

Spring 2010

Nutritionally Fit

Isn't the spring weather we've been having fantastic!? As the warm weather greets us, I have been busy updating my website, with lots new news, articles, and recipe ideas. And in theme with spring time, we see everyone busy with spring cleaning. How about spring cleaning your body? See my article on my website <http://nutritionallyfit.ca/Articles.aspx> on the benefits of Probiotics, an easy way to clear out the unwanted toxins from your fat cells.

### Thai Mango Salad

By Louise McGill RHN

*The mango is sweet and the rice vinegar gives it a tang. The sunflower seeds give the salad a crunch. Red pepper and/or cucumber could also be used. I find it better to keep it to three ingredients so it does not crowd out the flavours.*

*Serves 2-3 as a side dish. Recipe can be doubled easily.*

*This is fairly quick to make and will keep one to two days.*

1 tbspcanola (organic) oil or olive oil

1\_tsp raw honey

½ tsp of dried cilantro – or adjust to your liking Or ¼ cup fresh chopped cilantro

2 tsp rice vinegar (careful not to add too much) or fish sauce

Juice of one lime

Pinch of [sea](#) salt (optional)

¼ cup thinly sliced red onion or thinly sliced green onion

1 medium carrot- coarsely grated

1 ripe but firm mango- julienned

2 tbspcanola seeds

1. Mix liquid ingredients together plus cilantro
2. Add mango, onion, carrot
3. Mix together
4. Optional to serve on a bed of lettuce. To make into a meal: add cooked chicken or shrimp.

Another exciting update, I have recently attained my Personal Training Certificate. Stay tuned for more information in the fall for combined personal training and nutrition consulting.

Anyone of any age can benefit from holistic nutrition. Let me help you take the preventative approach to help you reverse pre-existing conditions, or help you achieve more energy through whole natural foods. As always I am available for Nutrition consultations and am happy to help.

Yours in health,

Louise McGill RHN, PTS

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