

## NUTRITION and WEIGHT MANAGEMENT

### TOP TIPS FOR SUSTAINABLE WEIGHT LOSS



**Eat regular meals** – 3 meals plus 2-3 snacks/small meals (I.e. handful of nuts plus a banana). Little and often is a good way!

Don't go without food for longer than 3 to 4 hours. This will help regulate and boost metabolism (burn calories), keep blood sugar levels stable (reduce cravings) and help us tell the difference between real physical hunger and emotional food cravings.

**Drink plenty water**- 1.5 to 2 litres per day (2.5 pints to 3.5 pints) is a general rule of thumb!. However to make it more specific to gender and weight the following formula is more widely accepted.

MALE – Bodyweight (lbs) x 10.36. Example 14 stones = 14 x 14 lbs = 196lbs x 10.36 = 2.03 litres. So 2 litres about right!

FEMALE – Bodyweight (lbs) x 9.176 = Example 10 stones = 10 x 14 = 140lbs x 9.176 = 1.28 litres = 1.25 litres about right!

Staying well hydrated is important for many bodily functions, a healthy immune system and also for weight loss. Hunger is often mistaken for thirst. Drink a pint 30 minutes before a meal and you'll be less likely to overeat.

**ALWAYS eat a good breakfast** – This will help kick start your metabolism (burn calories) and stop the urge to go for unhealthy high calorie snacks for energy later in the day. **Remember where the name Breakfast comes from - BREAK the FAST. No food for 8 plus hours. Your body is in need of food. What does the body do when it's really hungry? Yes it holds on to Body fat, which is stored energy!**

#### **Eat Low Glycaemic Index (Low G.I.) Carbohydrates**

These keep us fuller for longer and help keep blood sugar levels stable reducing spikes in our energy levels. Great examples are Oats I.e. Porridge, Wholemeal pasta instead of white pasta, Brown Rice instead of White rice, Wholemeal bread instead of white bread, Sweet potatoes instead of Potatoes.

**Keep a food diary** – Jotting down everything that passes our lips throughout the day is an insightful way to keep tabs on how much or how little we eat, when, in what quantities and quality and high lights our individual habits – good or bad! Try it for a week. You may be very surprised.

**Ditch the sugar in hot drinks-** If you are serious about fat loss and you are taking sugar in tea and coffee, then STOP. It's this SIMPLE! One client was having 2 sugars in every cup of tea / Coffee and 7 cups of tea / coffee per day. How much is this over 1 month? There are 16 kcals in every teaspoon of sugar?

2 spoons x 7 drinks x 7 days x 4 weeks = 392 spoons or 6272 kcals = 1.8 lbs body fat loss in 1 month if sugar ditched!

To lose 1 lb body fat = 3500 kcals, so 6272 kcals = 1.8lb fat loss by simply stopping taking sugar in this real life example.

What's your sugar in Tea / Coffee calculation?

16 Kcal x Cup x days x week x month = ? Kcals. Remember a 3500 calorie reduction = 1lb fat loss

WHY NOT SWITCH TO GREEN TEA / HERBAL TEA and ditch the calories in milk also?

**PLAN AHEAD** – Dump the junk in your fridge and cupboards and fill your kitchen with healthy, nutritious foods. If the food and drinks that tempt you are in the house, then YOU WILL EAT THEM. DO NOT BUY THEM and GUESS WHAT? YOU WON'T EAT THEM. Plan your meals and snacks in advance and write your weekly shop accordingly. Don't shop when hungry!

Tell supportive friends and family you are eating healthily and would like their support and understanding if you decline an unhealthy meal, drinks and snacks. IT'S YOUR BODY AND YOU ARE RESPONSIBLE FOR IT.

*TOP TIP – Make a large fresh salad (Spinach, leaves, Tomatoes, Seeds, Olives, cucumbers and keep in fridge. Add eggs or chicken or turkey breast, or oily fish, then a healthy dressing (Extra Virgin Olive Oil, Balsamic vinegar, ground pepper) for a quick, easy, nutritious and delicious meal. Simple!*

### **Eat Healthy Snacks**

Great choices are nuts, seeds, fruit, crunchy veg, Rye bread, Nut butters on Rye.

*Top Tip – Measure out 25 g bagged portions of nuts or seeds or nuts and seeds together . These have approx. 150 calories and contain healthy fats and protein. Add a banana or apple (carbs) to make a healthy snack / meal with approx. 250 kcals.*

### **Eat Protein at every meal**

This helps to fill us up as protein has a higher satiety value and is harder for the body to digest meaning we burn more calories metabolising protein (Thermic effect ) . So we are less likely to over eat and we burn more calories as a by product, so a WIN -WIN situation for weight loss.

Good choices are Lean meats, eggs, dairy, nuts, seeds, oily fish, lentils.

## **Eat Healthy Fats**

Eating fat DOES NOT MAKE US FAT!

Approx. 20-25% of our food should come from healthy fats. Good choices are Oily fish (such as herring, mackerel, trout, salmon), Avocado pears, Extra Virgin Olive Oil, Extra Virgin Rapeseed oil, Nuts, Seeds, eggs.

**AVOID** Processed foods, Processed meats, Sugary foods, High salted snacks, crisps, pastries, sausage rolls, pastries, cakes, biscuits, Desserts, sweets, ice creams, Alcohol, fizzy drinks etc, **MOST OF THE TIME**. I.e. 6 days out of 7. These all contain high levels of Unhealthy Fats (Trans Fats), Saturated fats, high levels of sugar, Salt, additives, artificial colourings, chemicals and ultimately empty calories. There is strong evidence that a diet high in these foods are linked to Cancer, Heart disease, Strokes, Diabetes, Depression, Stress and many other diseases and illnesses.

## **ALCOHOL - Avoid, reduce or limit**

Alcohol contains 7 calories per gram and has ZERO nutritional value. Add to this the likelihood of making poor nutritional choices when drinking alcohol, such as sugary or salty snacks, take away foods, unhealthy foods and it's easy to pile on unwanted body fat. Alcohol is also a depressant, a poison and a dehydrator! So the next day we are likely to feel low in mood, dehydrated and sometimes, ill. Of course, this is a hangover. Drinking is habitual and can cause real problems with work and relationships as well as physical and emotional ill health and weight gain. Alcohol is ever present in our society and is not going to go away. So 'enjoy' in moderation and if you are serious about weight loss, then, **AVOID, REDUCE OR LIMIT!**

How many calories in a 750 ml bottle of red wine? Approx. 650 or 110 per 125 ml glass

How many calories in a pint of lager? 233 kcals

How many calories in a pint of bitter ? 182 kcals

How many calories in a 250 ml gin and tonic? 213 kcals

How many calories can you lose by avoid, reduce, limit? Remember a 3500 weekly calorie reduction is a 1lb fat loss.

## **AVOID sugary or fizzy drinks**

Yes, even the low sugar and low or zero calorie alternatives. They contain many chemicals which are linked to weight gain, or which hinder fat loss goals. Not convinced? Look at these chemicals and additives and ask yourself if you understand what they do or if they are good for you!

## **SET GOALS that are SMART** (Specific, Measureable, Achievable, Realistic, Time Based)

For example: "I will lose 14 lbs to be 10 stones, over the next 12 weeks" This is specific, easily measurable by using a weigh scales. It is achievable and realistic as it is just over a lb per week. It is time based. i.e By the start of my summer holiday i.e. 12 weeks.

To make the goal, SMARTER, Add E and R

**Enjoyable** – Do an activity/ies you enjoy! Much more likely to succeed!

**Reward** - Set yourself and treat yourself to a reward on achievement of the goal! A new outfit, a weekend break, a meal out??? Something that will inspire and keep you going when the going gets tough! AND IT USUALLY DOES!

**PERSEVERE, PERSEVERE, PERSEVERE** – Keep going!

### **A POSITIVE OUTLOOK**

This is essential in sustainable weight loss. Believing you can control your weight and the changes involved are really worth it. Stay realistic and value what you have achieved to date. Recognise 'all' or 'nothing' thinking and other negative 'self talk'. Accept that weight management skills need to be kept up and practiced long term. Set backs will happen and it's important to learn this is part of the process of sustained change. Refer back to why you are making the changes to reinforce the benefits of change. Learn to confront problems rather than eating, drinking or wishing them away. Take 100% responsibility for your own actions WHILST asking for help, educating yourself and asking for support from friends and family. Set goals and rewards. Be flexible and enjoy some guilt free favourite foods occasionally e.g. Once a week.

