

Weight Loss Coaching - Step 7

Welcome to Step 7.

Step 7 topics include:

- Eating hints and food choices
- Reading food labels
- Food additives
- Commonly used terms and what they really mean

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Eating Hints And Food Choices

I am not going into great detail about what foods to eat or the importance of eating in moderation because you know this information already. However, there are a few weight loss facts that perhaps you don't know about and I will share these with you now.

You need to eat in order to lose weight. This may sound like a contradiction but it is a fact. If you don't supply your body with food, which is the fuel it needs to keep functioning, then it shuts down and it holds on to the fat you already have stored as it fears supplies have dried up and no more food is coming. You will never, ever lose weight this way. You need to eat in order to lose weight.

You should be eating three meals and two snacks or five small meals every day. Many people think they need to skip morning and afternoon tea when wanting to lose weight, but this is another myth. Reach for an apple or tub of yoghurt rather than a chocolate biscuit, but you need to eat and eat regularly.

Give your metabolism a wake up call each morning by beginning your day with a glass of hot water and a squeeze of lemon. Then eat breakfast, which really is the most important meal of the day. When you want to lose weight, begin your day with a healthy breakfast.

By eating regularly throughout the day, you keep your metabolism constantly going. Depriving yourself of food all day then sitting down to a huge dinner at night and snacking through the evening is the worst thing to do when trying to lose weight. You must eat regularly throughout the day.

Where possible, avoid eating after 8pm to ensure all food is digested before heading off to sleep.

In order to shift fat out of fat cells your body needs adequate amounts of vitamins and minerals. This is yet another reason why you need to eat to lose weight. Choose foods that are low in energy but high in nutrients so your body has the tools it needs to shift that fat.

Calcium is also an important factor in shifting fat out of fat cells. Calcium is found in dairy products but also in green vegetables and grainy bread. As well as helping to shift fat, Calcium has the added benefit of helping to prevent osteoporosis.

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You will quickly reach a plateau (which is likely to lead to frustration and giving up) if you eat the same number of calories and the same meals every day so keep changing your menu and mix it up.

It is a fact that men lose weight far quicker than women do and this is due to oestrogen. Sorry ladies but that's just the way it is. If you and your male partner are on a weight loss program together and he is losing weight faster than you, don't be discouraged by this. The results will come for you, but it will take a little longer.

While there are health benefits that come from one or two glasses of alcohol a day and you can incorporate this into a long-term healthy lifestyle plan, when you are actively trying to lose weight, alcohol is best avoided. If you do consume alcohol at the same time as a high-fat meal, the alcohol will be metabolised first meaning the fat from the meal is going to be stored.

When you are working hard to lose weight, you do not have to avoid eating out or deny yourself take away foods all together. While many take away foods are ridiculously high in fat, salt and sugar, there are choices which are perfectly acceptable. All you need to do is think about what you are ordering and choose wisely.

Consider the following alternatives:

When you are buying lunch, rather than going for luncheon meats, cheese and mayonnaise, choose tuna and salad.

Rather than potato cakes or chips what about a baked potato with coleslaw?

When having pizza side step the salami, bacon and extra cheese and instead go for vegetable or seafood toppings and go easy on the cheese.

Rather than a hamburger with the lot, which includes fried eggs and bacon, choose a meat or vegie patty with lots of salad.

At a Chinese restaurant rather than battered dishes, fried rice and fried dim sims, chose a vegetable dish, steamed rice and steamed dim sims.

Grilled fish or BBQ chicken without the skin, are both healthy choices.

Rather than a doughnut or cream cake, try a fruit muffin.

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It is all about choices and making the choices that will see you move towards your goal.

See that photo of yourself as you now choose to be and remember why you are doing this.

Also remember that this isn't forever. Once you have reached your target body weight then a cheese covered pizza or fish and chips, now and then is perfectly fine.

Activity

Was any of the information presented above new to you? If so, what can you now do to incorporate that information into your weight management plan?

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Reading Food Labels

With powerful advertising messages constantly bombarding us, it is very easy to be misled into believing some foods are much healthier for us than they really are.

In order to make wise food choices when shopping, you need to understand how to read food labels and be aware of terms manufacturers use, which can cause confusion and be very misleading.

Once you are familiar with reading food labels, a quick glance will tell you whether or not that particular food is worth purchasing and also allows you to easily compare fat, salt and sugar quantities between different brands.

Below is a sample food label that has been taken from a cereal box:

Servings per package: 10

Serving size: 50g

	Avg qty per 50g	Avg qty per 50g serve plus ½ cup skim milk	Avg qty per 100g
Energy	816kj	1010kj	1630kj
Protein	4.6g	9.3g	9.2g
Fat			
total	4.0g	4.1g	7.9g
saturated	0.9g	1.1g	1.9g
Carbohydrate			
total	32.9g	39.4g	65.9g
sugar	11.1g	17.6g	22.1g
Dietary Fibre	4.3g	4.3g	8.5g
Sodium	8mg	65mg	15mg
Potassium	131mg	338mg	262mg
Thiamin (B1)	0.1mg	0.2mg	0.2mg

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The serving size gives you an idea of portion control and this is important if you are trying to lose weight. Even with healthy foods, it is possible to have too much of a good thing.

It is an excellent idea to check the fat, salt and sugar content of foods before you buy them.

When you are on a weight reduction plan, aim to have no more than:

20 grams of fat per day

5,000 milligrams (about 1 teaspoon) of salt per day

20-30 grams of sugar per day.

As well as recognising the nasties (fat, salt and sugar) reading food labels allows you to recognise the good things in that product, such as fibre.

Get into the habit of checking food labels and make sure you know just how much fat, sugar and salt is hidden in the foods you are eating, as well as noting the good stuff that your body needs.

Activity

If reading labels isn't a habit that you have already developed, take a moment now to look through your pantry and fridge and check the labels of the items you have there. You might be surprised what some of those products actually contain.

Product packaging will also include an ingredient list, which includes all items in the product and they are listed in weight order.

The largest single ingredient by weight, is first on the list through to the smallest weight item which appears last.

If the first item on the list is sugar, or another name that means sugar (these names are listed further on in these notes), put the item back on the shelf!

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Food Additives

Food additives are used to keep foods fresher for longer.

Additives include artificial colours, preservatives, flavour enhancers and antioxidants.

Some additives can cause adverse reactions and it's best to avoid any product that has a long list of additives.

Below is a list of numbers and names of additives which you would be wise to avoid.

102	Tartrazine
2G107	Yellow
FCF110	Sunset yellow
120	Cochineal
122	Carmoisine
123	Amaranth
S124	Green
4R124	Ponceau
127	Erythrosine
AC129	Allura red
132	Indigo carmine
FCF133	Brilliant blue
BN151	Brilliant black
HT155	Brown
200, 201, 202, 203	Sorbates
210, 211, 212, 213	Benzoates
220, 221, 222, 223, 224	Sulphites
249, 250, 251, 252	Nitrates and Nitrites
280, 281, 282, 283	Propionates
310, 311, 312	Gallates
320	Butylated hydroxyanisole (BHA)
321	Butylated hydroxytoluene (BHT)
621, 622, 623	Glutimates including MSG

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Commonly Used Terms And What They Really Mean

Terms such as 'cholesterol free', 'light' and 'reduced fat' are used to advertise many products and sometimes used to trick us into believing the product is healthy and good for us - which may not necessarily be true.

It is important to understand what these terms really mean and to rely on reading food labels rather than trusting this advertising hype.

So here is what these terms actually mean:

Cholesterol free:

Cholesterol is found in foods of animal origin. Be aware that cholesterol free and fat free are *not* the same thing. A product that is cholesterol free can still be very high in fat, so check the label. All foods made from plants are guaranteed to be cholesterol free.

Creamed:

A creamed product is likely to include added fat. Check the label.

Light (often spelt Lite):

It would be easy to believe this means the food is light in kilojoules or fat - but that is not necessarily so. Light may be referring to the colour or flavour. A common example is light olive oil. This will be lighter in colour than regular olive oil, but contain the same amount of fat.

Reduced fat:

Reduced fat doesn't necessarily mean low fat. Often times products that are reduced fat contain more sugar to compensate so check the label carefully.

Polyunsaturated:

It's true that saturated fats are the least desirable type of fats but all fats supply the same number of kilojoules regardless of whether they are saturated, mono-unsaturated or polyunsaturated. Don't be tricked into thinking that polyunsaturated actually means lower in fat.

Toasted:

Be wary of any product that includes the word toasted. A toasted product is likely to include added fat. Again, check the label.

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Salt, sugar and fat are often given different names within the ingredient list. This little trick may fool you into believing a product doesn't contain one of these three unwanted items.

Be on the lookout for any of the following terms:

Fat is also known as:

Animal fat, animal oil, butter, coconut oil, copha, diglycerides, lard, margarine, milk solids, monoglycerides, palm oil, shortening, tallow, vegetable fat, vegetable oil.

Salt is also known as:

Glutamate, hydrolysed, monosodium, MSG, Na, sodium, sodium ascorbate, sodium bicarbonate, sodium citrate, sodium lactate, sodium metabisulphite, sodium nitrate, sodium phosphate, yeast extract.

Sugar is also known as:

Corn syrup, dextrose, disaccharides, fructose, glucose, glucose syrup, golden syrup, lactose, maltose, mannitol, monosaccharides, sorbitol, sucrose, xylitol.

Activity

Check the ingredient list of products in your pantry. Check the highest weight product, what additives are used and if any substitute names for fat, salt and sugar are hidden within the list.

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What's Next?

Coming up in Step 8 we will look at:

- Techniques to facilitate change
- Positive suggestions

Have a wonderful week, keep reading those food labels and ensure you know exactly what it is that you are eating.