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Getting Back on Track with Your Lives and Goals.

I believe many would describe the year 2020 as chaotic. The Covid-19 outbreak has us "living in a state of high alert" that derailed our normal routine and life goals. Additionally, after months of living in lockdown, many find we've changed mentally, physically, and emotionally. We no longer feel good about ourselves.

Many experience regret and dissatisfaction. May it be your body shape, your weight, your stamina, etc. You may also reminisce about how it good it felt to be strong prior to the Covid-19 pandemic.

Do not despair! If you have derailed, now it is time to get back on track.

Fittingly as 2020 ends, let us start planning. Oprah Winfrey once said, "Cheers to a new year and another chance for us to get it right."

Here, we want to share with you how our friends, after finding their lives greatly changed by the Covid-19 pandemic, were able to recover using the simplest form of solution. It is our 2-minute read to help inspire you to get back on track and how it will feel good to be strong again.

Life Transforming Journey for Two — by Linda

Mother Daughter Food Lover Duo



We are the food lover duo!

Hi, I am Linda. A 27-year-old Malaysian foodist with a nose for anything delicious. Afterall, Malaysia is among the world's Top Destination for cuisine with incredible taste at great value. Malaysia is truly a food haven.

My mother, Kak Wan is my pillar of strength. She is already my No. 1 fan the moment I announced I am starting a food blog focusing on Malaysian cuisine.

She is always accompanying me searching for the best food in town. Additionally, we love experimenting with new recipes and cooking techniques. I attribute the success of my food blog to my pillar of strength – My Mum Kak Wan.

The Downside When You Eat Too Much

My mother and I love exploring for food related content to be featured in my blog. These may be new places to eat, new food trends to follow, new takes on old recipes or sometimes stories on food preparation.

One of the main highlights of my blog is 'Mum & I's Top 10 places to Eat' List. We just like sharing our foodie experiences – especially authentic food made with love. As we expand our repertoire, so did our waistlines. All due to overindulgence in good food with too little exercise.



Our love for food took a toll to our body weight & sizes.

How did it happen? Well, whenever we visit a restaurant, it is a must to try all their most popular items. Even though we are full, we will never skip dessert. This is a normal occurrence as we must try as much as possible to give an authentic review of the place.

What happened? We increased 2 dress-sizes in 2 months!

Mortifying Health Lecture

One day, I took my mother to the doctor after she complained of indigestion. The doctor who is also a family friend looked at us and immediately ordered us to undergo a medical check-up.

I clearly remember the day when our usually mild-mannered family doctor shows us our medical results. He was furious! We were not only overweight, our readings for cholesterol level, blood sugar level, and blood pressure were dangerously high – classic symptoms of metabolic syndrome (more about metabolic syndrome later). Our good doctor is not only a family friend but also a fan of our blog (sigh, he knows what we have been eating).

His lecture began with him selecting a post I shared last week named “What my mom & I had today?”. That day was a beautiful Saturday and durian was bountiful. The day started with typical Malaysian breakfast – nasi lemak with ayam goreng. Lunch consisted of durian because it was bountiful. Tea break consisted of a few local kuihs with coffee, then dinner consisted of char kuay tiaw at the local pasar malam. It was quite a normal day except for the durian.



Temptation of durlan.

It was after listening to the doctor that we were shocked to know how heavy our meals were. Do you know? Durian is among the most calorie-dense fruit with more than 300 calories per cup (about half a fruit). Each plate of char kuey tiaw is around 700 calories and a plate of nasi lemak with fried chicken is around 800 calories. A piece of kuih seri muka is almost 200 calories, and a piece of goreng pisang is 130 calories.

Generally, the recommended daily calorie intake is 2,000 calories a day for women and we far exceed it every day.

Additionally, the food we consume is loaded with cholesterol, sugar, and carbohydrates which are not good for our health. No wonder it is no joke when Malaysia has the highest rate of obesity and overweight among Asian countries.

Needless to say, we were embarrassed by the end of the lecture.

We are in big trouble!

Throughout my youth, I was falling in and out of my fitness goals. I was always active in sports and was adventurous in exploring new fitness activities, but I lacked consistency. Now at 27, the thought of me not getting younger and managing a food blog is taking a toll on my health.

The worst feeling is that I basically roped my mother into the same circumstance. Kak Wan is 57 and these changes pose greater risks for her. Having metabolic syndrome is a sign of increased risk for chronic diseases which ultimately can kill us. I must do something.



Delicious but contributing towards Metabolic Syndrome.

In case you didn't know, Metabolic Syndrome is a cluster of conditions that occur together, increasing your risk of heart disease, stroke, and type 2 diabetes. Having metabolic syndrome is basically increasing our risk towards chronic long-term diseases which includes (list not exhaustive) – diabetes, heart attack, kidney disease, stroke, cardiovascular disease.

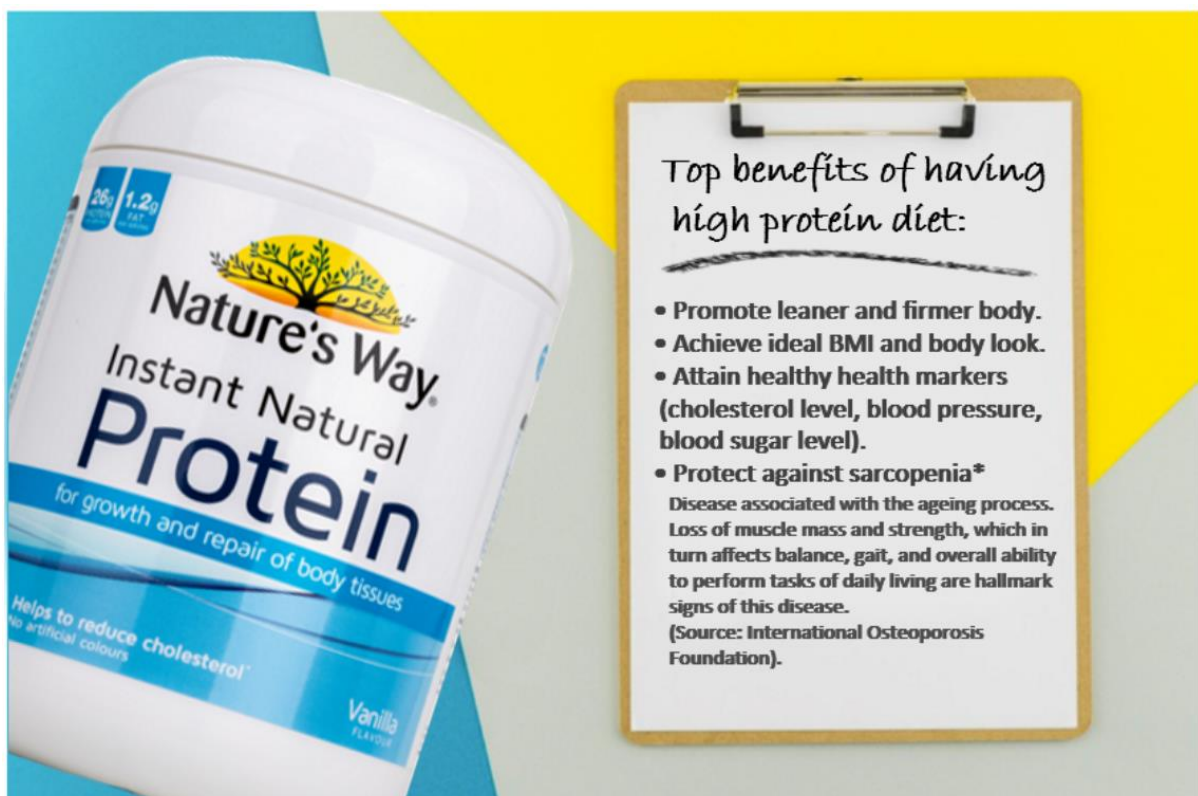
Did you know that Malaysia has the highest number of diabetes cases in Asia and up to 40% of Malaysians suffer from metabolic syndrome?

That day, I made two promises -- to regain our fitness and health. And to help my mum be healthier and stronger. My gift to my number 1 supporter, I will do my best to keep her healthy.

Protein Gets You There

The journey towards good health isn't easy if you are a flourishing food blogger. But I found the answer in Protein. High protein diet is the latest craze worldwide for those looking to be healthier without sacrificing taste.

Studies found that consuming more protein more frequently throughout the day decreases body fat, and abdominal body fat. In the meantime, it increases lean body mass to help you look fit and not flabby (the key to looking good in tight dress 😊). Increasing dietary protein intake also will manage our metabolic syndrome which my mum and I promised to do.



Top benefits of having high protein diet:

- Promote leaner and firmer body.
- Achieve ideal BMI and body look.
- Attain healthy health markers (cholesterol level, blood pressure, blood sugar level).
- Protect against sarcopenia*
Disease associated with the ageing process. Loss of muscle mass and strength, which in turn affects balance, gait, and overall ability to perform tasks of daily living are hallmark signs of this disease.
(Source: International Osteoporosis Foundation).

The Most Versatile Protein

Being a blogger has its advantage. My fan named Hana left me a comment telling me check out Nature's Way Instant Natural Protein. She says this brand of protein helped her regain her starlet figure within a short period of time.

Undeniably, Nature's Way Instant Natural Protein turns out to be the best choice for my mum and I. We like it not because it is Australia's No. 1 Lifestyle protein, made from quality protein, or having the highest protein content – but because it is versatile! Good to be drunk on its own and suitable for baking and cooking.

Nature's Way Instant Natural Protein fortifies our health with quality protein. Our favourite is because it is versatile to be incorporated into recipes and substitute for normal flour. It is made from non-GMO soybeans lending it a soft nutty taste which does not alter the taste of our recipes. Besides that, I can also drink it on its own as a meal replacement. This comes in handy when I need to manage my daily calorie intake after a large meal. To Kak Wan and I, Nature's Way Instant Natural Protein is the best.

A Healthy and Fit Food Evangelist

My mother and I still enjoy our frequent foodies' trip but no longer in overindulgent ways. We eat in moderation and usually order food to be shared. These trips have evolved into a family affair since my father decided to tag along. Officially he grumps saying he promised our doctor to keep a good watch but secretly we know he does not want to be left out from having a good meal.

I include my transformation into my blog as well. Nowadays, I will post more content about my mum and I reinventing old classic recipes into healthier versions. One of our latest success is our remake on the Malaysian classic banana cake. Our version is as fragrant and as soft as the classic but with higher protein content. I like the saying how it feels good to be strong. And in my case, getting strong can be as easy as taking more protein. It feels even better with Kak Wan being stronger now that she is slimmer and her readings for cholesterol, blood pressure, and sugar level are getting healthier.

Thank you, mum for always supporting and being there for me. Let us eat together, reinvent together, feel good together and stay strong together. Happy Mother's Day.

We agreed to change our lifestyles and keep everything in moderation. This is what we did:

Here is our new take on one of Malaysian favourite food: Classic Banana cake!



High protein banana cake made with Nature's Way Instant Natural Protein.

Recipe:

Makes one 18-cm (7-in) cake
Preparation time: 40 minutes.
Baking time - 40 - 45 minutes.

- 150g very ripe bananas, peeled
- 2 teaspoon lime juice
- 3 medium eggs, beaten
- 150g butter
- 150g caster sugar
- 120g cake flour
- 30g Nature's Way Instant Protein powder (vanilla flavour)
- 2 teaspoon baking powder
- 1 teaspoon vanilla extract
- Pinch of bicarbonate of soda

Method:

1. Line the base of an 18-cm (7-in) round or square cake tin with greaseproof paper and brush the sides lightly with softened butter. Preheat oven to 170°C.
2. In a small bowl, mash the bananas with a fork and stir in the lime juice. Set aside.
3. Cream the butter and sugar together until light and fluffy (preferably using an electric mixer). Pour the eggs in a little at a time, beating well in between additions.
4. Sift cake flour, Nature's Way Instant Protein powder, baking powder and bicarbonate of soda together.
5. Using a large metal spoon, fold in half the flour mixture without over-stirring or beating the mixture. Fold in the mashed bananas until well incorporated and then finally, the rest of the flour mixture and vanilla extract.
6. Turn the mixture out into the prepared tin, hollowing out the middle slightly to prevent it rising to a dome in the middle.
7. Bake in preheated oven for about 40 minutes or until cake is well risen and golden brown. Use a skewer to test doneness.
8. Allow cake to cool in the tin for 10 minutes before running a knife around the edges and turning it out to cool on a wire tray.

Try my recipe or explore a wide array of delicious choices here:
<https://bit.ly/NWINPRecipes>

Disclaimer: The contents of this blog are fictitious; they have no relation with reality.