



Newsletter



Editor's Notes

BY OLIVIA KNIGHT

Hello there and welcome to the second edition of the Knight Vitality newsletter! The spring and summer has been a whirlwind flying by, with the good weather upon us at last. So, let's soak up the sunshine, stock up on your vitamin D and enjoy the warmer days.

In this edition of the Knight Vitality newsletter, you'll find another article that I recently had published, "The Cost of Cheap Food", where we look at the rise and rise of ultra processed food and the damage that it can do to our bodies, whilst giving you some helpful ideas and tips on how to avoid eating too much highly processed food.

You'll also find a delicious recipe for a Spanish Omelette and information about our NEW health check packages. Happy reading and I hope this edition is useful to you all!

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The Cost of Cheap Food

BY OLIVIA KNIGHT

We're all feeling the costs of living rising; everyday essentials, fuel for our cars and homes, plus the ever rising cost of food. These rising costs in all areas of our lives are creating competition amongst the big supermarkets to provide food at cheaper prices, but what cost does this cheap food come at?

Many people are under the misconception that healthy food is more expensive and cite this as a reason for buying cheaper food, such as; convenience, takeaway and fast foods which tends to mean poorer quality and includes many chemicals and preservatives. In my work, I meet many people who talk about the monetary costs and the fact that their time also comes at a premium.

Nowadays, we want everything quickly; internet at hyper speed, we demand that post arrives next day and food that's ready in 20 minutes. Our parents and grandparents invested much more time in preparing and cooking meals. Studies show variation on the numbers, but looking at recent studies, the average adult spends a third less time preparing and cooking meals than in the 1950's. This reduction has come hand in hand with a reduction in the quality of food we eat, the nature of the world we live in today means we want food quickly. Each year shows increases in the number of times we eat out or choose unhealthy takeaways and ready meals. Meals that are ready prepared often come under the guise of "healthy" are actually laden with chemicals and preservatives, we've an increasing awareness of the dangers of ultra processed foods and the stress they put our body under.

We have access to the widest range of foods than ever, yet our diet tends to be the least healthy. We're seeing the highest number of dietary related diseases than ever, with links to highly processed

When we spend a little more time planning and cooking our meals, this increase in mindfulness leads to an increase in the quality of our nutrition.

MINDFULNESS IS KEY

To book your Nutrition and Health Coaching, health checks or for your FREE 15 minute consultation call 07541 222177 or email info@knightvitality.com. See website for more information: www.knightvitality.com



foods being at the heart of the problem. For the first time, obesity and dietary related diseases have overtaken smoking as the number one cause of death. Obesity puts us at increased risk of type 2 diabetes, high blood pressure, high blood cholesterol, stroke, heart disease, certain cancers, osteoarthritis, sleep apnoea and breathing problems, gallstones, fertility problems, joint and back pain, mental health issues such as depression, anxiety and has links to dementia and Alzheimer's disease. Alzheimer's disease now being unofficially termed "Diabetes type 3". Obesity and related diseases have huge impacts on reduction of life expectancy and costs the NHS more money than any other health problem. We can turn these frightening facts around, we can take back control!

Simple steps:

- Eat seasonal, locally sourced food,
- Planning meals,
- Write a shopping list,
- Meal preparation in advance,
- Batch cooking and freezing.

The benefits of eating less ultra processed foods:

- ☆ **IMPROVED NUTRITION QUALITY AND DIVERSITY**
- ☆ **MANAGE WEIGHT AND REDUCED LIKELIHOOD OF OBESITY**
- ☆ **LOWER FOOD COSTS**
- ☆ **REDUCED RISK OF CHRONIC DISEASES**
- ☆ **REDUCED FOOD WASTE**
- ☆ **REDUCTION IN STRESS AND INCREASE IN POSITIVE MENTAL HEALTH**
- ☆ **INCREASE IN LIFESPAN**
- ☆ **INCREASE IN HEALTHY YEARS**

When we take a little more time cooking food from scratch, we reduce the amount of chemicals and preservatives we consume, we reduce waste and spend less. We benefit in many ways, not just improved nutrition; we benefit from eating together, less pressure on our environment and reduce consumption of these unhealthy ultra processed foods that cause huge amounts of chronic disease.

By Olivia Knight

Head on over to www.knightvitality.com to find out more, or call 07541 222177 to book your FREE 15 minute consultation. Our consulting room is based close to the centre of Farnborough, with free parking outside.



Spanish Omelette - Tortilla de Patata

Ingredients

2 medium eggs (per person)
2 tablespoons of milk (per person)
1 medium potato (per person)
thinly sliced
Salt and pepper to season
A dash of oil

The KV variation:

5 cherry tomatoes sliced in half
1/2 courgette sliced
1 small red onion sliced
1/2 block of feta cheese crumbled
Fresh mint leaves roughly chopped
Fresh basil leaves to garnish



Spanish Omelette or Tortilla de Patata

This is the basic recipe for a Spanish omelette, also known as a Tortilla de Patata (the Italian equivalent is a Frittata). An omelette base filled with sliced potato, you can add any other fillings you like. You could try tomatoes, red onion, tenderstem broccoli, carrots, spinach, leeks, asparagus, feta cheese, chicken, sliced up chorizo, mushrooms, sweetcorn, peas, red peppers, fish such as tuna or prawns, plus any selection of herbs and spices. Add anything you'd like, nothing is off limits with a Tortilla de Patata! Serve with warmed crusty bread, a fresh side salad or cold on its' own.

METHOD

- 1: Break the eggs into a bowl or jug, add the milk and salt and pepper to taste. Whisk thoroughly.
- 2: Wash, peel and prepare any vegetables that you will be using in your Tortilla de Patata. A good tip is to try and keep them all of a similar size, this makes your Tortilla more uniform and keeps it looking tidy and pleasing to the eye, plus it will hold together better when all the ingredients are of a similar size and shape. For the KV variation prepare the vegetables: cut the cherry tomatoes in half, thinly slice the red onion, slice the courgette thinly and lightly fry in a teaspoon of olive oil until golden.
- 3: Warm the olive oil in a frying pan. Mix the egg and milk mixture with the vegetables or meat fillings that you have decided on (leave out the feta cheese). Pour everything into the pan and gently cook the Tortilla de Patata until golden underneath and so that all the egg is thoroughly cooked through and there is no "clear or runny" egg on top.
- 4: You can flip the Tortilla over or how I like to do it, put a large plate over the frying pan (ensuring the plate fits over the Tortilla de Patata) and then flip the frying pan over so the Tortilla lands on to the plate. You can then slide the Tortilla back into the frying pan to cook the other side. (If you are making this in the Italian method, you would put the pan under the grill/in the oven to finish cooking the top of the Frittata). If you are adding cheese, doing so at this stage is a good idea as this will allow it to slightly melt before serving.
- 5: Cut the Tortilla into 1/4 slice portions, now you are ready to enjoy with crusty bread and a side salad or some vegetables. The Tortilla de Patata (or Frittata if you prefer) can also be enjoyed cold on its' own if you prefer.

An original recipe by Olivia Knight - Nutritionist and Health Coach

More recipes are available on the website

Head on over to www.knightvitality.com to find lots more delicious, nutritious and healthy recipes for you to try!



Nutrition Facts

Per serving 1/4

Calories 550 kcal
Total fat 25.2g
Saturated fat 10.5g
Cholesterol 349mg
Sodium 751mg
Total Carbohydrate 47.4g
Dietary Fibre 5.7g
Total Sugars 11g
Protein 29.8g



The Knight Vitality Summer Edition

Summer Ebook - Your FREE supplement

Welcome to Summer! To help you feel your best, Knight Vitality has some great stretching and foam rolling tips for you to help get the summer off to an energetic start!

Packed full of tips to help you improve your flexibility, you'll find cheat sheets, inspiration and lots more!

You can thank me later!



In the coming months, you will find more FREE eBooks coming your way....

We are working on the Knight Vitality "Mastering your Metabolism" Ebook, plus lots more! Keep your eyes peeled for the next Knight Vitality newsletter coming out in Winter.



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If you have any recipes, suggestions or anything else you would like to see in the future editions of your newsletter, please drop me a line on the KV email: info@knightvitality.com



A Warm Welcome to Summer 2024!

Our Summer edition has landed! I hope you have been able to enjoy the warmer weather, getting plenty of time outside to soak up the sun, breathe in the fresh air and enjoy our beautiful outdoors spaces. We are so lucky here in Surrey and Hampshire to have an abundance of choice in the best green spaces, woodlands, parks, lakes and the coast. Get out there and enjoy the freedom for a big boost to your mental and physical health!

I have recently added a new selection of health check packages in response to your requests. You asked for more knowledge on your body and its' inner workings, so pop on over to the website for more information on each package.

Happy Summer,
love Olivia

The new Knight Vitality health check packages

I have had many of you asking for more knowledge about your body and your health. During health coaching sessions with you, I heard so many comments about feeling tired all the time, feeling unsure about your heart health, questions around your hormone levels and it got me thinking....

As a qualified Emergency Medical Technician, I am trained in taking samples for analysis and this lead me to create a range of packages that caters to your needs and your requests.

What health check packages are available?

- ☆ Tired all the time
- ☆ Heart health
- ☆ Gut health
- ☆ Women's hormones
- ☆ Full health check

Get in touch to find out more...
www.knightvitality.com