



KicStart™ Sale

To help you continue on your healthy weight journey, we are offering our program graduates (and their friends or family).

15% discount



+

**Free Delivery
(saving over \$10)**

This offer will end at midnight Thursday 30th June 2016

Shop now - Click on the Healthy Weight for Life eStore button below to make a purchase now. Or phone the team on **1800 226 180**.

No need to log in to any account, just start shopping. Simply add your flavours to the shopping cart, enter your special Discount Coupon Code **hwflgraduate** then click on the 'Remit Coupon' button.

Healthy Weight for Life eStore

Healthy Choices

Do you sometimes find yourself confused or overwhelmed by trying to make good choices when so many items on supermarket shelves are labelled as healthy?

Product labels can contain words like low fat, gluten free, organic, low carb, raw, free range, all natural, no added sugar, tick of approval, antioxidants and super food. Companies spend a great deal of money on marketing and advertising using these types of words to conjure up images of health and well-being which are designed to grab our attention and try to persuade us to buy their 'healthy' products - after all, isn't that our goal, to be healthy?

It's not just the labels on the food and drinks we buy, it is also the slick marketing by manufacturers of kitchen appliances telling us that using the latest juicer or blender can improve our health and wellbeing.

If you find this kind of labelling and marketing confusing, you're not alone.

So how do we make the right choices to support our health?

Just keep it simple - don't get pulled in by the marketing claims. Whatever health and nutrition claims are made, you still need to consider your overall total daily energy intake. Blitzing 3 or 4 whole fruits into a blender means that we are consuming twice the total recommended daily intake of fruit in one go. So ask yourself - Am I choosing my food and drinks in the right serving sizes to keep my weight in a healthy range?

Your Healthy Weight for Life eating plan helps you focus on serving sizes for a balanced approach. We can all look after our health by choosing plenty of vegetables, a small amount of whole fruit, and moderate serves of carbohydrate, dairy and protein every day, and importantly, choosing water as our main source of hydration.



Winter Warmer Recipe Idea

Mushroom & Winter Veg Soup



Ingredients

- 5 whole unpeeled cloves garlic
- 2 large onions
- 750g assorted mushrooms, sliced
- 4 carrots, diced
- ½ bunch celery, chopped
- 1 bay leaf
- ½ butternut pumpkin, cut into cubes
- 1.5L salt-reduced vegetable or chicken stock
- Salt & coarsely ground pepper to taste
- Squeeze of fresh lemon juice
- Fresh parsley, chopped

Method

1. Roast the whole garlic cloves and cubed pumpkin in a moderate oven until soft.
2. Meanwhile, sauté onions, carrots and celery in a deep soup pot over low heat until softened. Add the mushrooms and cook, stirring occasionally, until soft.
3. Add stock and the bay leaf, increase heat to high, and bring to a boil.

4. Reduce heat again to low, add the roasted pumpkin and squeeze the garlic out of their skins. Gently simmer for 15-20 minutes.
5. When ready to serve, stir in chopped parsley, add salt and pepper, and lemon juice to taste.

HINT:

This recipe uses free foods, so enjoy anytime for a warming winter snack.

If you are planning on freezing some to enjoy later, skip step 5.

Cool soup completely, transfer to an airtight container, and you can store in the freezer for up to 2 months.

To serve, simply reheat then stir in chopped fresh parsley and add lemon juice, salt and pepper to taste.