

Top 10 energy tips to help you work with focus and concentration

Try some of these suggestions and you'll see a lift in your energy and productivity levels.



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Super foods - Flax seeds

They're the richest plant source of alpha linolenic acid, which is a bulding block of the omega-3 oils found in fish



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Finding an afterlife for styrene foam

Great news about a machine in Australia that shreds polystyrene which is then used to buld playgrounds and a variety of other products.



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Turn over a new leaf

Make a difference - by pledging to cut the amount of disposable bottles you use. By refilling a bottle from your BRITA jug to take out with you and you can say "no" to the eco-cost and landfill impact of bottled water. Go to www.mygreenbottle.com.au and make your pledge and BRITA will seed a tree in recognition. Why not get your own mygreenbottle or a Fill & Go sport bottle - and enjoy the natural taste of BRITA water wherever you go?



September 2009

"Better Living" is committed to bringing you news, views and ideas that are relevant to your active, health-conscious lifestyle. We hope you enjoy the articles this month !


• BRITA Competitions:

WIN

Win Catherine Saxelby's book "Nutrition for Life"

• Fan us on Facebook

See what we are doing on facebook and how you can win with us.

Help us in our market research and  you could win a years supply of filters. *click icon to enter*

• Health Update: What's on in September

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• Recipe of the month

Almond and Mixed Berry Muffins with Flaxseed

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• Ask Catherine -

You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!

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• Your Say

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Top 10 energy tips to help you work with focus and concentration

Do you work long hours at a desk or in front of a computer? Try some of these and you'll see a lift in your energy and productivity levels.

1. Take a stretch break every hour. This sends fresh oxygenated blood to your head, neck and shoulders.
2. Don't have lunch at your desk. You need a physical and mental break if you want to make it through the afternoon (everyone has a low point around 3 or 4pm). If the weather's fine, eat outdoors and take a 10 minutes stroll in the fresh air.
3. Take a power nap or visualisation break for 10 minutes.
4. Give your eyes a break from the computer screen a couple of times each day. Gaze far away onto the horizon. Or rub your hands together to warm them up and hold them over your eyes for a minute.
5. To boost your mood, think of funny story or a recent joke. Laughter clears the cobwebs from your mind!
6. Try and leave work by 6pm at the latest when you can. Don't slog on until late. It drains you for the next day.
7. Don't email your colleague across the room. Get up and talk to her/him.
8. Participate in a lunchtime sport club if there's one at work. Exercise is one of the best de-stressors.
9. Cast your mind back to your last vacation for 1 minute or two. It will bring on happy memories and you'll feel more relaxed and creative.
10. Your brain needs glucose (blood sugar) for fuel. Take a healthy snack to work based on low GI carbs (such as yoghurt, baked beans, pears, apples, nuts) to keep your focus.

Ref: Catherine Saxelby www.foodwatch.com.au



Super foods - Flax seeds

Small shiny dark-brown seeds about the size of sesame seeds, flax seeds (also called linseeds) are a storehouse of omega-3s. They're the richest plant source of one fatty acid called alpha-linolenic acid (ALA), a building block of the omega-3 oils found in fish.

Flaxseeds are also rich in lignans, a type of plant oestrogen that lowers female oestrogen levels, helps minimise the unpleasant side effects of the menopause like flushing and has anti-tumour properties. Again in the plant kingdom, there aren't many foods where you'll find lignans. So they're a very important food for



vegetarians who eat no eggs or fish and may run the risk of going short on DHA, a special omega-3 fatty acid. One or two tablespoons is all it takes to boost your intake.

Nutrition stats

Per serve:

One tablespoons of flaxseeds (weighing 28g) supplies: 6g protein, 10g fat, 2g sugars, 8g starch, 8g dietary fibre and 580 kilojoules (138 calories).

Per 100g:

20 per cent protein, 34 per cent fat, 7 per cent sugars, 27 per cent starch, 28 per cent dietary fibre and 2070 kilojoules (493 calories).

Easy ways to enjoy flaxseeds:

- Add a sprinkle to your cereal, muesli or yoghurt.
- A teaspoon in your smoothie will boost your fibre intake.
- Add to baking such as muffins.
- Go for soy and linseed breads.
- Make up a nutrient-packed sprinkle for fruit salad or yoghurt - grind together 1 cup of walnut pieces with 1/2 cup linseeds until finely-ground. Store in a jar in the refrigerator and use within 2 weeks.

Ref: Catherine Saxelby www.foodwatch.com.au

See our recipe this month for Almond & Mixed Berry Muffins with Flaxseed

Finding an afterlife for styrene foam

When we buy a new TV or appliance – there is a feeling of excitement – a connection to make our life easier.

Yet the white plastic foam the appliance comes packed in, expanded polystyrene (EPS), doesn't quite face the same thrilling fate – most is sent to landfill.



During 2006/2007 33,000 tonnes of EPS was manufactured in Australia and 800 tonnes was collected and recycled at EPS collection centres across Australia = 2.4%

This situation is now changing in Australia with the introduction of “agglomerator” machine that shreds and flakes the EPS which is then used to build playgrounds, park benches and a variety of other products.

The National Packaging Covenant's aim is to increase Australian's packaging recycling rate to 65%.

BRITA is a member of member of The National Packaging Covenant, which is an unique initiative between industry and governments to stop packaging waste from ending up in landfill.

Thanks to Recycling Expanded Polystyrene Australia (REPSA) there are EPS collection centres in Australia. To find a collection centre go to:

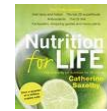
[www.repsa.org.au/portals/0/downloads/PACIA391email\(updated%20Jan09\)%27.pdf](http://www.repsa.org.au/portals/0/downloads/PACIA391email(updated%20Jan09)%27.pdf)

Ref: [www.packagingcovenant.org.au/documents/File/Mildura%20tops%20pops\(1\).pdf](http://www.packagingcovenant.org.au/documents/File/Mildura%20tops%20pops(1).pdf)

Win Win Win

WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 "Nutrition for Life" book by Catherine Saxelby. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "Your Spring Tip."



Here are the winners of last months contest "your nutrition treat tip"

"A spoonful of Australian honey (cold extracted to preserve vital nutrients) morning and night - yum!"

JR, Vic

"More herbs and spices and dry fruit to keep myself healthy and I feel it does work for me as I do not get common cold, flu etc even without the seasonal injections."

GS, Vic

"I drink a cup of hot water with lemon and honey every day, it really is a miracle prevention for colds!"

CG, WA

"I like to make a hearty chicken soup with fresh chicken, carrots, onions, celery and garlic - sauteed in olive oil, then simmered with Brita filtered water until tender. Remove the bones, then add some cooked brown rice (or small pieces of pasta) and a tin of 4 bean mix. Very satisfying and warming on a cold winter's night. Yummy!!!"

JJ, Qld

"A. Drink lots of filtered water and keep hydrated, as you get very dry in heated homes and shops

B. Eat lots of fresh food to help maintain healthy skin and body

C. Exercise regularly to maintain ideal weight and good mental capacity

D. Any treats should be taken as that, rather than a regular occurrence

E. Keep smiling, it helps you and everyone else feel better."

BB, NSW

Win Win Win

You can win great prizes by becoming a BRITA Fan on Facebook. August's winner is R. McKibbin.

Click icon to join us



f Fan us on Facebook
To WIN this premium Edition Filter prize pack RRP \$100 - Drawn Monthly

Tell us your favourite colours - and chance to Win

We invite you to take a minute or two of your time to give us feedback on some potential colours for our Fill & Go Sports Water Bottle.

We have three prizes to give away in a lucky draw of those who submit the survey - each prize being a one year's supply of filters (6 filters).



Please click the icon to complete the short survey.

Last month's winners are: P. Kennedy, J. Engelbrecht and I. Boyd.

Health Update: What's on in September

Father's Day

Sunday 6th September 2009



A day to let dads know they are being thought of. Enjoy a phone call, a special meal or a family outing to a park.

City of Sydney Spring Cycle

Sunday 27th September 2009

North Sydney, Blacktown, Liverpool, Olympic Park



Join us for a fun family day out on the bicycle and help support MS Australia. BRITA will have a stand at Hyde Park and will be serving free filtered water.

www.springcycle.com.au

Earth Ride

Wednesday 30th September 2009



Earth Ride Day aims to have millions of people right around the globe on their bikes! Earth Ride is about encouraging everyone to engage in a solution now that we already know offers significant benefits towards the goal of a low carbon future. Riding a bike for transport will significantly reduce your carbon footprint in comparison to taking the car and is even better than riding on public transport. The savings are as endless as the journeys we all undertake - riding to school, the shops, to visit friends and family - wherever you need to go! In addition to helping create the future environment you want, riding a bike is a convenient, healthy and fun way to get about! Register now at www.earthride.com.au

Recipe of the month

Almond and Mixed Berry Muffins with Flaxseed

These warm and tasty quick breads make getting out of bed worthwhile.

The flaxseed contains soluble fiber like the kind found in beans and oat bran.

Preparation time: 12 minutes Baking time: 24 minutes

Makes 12 servings

Ingredients

2 1/4 cups whole grain or wheat pastry flour
4 teaspoons baking powder
1/4 cup ground flaxseed
1/2 teaspoon salt
2/3 cup fresh blueberries
2/3 cup fresh raspberries
1 cup 2% milk
2 eggs
2/3 cup sugar
1/3 cup canola oil
1 teaspoon almond extract



Method

1. Preheat the oven to 400°F/200C. Line a 12-cup muffin pan with paper liners.
2. In a large bowl, combine the flour, baking powder, flaxseed, and salt. Whisk to mix. Add the berries and stir to coat.
3. In another bowl, combine the milk, eggs, sugar, oil, and almond extract. With a fork, beat until smooth.
4. Pour the egg mixture into the berry mixture and gently mix with a fork to moisten the dry ingredients. Don't overmix (a few lumps in the batter are normal). Dollop the batter into the prepared muffin cups.
5. Bake for 20 to 24 minutes, or until a wooden pick inserted into the center of a muffin comes out clean. Let stand for 5 minutes on a rack before serving.

Per serving: 210 calories, 28 g carbohydrate, 5 g protein, 9 g fat, 1 g saturated fat, 35 mg cholesterol, 280 mg sodium, 3 g fiber.

Ref: www.prevention.com/cda/article/the-diabetes-diet-cookbook-almond-and-mixed-berry-muffins-with-flaxseed0937e31133df5110VgnVCM20000012281eac___/health/healthy.living.centers/diabetes

Ask Catherine

Do you have a question for Catherine? Simply [click here to email Catherine](#).

Salmon – fresh or canned?

Q. Is there any nutritional benefit to eating fresh salmon and tuna over the canned variety? And what are the nutritional differences between canned salmon and canned tuna?

A, All the key nutrients of fresh salmon and tuna – protein, omega-3 oils, zinc, iron and B vitamins - are present in the canned versions. Obviously there is some loss of the heat sensitive vitamins such as B1 during canning but fish are not a major source in the average Australian diet.

Canned salmon does differ from canned tuna. It's oilier with a higher overall fat content (around 8% compared to tuna's 2% for a small 100g can in brine) and has a higher concentration of the valuable omega-3s. Red salmon – always more pricey – has more oil than pink salmon.

Salt and types

Q. What's the difference between table, cooking and iodised salt?

A. Table salt has a small even crystal size so it pours or shakes freely even in high



humidity. Iodised salt looks the same as table salt but has iodine added, either in the form of sodium iodide or potassium iodide. This the preferred form of salt for cooking at home, as surveys reveal that our iodine intake has been dropping in recent years. Cooking salt has the same salt content as the other two except that it occurs in coarse chunks (but has not added iodine). It is sold in larger quantities and used for more 'industrial' jobs like roasting potatoes on a bed of salt or getting stains out of carpet. Gram for gram, the sodium content of all three salts is essentially the same. They are all forms of sodium chloride which we should aim to reduce in our diet. Try not to use them too much.

Miso soup – how nutritious?

Q. I love miso soup at Japanese take-aways. Does it have much nutritional value?

A. Like any other clear broth, miso soup is mainly water. It has virtually no protein, fat, carbohydrate or fibre. However, it does have a very high salt (sodium) content. One cup (250ml) of miso soup contains over 700mg of sodium, which represents a huge 30 per cent of your recommended upper daily limit for sodium (2300mg). On the plus side, miso soup is made from soy bean paste and is therefore a source of antioxidants called isoflavones – but not as much as from whole soy beans or tofu.

* Visit Catherine's website at <http://www.foodwatch.com.au/>

Your say

Each month we reproduce in this newsletter a few of the wonderful comments we receive from the ever expanding family of BRITA users. Please write in and share your good experiences, ideas, recipes or suggestions.

"I am a Britaholic and have always been. The reason for the purchase is that I am recently separated and my partner had the old Brita water filter on his list of things to keep. I knew I could always get a new one, so he got the old one. Good thinking Ha!"

TP, Vic

"It is easy to use and filtration is quick. We take it with us on camping trips and use it to get rid of the chlorine taste of tap water. I drink black tea and coffee and chlorine really spoils a good cuppa."

RC, SA

"My 3 1/2 year old and 21 month old think it is so much fun to fill and watch it filter and now drink litres of water each day! Thank you Brita."

JH, Vic

"This Fill & Go Sports water bottle is the best invention since sliced bread! Thanks."

JN, Vic

"It is nice to have a drink of water that keeps out the impurities and after using the sports bottle by Brita, a jug in the fridge is great. Also, as a gift, a tree is planted!! Very green!"

VT, SA



Questions, comments, feedback and ideas?

E-mail us at solutions@brita.com.au

Phone: 1300 557 762

Visit us at www.brita.com.au and our new site where you can turn over a new leaf and change the environment at www.mygreenbottle.com.au

To remove your name from our mailing list, please [click here](#)