



Ten top Tips on weight management

- 1 When you first feel a pang of hunger, don't reach for the regular sugary carbo snack, instead, reach for an 8 oz. glass of clean purified water. This will suppress the feeling of hunger that's often mistaken when the body really wants water anyway.
- 2 At meal time, stop eating when you are about 80% complete. It takes the brain about 20 minutes to register food is on the way and this is a great way to control the serving size and still eat well.
- 3 When indulging on "evil" foods like dessert trays (we all do), don't try to eat them all! Instead take 1 or 2 samples and really enjoy each without guilt. If you can't resist fast food, ask for nutritional information before you make your choices. Avoid any menu items with the words "fried," "crispy" and "special sauce," which are guaranteed to be high calorie.
- 4 Eat lots of fresh fruits between meals and the best time to eat fruit is either 20 minutes before a meal or midway between meals as it help regulate your blood sugar and diminish cravings.
- 5 Eat fresh vegetables with every lunch and evening meal. When you are selecting the main course always try to avoid mixing proteins (meats) with starches (breads and potatoes). Canned and frozen fruits and veggies lose nutrient value so you you'll need to increase your servings to get the nutritional value of market fresh produce. Organic recommended.
- 6 Keep your consumption of animal proteins to not more than 4-5 servings per week which means some days you should be consuming vegetarian dishes. Eat at least three kinds of food each meal from these four categories: breads, cereals, and grains; fruits and vegetables; low-fat dairy and soy; and lean meats, fish, and nuts. Breads, cereals, and grains should be the foundation of each meal, with protein as an accompaniment.
- 7 Do substitute animal proteins with legumes, but start slowly. You can use lentils, dry beans and peas and you'd be amazed at just how delicious the recipes are.

- 8 DO NOT drink liquids with your meals. If you are thirsty, try to have a glass of clean water 10 minutes or so before the meal. While you are eating, you want your body to be efficient at digesting the foods and absorbing the nutrients you are consuming. Liquid calories add up fast and can lead to weight gain. Minimize the amount of sodas, juices, store-bought smoothies, sports drinks, coffee drinks, and alcohol you consume.
- 9 Don't wait till you're starving to eat as this will only encourage binging. Also don't skip breakfast. Eat within two hours of waking. Be sure to have a snack of veggies and a fruit with you between meals and drink water which will help avert feelings of starvation and cravings.
- 10 Do Overdose on vegetables! Have 7-10 cups or more a day and look for ways to enjoy them raw like having a good dip. When you want your veggies cooked, lightly steam them to persevere their essential nutrients. (No one ever gained weight eating veggies!)

Other nutritional rules

- ❖ Shoot for a gradual loss of body fat. You're more likely to put the weight back on (and more) if you drop weight too quickly.
- ❖ To lose 4.5 kilograms of body fat a year, you need to eat 100 calories less per day. Cutting too many calories from your daily intake will sap your energy level and increase your hunger, making you more susceptible to splurging on high-calorie foods.
- ❖ In fact, eat more breakfast than you think you should. Trade in some of your dinner calories for more calories at breakfast. Don't allow yourself to get hungry. Eat at least every four hours, and split a meal in half to make sure you properly fuel up pre and post run. For example, eat part of your breakfast before your morning run (a banana) and the rest of your breakfast afterward (a bagel with peanut butter).
- ❖ Eat closer to the earth, enjoying fruits, vegetables, and whole grains. Minimize the amount of processed foods you eat; they tend to offer less fiber and are less satiating.
- ❖ Remember that the calories in the energy bars, sports drinks, and gels you consume during a run add up, even though you're running. Consume them only as needed.

"We are what we repeatedly do. Excellence then, is not an act, but a habit." -Aristotle