



North Otago Masters Labour Weekend Tournament

North Otago Masters enjoyed had a thoroughly enjoyable Labour Weekend Tournament—some of the results below -

EVENT	WINNERS	RUNNER UP
Men's A Grade	Jason Kane/Matthew Sunderland	James Callaghan/John Alexander
Men's B Grade	Brent McLachlan/Peter Meehan	Henry Jones/Barry McDonald
Men's 120+	Rowly Brown/Peter Simpson	Ian Moore/Jim Todd
Women's A Grade	Judith Wallace/Irene Emond	Jenny Eggleton/Lynne Hodges
Women's 120+	Felicity Grant/Alice Kearns	Jan McLeod/Barbara Provan
Mixed A Grade	Grant Eastlake/Judith Wallace	Robbie Julius/Phil McMaster
Mixed B Grade	George Carnouts/es/Eveline McLeod	Craig Tinkler/Lynne Hodges
Mixed 120+	Ian Moore/Denise Colston	Jim Todd/Lindsey Moore

Foods with X—Factor

Nutrients mean X-Factor when it comes to your eating - it is important to distinguish between fashion and fact.



TRENDING - Powders

Our supplement shelves that we are told to use to enhance our nutrient intake. Some of these powders have benefits by delivering nutrients that are hard to consume given the food source. However, this is not to say that we should be using them instead of good quality foods that provide more than just a single nutrient. A green powder will not deliver the fibre and many other nutrients that our dark green leafy vegetables provide.

NUTS, SEEDS AND AVOCADO

These highly nutritious foods provide essential fatty acids that are essential for our wellbeing and we need to consume them from our foods, as we cannot manufacture them ourselves. These foods need to be included in our diet - as long as there is no allergy - but it is important to be aware that they are a high-calorie food and too much of them can lead to an increased calorie consumption, and thus weight gain over time.

CONFUSION - Coffee

This vice has been around for thousands of years, but has become fashionable to drink with friends or as a measure for starting your day. It is even part of a standard cocktail list now. Coffee received a lot of criticism with respect to increasing blood pressure and the risk of dehydration. More recently research has shown that coffee reduces the risk of bowel cancer. Now are you not sure what to do? The one rule that always applies; it's all about moderation.



FRUIT AND FRUCTOSE

Sugar has been identified as the killer ingredient in food. Unfortunately this has been taken to an extreme - with the growing tendency of people assuming they have fructose intolerance, sugars including fruit have been cut out from many people's diets. Fruit provides many benefits - ranging from fibre to vitamins and minerals, phytonutrients and fluid for hydration. There are too many advantages to cut fruit unnecessarily from your diet.



A MODERATE APPROACH

Eating is essential for life. Eating well is essential for a healthy life. Knowing what will give you the best to achieve ideal wellness is not about following trends. Just remember too much of a good thing can also be not so great for you.

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