

# MEDIA RELEASE

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## Cuppa Conversations

The first Huon Valley Council 'Cuppa Conversations' for 2016 saw a full house to hear Ngaire Hobbins, dietician, lecturer and author, on the topic "Eat to Cheat Ageing".

Ngaire Hobbins gave a delightful talk as there was no mention of diets or foods to avoid. Instead, Ngaire spoke of the need to increase your protein intake.

As you age your metabolism slows down, the body is in need of more repair and your appetite and meal sizes seem to decrease. Seniors protein requirements though remain the same as when they were younger.

Ngaire's golden rule for eating was protein and then as many colours as possible on your plate as colourful foods provide the different antioxidants we need.

Ngaire warned against losing weight when you are older as you need those stores to protect you against illness, falls and hospitalisation. Also physical activity is very important as you need to remind your muscles what they are for, as it is muscles that store and release proteins when required.

The next 'Cuppa Conversations' is on Thursday 11 February, 10.30am-12.30pm, Council Chambers, Huonville and the RACT will be presenting "Years Ahead." These are free events but please book on 6264 0300 for catering purposes.



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