



## 5 qualities of a great, healthy snack

- 1 High in protein – supports blood sugar levels
- 2 Lots of healthy fats – important for maintaining fullness
- 3 Includes B vitamins – good for energy production
- 4 Low in refined sugar – important for blood sugar levels and weight maintenance
- 5 Less than 500kJ – assists with weight maintenance

### *Some of the best on-the-go snacks include:*

- ▶ Unsalted, raw or dry roasted nuts or seeds
- ▶ Fruit
- ▶ Veggie sticks (such as carrots, cucumber, celery and capsicum) with hummus
- ▶ Tuna and wholegrain cracker packs
- ▶ Wholegrain crackers with nut butter, vegemite or low-fat cheese



## Sun safety

**Ultraviolet (UV) radiation is the invisible killer you cannot see or feel. Too much UV radiation can cause skin and eye damage, sunburn, and skin cancer.**

It can be high even on cool and overcast days, which means you cannot rely on clear skies or high temperatures to determine when you need to protect yourself from the sun.

The UV Index is a simple tool you can use to understand UV radiation levels, and to identify when you need to protect yourself from potential sun damage. UV levels are measured on a scale of 0 (low) to 11+ (extreme). The higher the value the greater the potential for damage to the skin and eyes, and the less time it takes for harm to occur.

Sun protection is recommended when UV levels are 3 or higher.

During times when sun protection is needed, look after your skin and eyes by using protective clothing, sunscreen, a hat, shade and sunglasses.

You can find the daily UV level and sun protection times for your location on the free SunSmart app, available on iPhone and Android.



# Tips for staying healthy on holiday

Holidays are a time to relax and recharge, but this does not mean our healthy habits need to go on holiday too. On average, Australians gain 0.5 -1.8kg over the holiday period. Whilst this might not seem like much, researchers have identified that weight gained during this period is rarely lost.



The odd indulgence now and then is not going to do any long term damage, however it is when these overindulgences become a regular occurrence that long term damage is done. The key to staying healthy whilst on holidays is incorporating moderation, planning and setting boundaries.

## 1. Drink plenty of water

- ▶ Make sure you have a bottle of water with you at all times and aim to drink at least 1.5 litres during the day

## 2. Be smart when eating out

- ▶ Ensure you fill your plate with plenty of salad and vegetables
- ▶ Don't deprive yourself of treats, but indulge in moderation. Try sharing meals with your family or partner, so you can try more, but eat less

## 3. Limit your alcohol intake

- ▶ Alcohol is loaded with sugar and empty calories. Try to drink water in between each alcoholic beverage and stick to low-sugar mixers and clear spirits

## 4. Maximise incidental activity

- ▶ Walk as much as possible
- ▶ Do cycling tours, rather than hopping on a bus
- ▶ Go for a swim at the beach or pool
- ▶ Involve the whole family in a game of cricket or soccer

## 5. Treat yourself

- ▶ Get a massage
- ▶ Sleep in, and enjoy a day of rest

Make sure you start the New Year feeling fabulous, not frumpy!

# The ultimate chocolate mousse

Serves 4

- ▶ 1 large avocado
- ▶ 1 banana
- ▶ 3 tablespoons coconut oil
- ▶ 4 tablespoons raw cacao powder
- ▶ 2 tablespoons honey, agave nectar or maple syrup
- ▶ 1/8 teaspoon sea salt

Place all ingredients in food processor and process until smooth. You cannot over-process the mousse, so keep going until it is thick and creamy.

Spoon mousse into individual dishes and refrigerate for at least 1 hour before eating. Serve with fresh berries.



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