

LUNCH DATE

# 'Eat what makes you feel good'

Lifestyle and nutrition coach on good food but without the diet

**Octavia Nance**  
nanceo@timesmedia.co.za

LA FEMME last week took Port Elizabeth lifestyle and nutrition coach Tanya Wyatt out for a quick lunch at the place of her choice, Friendly Stranger, the coffee shop famous for its delicious cakes.

Over a cappuccino with foam, Wyatt said it was important that people ate whatever made them feel good. She shares her knowledge and advice on good nutrition monthly in local community papers and appears bimonthly as a guest on Bay TV.

Wyatt, who doesn't believe in diets, ordered a lamb wrap filled with tomato, lettuce and cucumber.

**I like Friendly Stranger because** it's close to home, sunny, very relaxed and they do great cappuccinos!

**The best thing about my career is** I get to talk about food a lot (I really enjoy eating).

**I'll know I've made it when** I have to put shades on when I go out, so people don't recognise me and want my autograph (ha-ha, wishful thinking).

**The person who has taught me the most is**



**FULLFILLING:** The Friendly Stranger's lamb wrap filled with cucumber, lettuce and tomato

... not one individual, but a collection of all the clients I've had over the years and who have helped me become the practitioner I am today.

**I have a soft spot for** my very good mate Georgie "The Elegant Chef" Georgina Hounsfield's chocolate brownies (the best in town).

**I should have studied** less at school and had

more fun.

**I'd love to party with** comfortable shoes on. **I'm reading** nightly.

**When I was 16, I wish I knew** what planet my parents came from.

**My music weakness is**... house, folk, opera, classical and Cypress Hill.

**Nothing makes me happier than** Georgie's chocolate brownies (did I mention those already?)

**My favourite item of clothing is**... good grief. Perhaps my Sissy Boy "Miracle" jeans.

**I absolutely hate** artificial sweeteners.

**I am saving to buy** a number of consumables that, although I can't take with me when I die, will give me great pleasure whilst alive on earth.

**I share my life with** my staffie Chicken, my daughter Cassandra, her dad Stu, and various hilarious and sociable friends.

**I can't go a day without** water.

**My favourite places in the metro are** Schoenies, Richmond Hill, the beachfront and Dodd's farm.

## HEALTH TIPS

TO coincide with National Nutrition Week, we asked Port Elizabeth nutritionist Tanya Wyatt to share a few of her healthy habits. Her advice is:

● **Stick to real food.** Ration the carbohydrates, proteins and fats for your unique biochemical make-up. Eat frequently enough to remain energised throughout the day;

● **Drink clean, filtered water** appropriate to your body weight and level of physical activity. Multiply your weight by 0.033 to work out your base-level intake, outside of moderate to high intensity exercise;

For example, if you weigh 60kg, multiply that by 0.033 to give you 1.98 litres of fresh water that you should be drinking daily;

● **Make sure your pre-sleep activities** – up to two hours prior to bedtime – are low-key; Use dimmer switches, lamps or candles; avoid computer and TV exposure. Try to wake naturally with the sun.

● **Don't over-train.** Preserve energy. Don't under-train; be sure to move your body every day in some way and preferably throughout the day.

● **Breathe.** On inhalation, your belly should relax and expand outwards like a balloon filling. Your ribcage should expand outwards, as opposed to upwards. This allows for more potent oxygen and nutrient absorption into the cells.



**HAPPY BODY:** Nutritionist Tanya Wyatt enjoyed her lunch at the Friendly Stranger  
Pictures: B-JAY PIERCEY