

# Information overload...



## Separating facts from fiction takes knowledge, experience and dedication – just ask dietitian Maryl-Ann!

At this time of year, almost every magazine and current affairs show features a story on a new diet or nutrition claim. New diets endorsed by celebrities and claims of “super foods” which cure all manner of ills are presented in a very convincing manner.

Often these claims are more to do with increasing the audience figures of a TV show than improving the health of the nation. It’s difficult to sort the fact from the fiction and for most people, there is just too much information and not enough time to sort through it all.

### **So what does Lite n’ Easy do for you?**

**We cut through the hype and sort the fact from the fiction.**

We constantly evaluate the scientific data to check for new developments – recently we reduced the sodium levels in our meals in line with international recommendations.

**We investigate new claims for accuracy.**

We discounted goji berries as being a wonder food and instead include other fruits like blueberries, apples and the common orange because they are just as nutritious.

**We ensure all food groups and nutrients are included.**

The research shows it is the only proven way to long term good health.

**We try to use the simplest and freshest ingredients.**

After searching for recipes and ideas from around the world we prepare meals that taste delicious without loading them with butter or cream as shown on cooking shows.

**We use a common sense approach.**

Backed by sound nutritional research, we make your weight loss easier and your life more enjoyable.



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