



# January 2020

## Vitamin B12 Fast Facts

1. Vitamin B12 is only naturally found in animal based foods.
2. It is the only water soluble vitamin that the body will store in small amounts.
3. This vitamin is essential for nervous system and red blood cell health.

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# February 2020

## Magnesium Fast Facts

1. Magnesium is required for over 300 metabolic functions in the human body.
2. It's estimated that over 60% of people do not consume enough magnesium daily.
3. Food sources include pumpkin seeds, sesame seeds, cashews & quinoa.


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# March 2020

## FODMAPs Fast Facts

1. FODMAPs are small compounds in some foods which can cause gut issues.
2. Some high FODMAP foods include onion, cabbage, cauliflower & apples.
3. Some low FODMAPs foods include meat, almonds, blueberries & green beans.



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# April 2020

## Histamine Fast Facts

1. Histamine can cause several health issues in people with histamine sensitivity.
2. Certain foods can contain histamine or trigger a histamine release.
3. Foods high in histamine include citrus fruits, tomatoes & fermented foods.

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# MAY 2020

## Zinc Fast Facts

1. Zinc is a mineral & biologically essential for our health.
2. We require zinc to keep our nervous, digestive & immune system healthy.
3. Foods that contain zinc include pumpkin seeds, beef & eggs.



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# June 2020

## Protein Fast Facts

1. Protein is considered the building blocks of human life.
2. It is the biological backbone to many of our body systems & metabolic health.
3. Good quality protein sources include beef, lamb, lentils & lupins.

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# July 2020

## SIBO Fast Facts

1. Small intestinal bacterial overgrowth (SIBO) can cause a range gut symptoms.
2. In SIBO, the small intestine overgrows bacteria from different areas of the gut.
3. Certain diets & foods can significantly improve symptoms related to SIBO.

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# August 2020

## Choline Fast Facts

1. Choline is an essential nutrient which means our body needs it to be healthy.
2. We must get extra choline through our diet to keep up with our body's needs.
3. Foods high in choline include eggs, beef, cruciferous vegetables & oat bran.

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# September 2020

## Olive Oil Fast Facts

1. There are 2 primary constituents that make up olive oil.
2. Fatty acids are the primary constituent making up to 99% of the oil.
3. Phenolic compounds make up the rest & are the key to olive oils health benefits.

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# October 2020

## Selenium Fast Facts

1. Selenium plays critical roles in many body functions such as metabolism.
2. Selenium is also a potent antioxidant & may help protect our cells from damage.
3. Foods highest in selenium include brazil nuts, oysters & eggs.



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# November 2020

## Fermented Foods Fast Facts

1. Fermentation is a biological process helping increase nutritive properties of food.
2. Fermented foods & beverages can deliver healthy bacteria to our gut.
3. Types of ferments include yoghurt, sauerkraut, sour dough, miso & milk kefir.

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# December 2020

## Vitamin B9 Fast Facts

1. Folate & Folic Acid are different forms of the water soluble Vitamin B9.
2. Folate is the natural form found in foods such as eggs, green veg & avocado.
3. Folic Acid is the synthetic form used in supplements & food fortifications.

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## The Fast Facts 2020 Nutrition Calendar is provided to you by Liz Mountford Clinical Nutritionist at Food & Nutritional Therapies



LIZ MONTFORD - CLINICAL NUTRITIONIST

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### My Story

The majority of my working life was spent in busy corporate environments in the UK and Australia, with long hours, and not feeling able to focus on my health and well being. A number of years ago, I became increasingly frustrated that I had lost control of that part of my life. I decided it was time to manage this properly and ultimately resulted in a change in career.

Having grown up on a farm in the South West, I had always been interested in good food, nutrition and how the quality of organic farm sourced foodstuffs impacted on health. I knew there was a lot of information on diets, food, nutrition and supplements and I noticed how people were always reading and talking about the latest trends in this area, without a real scientific understanding of what they were proposing to do to their bodies. I found all this information extremely confusing and didn't know what to believe. What was very apparent, was that the people who ate a diet of whole unprocessed foods, felt and looked the healthiest.

I wanted to find out why, work out fact from fiction and, with my interest already in food and it's nutritional value, I completed a Bachelors degree in Health Science and specifically Nutritional Medicine.

I now use this knowledge and my practical experience to help people to understand how food and nutrition can benefit their health and assist them in managing numerous health related issues.

I hold a Bachelor of Health Science degree in Nutritional Medicine and a post graduate 1st class research honours degree investigating the impact of nutrients on the intracellular alpha-synuclein protein formation in Parkinson's Disease.

I am an Associate Nutritionist with the Nutrition Society of Australia & Member of Australian Natural Therapists Association. I am registered with the following providers for private health fund rebates: HBF, Medibank Private, GU Health, APIA Health Insurance, AHM, Australian Unity, Cardicare Health Fund, Mildura Health Fund, Qantas Health Insurance, Queensland Country Health & Westfund.