

# provisions

from Hill Street Grocer  
and Augusta Foodstore

## Time flies

They say time flies when you're having fun ... and time has flown for us as we celebrate eight months at the helm of Augusta Foodstore after taking over from Nick and Marco in June last year.

While it's been a steep learning curve, it's gone fairly smoothly for two novices to the retail grocery world. We attribute this to having a great team around us, and just a little advice from Nick and Marco.

The biggest challenge we have faced at Augusta Foodstore was Christmas trading. Nick and Marco warned us that it would be "busy" and that they would need to order "a bit more stock than usual" to keep up with demand. Well, they were right, and while Christmas hit with full force we've come through it happy with the way things went, and pleased that customers were able to get everything they needed. We also took the lead from Marco and Nick and called in family favours – both our dads, Peter and Geoff, leant a helping hand over the Christmas week.

And while the busy Christmas period is behind us, we aren't resting on our laurels just yet. 2006 is going to be another exciting year of growth and change for Augusta Foodstore, the most exciting new project being our application for a licence to sell Tasmanian wines. The decision will be made by the Liquor Licensing Commission in February. If we're successful, we will create a whole new wine section within the store, hold tastings and special offers, host visits from Tasmanian winemakers, and more ... stay tuned as this exciting new part of our business takes off.

Thanks to all our customers and new friends for making our transition to Tasmanian and Augusta Foodstore so enjoyable, and we look forward an exciting year ahead.

**Cheers,  
Trent and Jonelle**

## Faster, fitter, healthier

Fitness is the new black, the must-have accoutrement for a modern lifestyle. At Hill Street Grocer we are making over our personal and corporate image under a new fit-for-life banner.

As a personal trainer, Emma Weitnauer has been putting Nick and Marco through their paces to get more enjoyment out of their work and leisure, and Hill Street Grocer and Augusta Foodstore are helping Emma out with sponsorship to make sure she is able to participate with all the right gear in the Australian Ironman Championships in April at Port Macquarie and, with luck and determination, the World Championships in Hawaii in October.

In return, Emma will pass on to readers of *Provisions* some of the knowledge of exercise, nutrition and attitude that has taken her to the top of her sport.

As Emma Pugh, she was sent to swimming lessons as a child to help with the asthma she suffered from. She also played water polo for the state and did classical ballet for 16 years, until, when she was 18, her ballet teacher said she should chose between dancing and triathlon – triathlon won.

Emma left Tasmania to do a degree in human movement at the Queensland University of Technology, where she graduated in 1998. Over the next couple of years she was placed in many ironman championships, including being second in the 18-24 age group World Ironman Championships in Hawaii in 1999.



After a couple of years travelling and living in Boston and Edinburgh, Emma returned to Tasmania and in 2002 married Andrew. They have a daughter, Cariad, aged three.

Emma is a personal trainer with All Aerobics and also conducts "spin" classes – sort of aerobics on stationary bicycles – and triathlon squad at the same time as she trains hard for her own elite-level competitions.

An Olympic distance triathlon comprises a 1.5km swim, a 40km bike ride and a 10km run. An ironman race ups the ante considerably – a 3.8km swim, a 180km bike ride and a marathon run of 42.2km. Emma's best time for the ironman is 10 hours and 18 minutes, which she wants to get to down below 10 hours by April and qualify for the world championships.

Emma will do strength training and swim one day, then ride a bike and go for a run the next. On weekends she puts six or seven hours into training, and on Mondays she rests.

It's not all body work though. Emma used to excel at swimming and riding and "just survive" on the run, until she took herself in hand and "taught myself how to believe in myself as a runner". At the same time, she watched videos of herself running, studied the biomechanics, and taught herself to run anew.

"Now I can run just as well as athletes who are runners only," she says. "Now the run leg is where I finish and bring it home."



## Eating for energy

Emma Weitnauer



Being healthy and feeling great every day requires energy. You need energy to get through your work day, to care for your

family and to participate in activities you enjoy. Every individual has different energy requirements. People who are highly active, have physical jobs or are athletes need more energy than less active people or people with sedentary jobs.

Balanced and nutritious eating, providing your body with carbohydrate, protein and fat, gives you the fuel for energy.

To maintain good health your energy intake (the food you eat) needs to meet your energy demands. If your intake exceeds your energy output you risk body fat gain, high blood pressure, high cholesterol levels or high blood-sugar levels, which may lead to problems such as type 2 diabetes and heart disease.

If your energy output is greater than your intake you can achieve fat loss. But if your body demands much more fuel than you are giving it you could experience fatigue, headaches, poor concentration, poor co-ordination, malnutrition... the list is long.

We want to find a balance between energy in and energy out. We can find this balance through good food choices and appropriate amounts of exercise.

## Food choices

To make things simple for ourselves, the food we choose should be every-day foods that are easy to buy and easy to prepare.

The National Health and Medical Research Council has published some dietary guidelines for Australian adults. The focus of these guidelines is variety, eat plenty of: fruit and vegetables; nuts and seeds; lean meats, fish and poultry; high fibre, wholegrain cereals (including bread, rice and pasta); and low-fat dairy foods. And of course, drink lots of water.

## Carbohydrate foods

Carbohydrates are your body's main source of energy. You need carbohydrates just to function. When eaten, carbohydrates are turned into glucose in your bloodstream, which is then used by your brain and muscles or it is stored in your liver and muscles as glycogen (fuel for later).

Carbohydrate foods are ranked according to their effect on blood sugar levels – their Glycemic Index (GI). Foods with a high GI break down and release glucose into the bloodstream quickly, causing blood sugar levels to rise rapidly. Foods that break down slowly and take longer to be absorbed have a low GI, giving you longer-lasting energy and keeping blood sugar levels more stable.

Low GI foods tend to be more satisfying, so you are less likely to over eat or munch on less nutritious snacks during the day.

## Low/Intermediate GI Foods

### Bread

Country Life Bakery  
- Performax GI 38  
- High Soy and Linseed 42  
fruit loaf 47  
pita bread 57  
multi-grain 43

### Cereals/Grains/Pasta/Rice

bran 30  
oats 51  
basmati rice 58  
freakah (green wheat) low  
fettuccine 32  
vermicelli 35

### Starchy Vegetables

sweet corn 55  
sweet potato 54

### Fruit

apples 38  
bananas 55  
cherries 22  
grapes 46  
peaches 42  
dried apricots 31  
fresh apricots 57

### Pulses

chick peas 33  
lentils 28  
green peas 48  
soy beans 18  
soy milk 31  
baked beans 48

### Dairy (low fat)

Skim milk 32  
yoghurt 14-34  
ice cream 47  
custard 43

Low GI foods have been shown to help reduce the risk of heart attack, cardiovascular disease and type 2 diabetes and help body fat loss.

A low Glycemic Index ranking is less than 55; intermediate is 55-70 and anything more than 70 is rated high.

Your first step on the energy pathway through balanced, nutritious eating is choosing carbohydrate foods with a low GI (see box).

Find out about your next step (as well as some great low GI meal ideas) in our next issue....