



WEIGHT LOSS TIPS

While everybody knows that achieving and maintaining a healthy body weight is associated with long-term health benefits, most people find it difficult. Here are a few tips to assist you in achieving a healthy body weight.

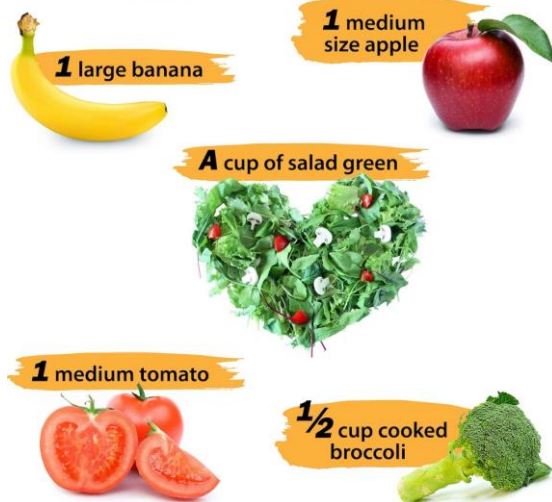
- Determine the goals that you want to achieve. Set a goal weight and a date by which you want to reach your goal. Remember - be realistic. If you gained 10kg over 10 years, you cannot lose it in 2 weeks. Aim for no more than 500g/ week.
- Reduce portion sizes if you regularly have large food servings.
- Increase fibre intake through whole wheat grains, fruit and vegetable. Fibre promotes satiety which may help curb hunger pangs.
- Increase water intake if you do not already consume 6-8 glasses water per day.
- Limit fat intake (refer to table below).
- Limit fast food and snacks such as sweets, crisp, etc.
- Don't fry food. Steam/ stir fry/ cook food as far as possible as these methods are lower in fat.
- Cut-off all excess fat from meat and remove the skin of skin before food preparation. Buy lean meat cuts and mince.
- Avoid cream – prepare a low-fat white sauce or use yoghurt/ buttermilk.
- Avoid cream cheese or mascarpone. Rather opt for lower fat cheeses such as mozzarella, feta, Gouda, cottage cheese. Avoid dips or prepare your own with cottage cheese or yoghurt.
- Don't drink your calories. Avoid sugary drinks, fruit juice and alcohol. Alcohol is energy dense and may prevent weight loss.
- Try to sleep at least 7 hours each night. Too little sleep can alter your energy metabolism and make weight loss more difficult.

RECOMMENDATIONS

Skipping meals is not advisable as this will result in decreased energy levels, poor concentration ability, low blood glucose levels and poor recovery.

Always consume vegetables first before consuming the rest of the food on your plate (this will enhance satiety and prevent over-consumption). Increase your fruit and vegetable intake to at least 5 portions per day. Consume fruits as snacks between meals. Fruit and vegetables contain vitamins and fibre which aid energy production and combat oxidative stress. Vitamins and minerals play an important immune-modulatory role which is very important to prevent infections (which you are more susceptible to during long/hard periods of training).

How much is 5 servings?



Low GI porridge/bread or cereal for breakfast include. Pronutro, All-Bran, Oats, Special K or Future Life (Original only). A Low GI cereal for breakfast will ensure sustained energy release throughout the day and prevent hunger cravings. Stay clear of Weetbix and Cornflakes or other high GI porridges.

INCREASE FIBRE INTAKE:

A high fibre diet will result in enhanced satiety, **and enhanced fat breakdown**. Fibre rich foods include the cereals above, fruits with skins, brown and whole-wheat bread, lentils added to soups, stews or rice and brown or whole wheat pasta (Fatti's & Moni's). Increase your fibre intake with the following tips:

- **Breakfast cereal:** Start the day with a high fibre cereal, e.g. All Bran, ProNutro Whole wheat (Apple bake or Honey melt flavour), Oats (not oats-so-easy), or Future Life Original.
- **Digestive Bran:** Bran such as Oat bran can be added to any food and can be eaten raw or cooked. Sprinkle 1-2 teaspoons over foods such as yoghurt, or cooked porridge, mince, stew or soup. Consume daily as far as possible.
- Always choose whole-wheat over white bread.
- Consume potatoes and fruits with skin as far as possible
- Add lentils to rice or stews. Beans can also be added to stews. Chickpeas is an easy and convenient way to increase fibre intake. Note that if you introduce these foods in your diet, you might feel bloated in the beginning, but your body will adjust to increased fibre intake. Oat bran however does not lead to any bloating.

Try not to eat supper later than 20:00.

If you are exercising try to include carbohydrates (starch) with every meal. Eating too little carbohydrates will result in fatigue, poor concentration, and poor muscle glycogen recovery. The macronutrient to rather consume less of is **saturated fat** due to its energy density. Thus, limit the amount of fat in your diet with the tips provided below:

Tips to reduce saturated fat intake:

- 1) Consume **lean** meat cuts and mince.
- 2) Ensure that lunch or meals you prepare for yourself consist of only one type of fat - for example, sandwiches should consist of either butter OR avocado OR mayonnaise and not butter and mayonnaise
- 3) Remove all excess fat from meat **before cooking** OR do not eat the fat from meats provided at social gatherings such as a braai. Remove all chicken skins prior to consumption.
- 4) Replace high fat cheeses such as cheddar and Gouda with low fat cottage cheese, mozzarella or Edam cheese. Slimmer's Choice low fat/medium fat Cheddar cheese (Woolworths) is also much lower in fat.
- 5) Change regular mayonnaise and salad dressing to lite or TRIM.
- 6) Opt for spuds or mielies prepared on the braai rather than garlic bread/potato salad at social gatherings.
- 7) Avoid adding sauces to rice and vegetables (such as white sauce or gravy).
- 8) Choose tomato-based pasta sauces over creamy sauce and do not add cream while cooking.
- 9) **Very important: You should still consume healthy fats such as avocado, olive oil, nuts, peanut butter and oily fish such as pilchards and sardines on a regular basis – remember to caution with portions**
- 10) Avoid processed meat such as vienna's/polony/plain ham/**patties** as far as possible since it contains many hidden fats and unhealthy salts.

Keep the quantities of the plate model in mind when you consume meals away from home. Optimal **starch*** portion sizes include a portion matching the size of your closed fist or should fill up a quarter of your plate. This is a general guideline - for more accurate portions, refer to your individualized diet below. Another **quarter** of your plate should consist of protein (meat), while the remaining **half** should be filled up with fruit and vegetables (**Choose more vegetables**).

Refer to plate model on the next page.
One quarter (¼) of your plate should be:

- Starchy Carbohydrates (**C**) – **This can be less than a quarter whilst increasing your protein portion.**
- Protein (**P**)
- Vegetables (**V**)
- Vegetables or fruit (**V/F**)

***Starchy foods include:** Rice, potatoes, pasta legumes (lentils, chickpeas, beans and split peas), butternut, pumpkin, corn, bread and sweet potato. If you would like to consume both rice and sweet potato for example, ensure that total portion size does not exceed the recommended portion (i.e. less than a quarter of your plate).

Exercise guidelines to decrease body fat/weight:

- Until you reach your ideal body weight, do not consume any energy drinks during training. If the session however exceeds 1.5 hours in total, you may consume 1 bottle of PVM Octane XTR for every consecutive hour of training. If, for example, you will train 2 hours, you can consume ½ bottle of Energy drink during the last hour of training.
- Low intensity training sessions can be done fasted.
- Make the meal after exercise (recovery meal) your main meal.

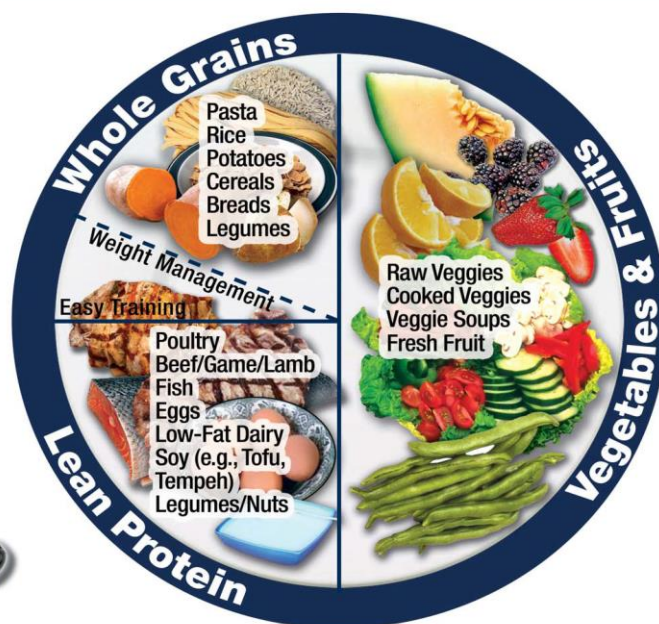
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1 Teaspoon



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup



GUIDELINES TO KNOW WHICH FOODS ARE HEALTHIER

FOOD GROUP	CHOOSE MORE	CHOOSE LESS
MILK	<ul style="list-style-type: none"> - Full cream milk, low fat or fat free milk, low fat milk powders (Elite, Farmers Pride, Protea) -Full cream, low fat or fat free yoghurt (preferably not sweetened) -Low fat butter milk and evaporated milk (Nestle Ideal Life) -Sorbet Ice Cream 	<ul style="list-style-type: none"> - Full cream milk powders (Klim, Nespray) -Full cream buttermilk and evaporated milk -Condensed milk -Cream -Ice cream -Non-dairy creamers e.g. Cremora, Ellis Brown
CHEESE (With the exception of cottage cheese, limit usage to 2x per week)	<ul style="list-style-type: none"> -Low fat or fat free cottage cheese -Lichten Blanc, Mozzarella, Feta, Ricotta, Edam 	<ul style="list-style-type: none"> -Mascarpone, Cream Cheese, Cheddar, Gouda
EGGS	<ul style="list-style-type: none"> -Boiled, poached or scrambled egg prepared without fat 	<ul style="list-style-type: none"> -Fried egg
MEAT and CHICKEN (remove all visible fat before cooking)	<ul style="list-style-type: none"> -All lean cuts e.g. beef, pork, mutton and veal. -Extra lean mincemeat and game -Chicken, turkey and duck without skin -Organ meats (limit to 1x per week) -Processed meat (pickled and smoked ham or beef pastrami) 	<ul style="list-style-type: none"> -Beef, pork, mutton and veal with excess fat -Bacon -Ribs -Fatty mince meat -Boerewors, vienna's, frankfurters, -Organ meat with excess fat (Tongue) -Chicken, turkey and duck with skin -Processed meat (salami, liver spread, pate) -Sausage rolls and meat pastries
FISH and SEAFOOD (Limit seafood to 1-2x per month)	<ul style="list-style-type: none"> -All fish and seafood prepared with small amounts of oil -Canned fish in brine (tuna), tomato- and chilli sauce (sardine) 	<ul style="list-style-type: none"> -All fish and seafood prepared with cream -Canned fish in oil (tuna, anchovies) -Commercial curry fish -Battered fish
NUTS and LEGUMES	<ul style="list-style-type: none"> -Hazelnuts, pecan nuts, almonds and peanuts (preferably not roasted) -Peanut butter 	

	<ul style="list-style-type: none"> -Legumes, lentils, soy prepared without fat -Macadamia nuts, cashew nuts 	
STARCH	<ul style="list-style-type: none"> -Bread, breakfast cereal, porridge, pasta, rice (preferably whole grain) -Sweet potatoes, potatoes, mealies, wheat, popcorn, samp and gort prepared with small amounts of fat. -Low fat/whole wheat crackers (Crackermans Lite, Provita, Ryvita, Thins) 	<ul style="list-style-type: none"> -Scones, Muffins -Biscuits -Cookies (e.g. Lemon Creams) -Crackers (Bacon kips, Salticracks) -Pastries (e.g. Croissants) -Hot Cross buns* -Cake, tarts* -Potato salad -Flap jacks* -Vetkoek
FRUIT and VEGETABLES	<ul style="list-style-type: none"> -All fruit and vegetables prepared without fat -Fruit and vegetable juices 	<ul style="list-style-type: none"> -All fruit and vegetables prepared with fat e.g. <ul style="list-style-type: none"> -Cream spinach -Vegetables with white sauce (prepared with margarine, butter, full cream milk) -Pumpkin cakes
MISCELLANEOUS	<ul style="list-style-type: none"> -Herbs and spices -Gherkins -Tea, coffee -Marmite, Oxo, extract blocks, Worcester sauce, soy sauce -Vinegar 	<ul style="list-style-type: none"> -Potato, Mealie and corn chips -Chocolate, toffees, fudge -Sweets made with nuts and cream -Vegetable spread (Sandwich Spread) -Atchar -Convenience/ Take away e.g. Pizza, toasted sandwiches, hamburgers, pies, shwarmas, samoosa's, hot dogs

COMPARING KILOJOULES

100 g LEAN MINCE VS. REGULAR MINCE



Protein: 20.2 g
Fat: 10.0 g
Energy: 700 kJ



Protein: 14.4 g
Fat: 30.0 g
Energy: 1389 kJ

65 g MIXED NUTS VS 30 g MIXED NUTS (Woolies portion size)

Protein: 12.3 g
Fat: 35.6 g
Energy: 1680 kJ



Protein: 5.7 g
Fat: 16.4 g
Energy: 752 kJ

100 g CREAMED SPINACH VS COOKED SPINACH



Protein: 1.8 g
Fat: 4.9 g
Energy: 364 kJ



Protein: 4.0 g
Fat: 0.5 g
Energy: 134 kJ

100 g DROË WORS VS. BILTONG



Protein: 40.2 g
Fat: 27.0 g
Energy: 1713



Protein: 44.0 g
Fat: 7.0 g
Energy: 1022

Please note that this is only approximate guidelines. For a more individualised diet plan (taking age, length, body structure, gender, dietary preferences, training, etc. into account) or any other nutritional enquiries, please contact our Registered Dietitian for assistance