

# Health Mentor Programme - Treats

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## IN THIS MENTOR SESSION:

- Yes you are allowed to snack but it's how...
- Snacks straight from mother nature to you!
- Drinks are snacks too!
- Kathy speaks

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## Snack time!

### Yes I know some of you live on snacks and have a few meals in between!

Unhealthy treats are the downfall of any person with good dietary intentions and that's why we thought to give a few ideas of our own!



### Yay! Snacks are good!

We all do well with a little something every now and then. The problem is that most of us don't plan for our snack times and, before you know it, you're driving past a fast food outlet with that **'I NEED SOMETHING!'** feeling grabbing hold of you!

So take good note of this session and make sure that your snack times are a health-promoting experience!

## The 3 phases of the snack trap...

### Here's Dr Anton's 'three phases of the snack trap'!

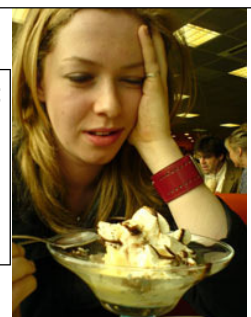


#### Phase 1: Yippee-who-cares-how-big-it-is-phase

In this phase several factors kick in to demolish your resistance. They are: years of habit, not eating well on that particular day, or feeling deprived because you didn't treat yourself with healthy snacks!

#### Phase 2: Yeesh-it's-bigger-than-I-thought-but I-can't -stop-phase.

You should have stopped 7 scoops ago but for some reason you stay true to what your mother taught you...never leave something in your plate!



#### Phase 3: Oh-my-goodness-what-have-I-done-phase.

Ok, take note here, this phase is usually too late! You've already consumed enough fuel to drive a passenger jet!

**Now read on to see how this session is going to help you avoid these compromising situations!**

# Raw revision

I've covered this in previous sessions but the following raw foods are probably the most ideal treats for your snack times. Let's refresh our memories!

## Use a fruit as a snack

(Yes, it's not as tasty as a bar of chocolate but if you take the time to re-train your taste buds you will eventually realise how sweet fruit really are!)

The following are all handy and healthy snacks to have around:

### Seeds

Take 2-4 tablespoons per day of raw **seed mixes** containing linseed, sunflower, pumpkin and sesame.

### Raw nuts

Take a handful per day.

**Raisins** are also ideal. Mix them with nuts and add coconut slivers (the coconut is also widely available).

**Dates** are loaded with goodness but be careful, things are getting quite sweet here so consume them sparingly.

### Dried fruit

Although dried fruit is natural and I can recommend its use, it remains a risky endeavor because it's just so easy to technically consume sugar equivalent to 10 or more fruits in one go!



# Yoghurt and ice cream replacements

## Yoghurt:

I prefer goats' milk yoghurt over cows' milk varieties.



## Ice cream replacement:

Ice cream remains a favourite with children and people (like me), so to help overcome the yearning for ice cream, do the following:

Find some of those plastic ice-lollie containers at your local supermarket. Now just mix 100% pure fruit juice with 50% water and freeze! Instant iced lollies!



### Real sugar, dairy, chocolate and everything else that's not permitted:

Yes, at times you will have some 'real' ice cream or chocolate! The principles here are clear.

-Don't have these types of treats in the house. Then the temptation doesn't live with you in your home.

-Have small quantities of a sugary treat. Remember due to the reaction of refined sugar in your body you will ALWAYS want to have more. Know this before you take that treat and pace yourself! Often a little bit is enough to satisfy you.

-If you do have a 'forbidden' treat have it once in a blue moon. Don't let the once-in-a-blue-moon become many moons!

# Fluid snacks

**Beverages are also ‘snacks’ and, if not taken wisely, can contribute dramatically to weight gains!**



**Sodas or fizzy drinks:**

- Sodas or soda pop are regarded as one of the main reasons for the levels of obesity in the westernised world! (Particularly due to the fact that it contains high quantities of fructose sugar)
- All the other risk factors associated with refined carbohydrates come into play here with the amplified effect that the sugars are very easily absorbed causing severe spikes in blood sugar.
- Another interesting fact is that fructose is used in large quantities in many soft drinks, fooling you into thinking that it’s healthy or better than normal refined sugar. Well it’s not. New research actually points to fructose being quite dangerous. (See more about this in the next session)

**Flavoured water:**

The new craze of flavoured water is quite interesting. I’ve had a good look at many of the flavoured waters on the South African market and they’ve got the same amount of sugar as most other sodas, just without the water having a black, orange or green colour. So what’s the difference between flavoured water and other soft drinks? Nothing, they’re actually all just sugary flavoured liquid!



**Sugar-free beverages:**

When it comes to the beverages that contain artificial sweeteners, the line has become quite hazy. The literature is conflicting regarding whether artificial sweeteners are bad for you or not, but in light of the fact that we like to err on the side of caution, we suggest that you limit your intake of beverages or food products that contain artificial sweeteners. (See the next session for more on this).

**Healthy substitutes:**

**Fruit juices:**

Take care here! Many people drink fruit juices by the gallon and think they’ve found the ideal substitute for soda drinks. Fruit juices contain high levels of fruit sugars and should be taken in smaller quantities and diluted with 50% water.

**Tea:**

Tea is a healthy substitute for sugar-containing cold drinks and on a hot day there are few things as refreshing as your own home made iced tea. (Be careful of the commercialised versions of iced tea which contain tons of sugar or artificial sweeteners!)



# Word from Kathy

With three healthy, active boys in the house I have to be ready with snacks on a continuing basis! So here are some ideas for healthy snacks, while avoiding sugar, white flour, wheat, colourants, flavourants and dairy where possible.

(I will try to constantly provide you with recipes for healthy snacks throughout the mentoring programme so that you never have to suffer without that 'something nice'!)

### Some basic ideas:

-Replace sugar with dates, carob (powder and chunks available at health shops), mashed ripe banana's when baking, raw honey, sultanas, and dried fruits.

-White flour and wheat can be substituted by potato and rice flour, oats and coconut.

-Good flavourants for baking are cinnamon, ginger, cloves and vanilla.

-Replace dairy using coconut milk, soya milk and rice milk.

These ingredients are especially useful when baking at home. Don't hesitate to experiment, use your 'normal' recipes and start to replace parts with above mentioned ingredients. Don't loose hope, your first try might not be perfect. Adjust by adding more or less of fluids, flour etc. In time you will get the hang of it!



### Healthy snacks are everywhere. Look out for the following ingredients.

-Carob snacks and carob coated rice cakes, 'safe' energy bars, date bars. Some retail outlets now even have health/diabetes shelves where you will also find most of the abovementioned.

-Unsalted nuts and seeds; mixed with raisins are always popular with kids.

-Add chopped dried fruit and coconut slivers and you have something special to give.

-Coconut bars or chunks (available at health shops) are a good chocolate replacement.



### More ideas!

#### Healthy rusks:

I use a whole-wheat rusk recipe and have modified it by using gluten free flour and a safe sugar replacement.

#### Flour:

Rice flour with its own baking agents are also currently available if you want to avoid normal flour. I add 1 teaspoon of baking powder to every cup of rice flour.

### OAT AND DATE BALLS

Place equal quantities of oats, desiccated coconut and dates (depipped) in a Magimix and pulse (use the steel blade) until the dates are chopped evenly.

Add a bit of water to form pliable 'dough'. Get the kids to roll into balls and dip into desiccated coconut. They just love helping! (and you get the skip the sticky hands bit...)



# Recipe

# About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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