6. Connect with your soul
 - Get to know yourself
 - Be clear on what ‘feeling good’ really means
 - Use your soul as a compass
 - Surround yourself with amazing energy

Let’s get to it!

STEP 1: WHAT NEEDS TO CHANGE FOR YOU TO BE HEALTHIER, HAPPIER AND FEEL GOOD?

When you move into a new house or flat you instantly see the things you would like to change. Maybe the curtains need to go, the garden needs a spruce up and the bathroom needs a lick of fresh paint. However, as soon as a few months have rolled by, if you haven't embraced your initial desire to redecorate, you kind of get used to the way the walls are and don't notice the brown curtains so much anymore – they become almost normal to you.

Life is much the same – when you are busy and don't ever make time to stop and think, you just do what you have always done and keep getting the same results over and over again.

If you want to build a healthy, happy life and start feeling really good, you need to look at the way things are for you now and identify what needs to change to help you step towards the life you really want and deserve.

Right now I want you to look at your life as if you had never seen it before, as if it was someone else's life. What is going on for you? What areas of your health and happiness need a bit of TLC?

Time to tune in!

Grab a cuppa, remove all distractions from around you and read through these questions. All you need to do is answer yes or no, but take the time to really think about your answers. Why do or don't you do these things? Feel free to write notes if any thoughts, comments or ideas come up for you – the more time you give yourself to tune in, the better you will get to know yourself and the more likely you are to be able to shift the things that need attention.

What and when do you eat and drink?

Do you . . .

- Eat less than three handfuls of vegetables every day? Yes/No
- Opt for white bread over wholegrain? Yes/No
- Add sugar to your food/drinks? Yes/No
- Feel like you crave sugar a lot of the time? Yes/No
- Snack on muffins, cakes, biscuits and lollies at least a few times a week? Yes/No
- Rely on coffee/tea/energy drinks to help boost your energy levels? Yes/No

- Regularly grab food on the go? Maybe not always the healthy stuff. Yes/No
- Drink less than two litres of fluid each and every day? Yes/No
- Drink alcohol most nights of the week? Yes/No
- Often go 'past hungry' or go for a long time without eating? Yes/No

Your notes/thoughts/feelings:

Why and how do you eat and drink?

Do you:

- Rarely take a proper break for lunch – even if it is only a few minutes? Yes/No
- Sit down and eat with the TV on or eat when there are lots of distractions around you? Yes/No
- Not really plan your meals – just eat whatever is in the fridge or cupboard most of the time? Yes/No
- Feel like you always eat the same old things and are bored of what you eat? Yes/No
- Eat on the run – while you are walking/running around? Yes/No
- Eat when you are bored or tired? Yes/No
- Eat when you are angry, upset or feeling down? Yes/No
- Drink alcohol to help you unwind or cope with stress? Yes/No
- Eat more than you need sometimes? Yes/No

Your notes/thoughts/feelings:

2

Understand
your eating



Getting in goodness

Over the years, I have studied dietary patterns from around the world with great interest. Through my investigations, I have discovered that despite the variation in the types of food that people eat in different parts of the world, there are common themes that are clear to see in the countries that have a higher proportion of healthy people.

These are a great basis for us to work on when it comes to working out what a healthy day looks like.

- Eat lots of fresh produce – fruits and vegetables, ideally locally grown and produced without the use of chemicals. (Read more on this on page 54.)
- Eat more seafood – all types and it doesn't just have to be the expensive stuff either. Mussels are as cheap as chips, and you can pick up a fresh mackerel for a couple of dollars.
- Use more pulses – lentils, chickpeas, black beans, kidney beans, soy beans – you name it, use them and more of them! (Check out pages 54–5 for tips.)
- Include grains (in particular whole grains) which have had as little processing as possible. (More on this on page 55.)
- Include healthy fats – olive oil, nuts, seeds and avocado. (Tips on this on page 56.)
- Where possible, make things yourself; don't rely on pre-packed, heavily processed food.
- Sit down to eat, eat slowly with awareness and enjoy your food.

HOW MUCH DO YOU NEED TO EAT?

One way to answer this question is to consider the amount of energy (kilojoules/calories) your body needs to think, breathe, digest your food, and move (and everything else it needs to do!), then try to match this to the amount of food you are eating.

The amount of energy you need each day varies depending on your age, stage, gender, how active you are, how much muscle you have and so on, but there are guidelines on roughly how much you will need, which we can use a starting point.

8700 kJ (which is just over 2000 kcals) is the average amount of energy an adult needs each day. I like to suggest that this is broken down to three meals of roughly 2000 kJ (500 kcals) each and a couple of snacks (healthy ones!) each at about 600–800 kJ (150–200 kcals).

If you know roughly what you are aiming for as a meal and snack you can then compare the kilojoules/calories in the food you are eating

throughout the day and see how things match up, and if you are having more or less than you might need. It is important to point out though that the guidelines above are only very rough and you will need to be advised on what is right for you specifically if you want to be more accurate.

Throughout this book I do mention kilojoules/calories from time to time, but it really isn't something I encourage people to get fixated on and certainly shouldn't be your only focus when you are trying to eat well – after all, you could have three pies a day and be on target for your 8700 kJ, yet be completely malnourished!

My goal with what follows in this book is to help you eat the right amount for you and be sure your diet is healthy, balanced and packed with the nutrients your body needs to look and feel good.



Note: 1 Kcal = 4 kilojoules. They mean the same thing; they are just different units, a bit like the difference between measuring in centimetres or inches.

ARE YOU GETTING THE NUTRITION YOU NEED?

Over the page, write down what you have eaten in the last two days. Include as much detail as possible about your serving sizes and types of food, e.g. write 1 cup of brown rice rather than just 'rice', or 2 slices of wholemeal bread rather than just 'bread'. It might also be helpful to write down why you ate what you did and the 'type' of eating it was – fuelling the fire, pleasure and joy, habit and haze, or reactive response?

We will review this in the next section and see how it stacks up against what your body needs.

Date and orange balls *(makes 40–50 balls)*

These taste just like chocolate orange truffles.

400g pitted dried dates

400g almonds, macadamias or walnuts (or any combination of these)

5 heaped tbsp cocoa powder

Juice of 1 large orange

Zest of 2 large oranges

Desiccated coconut for coating

Place dates in a bowl and cover with 1 cup very hot water (almost boiling). Leave to soak for 15 minutes.

Place nuts in a food processor and blend until they resemble fine breadcrumbs. Pour the ground nuts into a mixing bowl.

Drain the dates thoroughly and check there are no pips hiding anywhere (reserve the soaking water for later). Pop the dates into the food processor along with the cocoa powder, orange juice and zest and blend together.

Slowly add the ground nuts back into the food processor while it is still going until you have added all the nuts. If the mixture is too dry, add a little of the date soaking water you have reserved. If it is too wet, add a little desiccated coconut until the mixture becomes firm enough to roll into balls that will hold their shape.

Take heaped teaspoons of the mixture in your hands and roll into balls. Cover with coconut. Place the balls onto greaseproof paper and chill in the refrigerator until ready to eat (1–2 hours).

Adapt it

- You can also coat the balls in cocoa powder or chopped nuts.

Top tip

- These freeze well.

Nutrition information per serve

kJ = 530 | kcal = 126 | Carbs = 10g | Protein = 3g | Fat = 8g | Fibre = 3g

