

# BRITA® Better Living

## Turning over a new leaf - New Year Resolutions

Here are suggestions for the inevitable list of New Year resolutions, some aspirational, some for self-improvement, some for sheer fun ....



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## Craving Mad

Outsmart any urge with these stick-to-your-diet tricks .....



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## Myths about plastic

Dr Karl S. Kruszelnicki gives the low down on urban myths often spread in emails about cancer and plastics .....



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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](http://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.



## January 2009

Happy New Year & wishing you a healthy and prosperous 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 Competition:

# WIN

Win a BRITA gym backpack, complete with a Fill & Go Sports bottle and a microfibre towel. Last month's winners announced



### • Health and Wellbeing News:

Myths about plastics  
[Read More >](#)

### • Health Update: What's on in January

[Read More >](#)

### • Recipe of the month

BBQ king prawns  
[Read More >](#)

### • Ask Catherine -

You can email Catherine Saxelby with any questions or problems you have with food, diets or nutrition!  
[Read More >](#)

### • Your Say

[Read More >](#)



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## Turning over a new leaf - New Year Resolutions

It's that time again, when we take time out from the hurly burly to rest, recharge, reflect and resolve. And don't we know that so many of our good intentions tend to evaporate as the pace and rhythm of everyday life takes hold again.

Here are a bunch of New Year Resolutions as food for thought, some aspirational, some for self-improvement, some for sheer fun.....

- Learn a language
- Look for ways to give rather than receive
- Write a Thank You Note
- Do something that scares you a little
- Go on a cruise
- Drink more water every day
- Create an Audio Book for Your Family
- Don't spend money just because I have it
- Write a novel
- Get to know a friend, neighbour or family better
- Stop obsessing about your weight
- Stop being negative about yourself
- SMILE BE HAPPY
- Swim with dolphins
- Ride in a hot air balloon
- Tour Europe
- Pay off debt
- Go back to school
- Organise a scrapbook
- Reduce your lifestyle's carbon footprint



Ref: <http://www.lifetango.com/>

## New Year's Resolutions for School Age Kids

In addition to your own New Year's Resolutions this year, how about helping your kids, even your preschoolers and younger school age kids, come up with some New Year's Resolutions?

Wouldn't it be nice to guide our kids to make useful New Year's resolutions that would help them and also make our lives easier in the process! Here are some ideas to start them on the right path:

- I will drink lots of water and milk and limit fizzy drinks and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat, especially when I'm playing sports.
- I will try to find a sport (like netball or soccer) or an activity (like playing tag, skipping, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when cycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends - like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a



picture of myself to someone I chat with on the computer without my parent's permission.

Ref: [http://pediatrics.about.com/od/parentingadvice/a/06\\_kid\\_resolutn.htm](http://pediatrics.about.com/od/parentingadvice/a/06_kid_resolutn.htm)

## Craving Mad

Outsmart any urge with these stick-to-your-diet tricks

1) Accept Defeat - Acknowledge the craving, accept it, and choose not to act on it. Same principle as recognizing an attraction and not acting on it every time it comes up

2) Give in - a little. The key is practicing restraint, not deprivation. "When you forbid a food, it only becomes more attractive and you become likely to overeat," says Janet Polivy, Ph.D, professor of psychology at the University of Toronto.

3) Fantasize - Keep your short-term memory busy fantasizing about something else. Your short term memory has limited storage, says Eva Kemps a researcher at Flinders University.

4) Swap smart - Longing for a doughnut and eating a stick of celery is not a smart swap. Sometimes you need to re-invent a sweet, like having fresh cherries instead of candy. Go for low - GI foods so you feel fuller and energised for longer.

Ref: <http://www.womenshealthmag.com/weight-loss/cravings-be-gone?page=1>



## Myths about plastic

Here is the low down on urban myths often spread in emails about cancer and plastics.

One such email being circulated was headed "Cancer update from John Hopkins", warning that plastic containers were evil because they released dioxins.

\* The University it purported to come from did not exist

\* There are no dioxins in bottles, cling wrap and food containers. So they cannot be leached out in heating food or cooling water bottles in the fridge etc., as they are not there to start with. To even make dioxins you need temperatures of several hundred degrees (not achievable with a microwave oven).

\* The "authoritative expert" quoted is not a doctor or toxicologist and has never been able to quote sources for the claims.

\* Fast food restaurants moved away from foam containers, as the foam contained CFC's and they were being phased out – not because of dioxins.



So be sceptical of emails with vague references and heart-felt pleas to send

onto as many people as possible.

Ref: Dr Karl S. Kruszelnicki

## Win Win Win

# WIN WIN WIN

We are giving you the opportunity to WIN 1 of 5 BRITA gym backpacks, complete with a Fill & Go Sports Bottle and a microfibre towel - great for the gym. To enter, simply complete the [entry form](#) and in 100 words or less, tell us "your fitness tip for 2009."



Due to the Christmas and the New Year, December's winners will be announced in our February newsletter.

## Health Update: What's on in January

### Australia Day – 10,000 steps

26th January 2009

Brisbane City Gardens Rotunda



It doesn't matter what your age, size, fitness or activity levels are. So grab your shoes, slop on some sunscreen, slap on a hat, wrap on some sunglasses, fill up your water bottle – with BRITA filtered water and have a fun

day.

Ref: <http://www.australiaday.org.au/events/?view=QLD&m=187>

### Gear Up Girl

Entries now open for:

Sydney - March 7 2009 + Canberra - April 5 2009



Join hundreds of other women in Sydney and Canberra for this fantastic women-only event: with a choice of ride options ranging from approximately 15km to 60km there's really no excuse not to get on your bike and enjoy a fun bicycle ride! You can also help us raise money for the Oncology Children's Foundation. Enter before February 6 for Sydney and March 6 for Canberra and you could be in the draw to win a place on the Oncology Children's

Foundation Gear Up Girl Cambodia Cycling Challenge from 4-16 September 2009.

Ref: <http://www.gearupgirl.com.au/>

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## Recipe of the month

## BBQ King Prawns

### Ingredients

16 whole extra large uncooked king prawns  
2 tablespoons extra virgin olive oil  
2 tablespoons lemon juice  
freshly ground black pepper

### marinade

2 teaspoons grated lemon rind  
3 cloves garlic, peeled  
1 teaspoon grated fresh ginger  
1 teaspoon dried chilli flakes  
1 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh sage  
1 tablespoon chopped fresh coriander  
1 teaspoon sea salt flakes  
1/3 cup extra virgin olive oil



Photography: Brett Stevens/Styling: Yael Grinham

### Method

Leaving the shells on the prawns, cut them in half lengthways.

### Marinade

Place all the ingredients, except the oil, in a mortar and crush with a pestle to a coarse paste. Mix in the oil.

Place prawns in a large bowl and pour over the Marinade; refrigerate for 1 hour.

Preheat the barbecue. Cook the prawns on the barbecue for 1 minute, then turn over. Cook a further minute or until they're just changed colour and are cooked through. Remove from the barbecue and pile onto a serving platter.

Drizzle with oil and juice and give a generous grind of fresh pepper before serving.

Add a healthy salad and you have a great summer meal.

Reference: Neil Perry <http://aww.ninemsn.com.au/article.aspx?id=662028>

## Ask Catherine

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

### Inulin vs Insulin

*Q: I saw Inulin as an ingredient & was worried it was Insulin spelt wrong. What is it?*

A: Inulin, not to be confused with insulin, is a type of carbohydrate of the fructans group. It is often added to foods as a prebiotic which has been shown to stimulate the growth of "friendly bacteria" in the large bowel. It can also act as a fat substitute in water-based products creating a rich creamy mouth feel with the fat e.g. in low fat yoghurt

### Tans Fats

*Q: How are trans fats formed and how do I know if I'm buying products with trans fats?*

A: Trans fats are formed when liquid vegetable oils are hardened or hydrogenated (treated with hydrogen) to turn them into semi-solid fats.

Hydrogenation changes a fatty acid's molecular structure and turns a portion of the fat into the 'trans' form. When buying the softer spreads, here's how you can be sure you're not buying trans fat. Simply look at the Nutrition Panel on the bottom of the tub – it should list trans fat as less than 1g per 100g or <1%.

### **How much fat for fat loss?**

*Q: I'm trying to lose weight. How much fat should I be eating?*

A: For the average moderately-active woman, aim to limit fat to 30 to 40 grams day. Some extreme diets go as low as 20 grams, but this is difficult to achieve and not necessarily in keeping with good health – a little fat is essential for good health and vitality. At 30 to 40 grams fat, you need to switch to skim or low-fat milk, trim away fat from meat or chicken, cut out salty snacks and biscuits, scrape on margarine and use only a little oil for cooking. Concentrate on filling low-fat foods like fruit, yoghurts, bread, breakfast cereals, pasta, potatoes, corn on the cob and salads.

As a quick guide, half a tablespoon of any oil gives you 10 g fat, 1 teaspoon of margarine has 5 g, a handful of nuts about 15 g, while one-quarter of an avocado has around 7 g.

\* 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 work in a large hospital and am constantly on the go. BRITA keeps me hydrated, it's convenient, it's a great alternative to bottled water and now all my work colleagues want one too!"

**LS, WA**

"I like to use filtered water for face cleansing. I think this is much better for my skin than straight tap water. This way I'm taking advantage of purer water both on the inside and outside. For the inside and the outside, you're better off with BRITA filtered water!"

**JC, Vic**

"We love the convenience of the easy to use tap on the front of our Optimax cask. It fits easily into our fridge and the taste is surprisingly good. Even our 14 year old son who thought he was allergic to water is using it frequently!"

**KP, NSW**

"I absolutely love my BRITA Fill & Go. My school only has tap water and with long hours I need a lot of water. Fill & Go is so convenient and now my fellow students have called me trendsetter as they have all got one now. It's great. Thanks BRITA."

**JB, Qld**

"I primarily wanted a water filter for the health and happiness of my baby. I have lots of like-minded mum friends who will want to make the same choice I have for their little ones. He can taste the difference in his bottles."

**JB, NZ**



Questions, comments, feedback and ideas?

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