

Diets that promise quick weight loss are nothing new and are often just a passing fad. But what exactly is a fad diet?

The Dietitians Association of Australia describes a fad weight loss diet as “any diet that promises fast weight loss without a scientific basis. These diets often eliminate entire food groups and as a result do not provide a wide range of important nutrients”.

People may lose weight on fad diets, but this is typically due to a reduction in total daily energy (kilojoule) intake and not due to some magic ingredient or formula. Fad diets that are very restrictive are not sustainable long term, and often not very practical either. But more importantly, if you cut out food groups from your diet not only may you not be getting all the nutrients you need for good health. As a runner, inadequate energy or nutrient intake has the potential to negatively impact on your running performance.

FAD DIETS

Part of the enjoyment of life is enjoying good food. Food that is varied and minimally processed and found in food groups such as fresh fruit; fresh vegetables; grains and cereals, (mostly wholegrain); lean meats, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans, and milk, yoghurt, cheese and/or their alternatives (e.g. calcium fortified soy).

This style of eating is based on scientific evidence and is very suitable for active individuals like runners. As a dietitian, runner and chef I love having the freedom to use a variety of ingredients when I prepare meals that are not only healthy and delicious but also help to fuel my running. Meals like the Mexican Style Rice with Beans.

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INGREDIENTS

Serves 4

¾ cup uncooked brown rice
2 tablespoons extra virgin olive oil (EVOO)
1 clove garlic, crushed
1 medium brown onion (150g), chopped
½ -1 fresh red chilli, chopped (optional)
½ large green capsicum, chopped
1 x 410g can chopped tomatoes
½ cup water or vegetable stock
1 x 420g can four or five bean mix, rinsed and drained
½ cup sweetcorn
200g green beans, chopped into bite sized pieces
½ teaspoon dried oregano
1 teaspoon paprika
1 teaspoon ground cumin
1 medium zucchini, sliced
Handful fresh coriander, chopped
Cracked black pepper to taste

METHOD

1. Cook brown rice according to packet directions and set to one side
2. Wash vegetables and coriander
3. Heat EVOO in a large pan over a medium heat
4. Add garlic, fry for a couple of minutes, add onion and chilli and cook until onion is soft, stirring occasionally
5. Add capsicum, chopped tomatoes, water (or stock), bean mix, sweetcorn, green beans, oregano, paprika and cumin and simmer for a few minutes
6. Add zucchini and continue to cook
7. Add rice and mix well (if using cold cooked rice, ensure it is heated through)
8. Stir in coriander, mix well and season to taste with black pepper

Mexican Style RICE WITH BEANS



SERVING SUGGESTIONS AND TIPS

Serve with a side of Guacamole (or diced avocado) and plain Greek yoghurt.

Increase protein content by adding some lean cooked meat, poultry, fish or tofu.

NUTRITION

This dish contains a mix of protein and carbohydrate to assist with recovery. To increase the protein content see serving suggestion. Each serve of rice contains about 15.5g protein, 12g fat, 67g carbohydrate, 7g fibre and 1,800kJ