

Fat Loss Plan

Guidelines for a healthy slimmer you

Written by Erin Farmer



1. **Eat less refined carbohydrates:** Carbs are NOT the enemy, they are the major fuel source for our bodies, and we cant function without them. 40-50% of our total kilojoule intake should be from carbohydrates. The trick is to choose less refined carbs like wholegrain breads, rices, pastas and vegetables and fruits. By choosing these over white, highly refined foods you are consuming higher amounts of fibre, protein and essential vitamins & minerals. ***Most will also have a lower GI, meaning you will feel fuller for a longer period and less prone to blood glucose fluctuations.***- see GI info sheet for more information.
2. **Eat lean Protein at every main meal:** Whether it be dairy, meat, green leafy vegetables or pulses/legumes (lentils, chickpeas, beans) Protein is essential for muscle growth, which increases the metabolism, which increases our ability to burn away those fat cells.
3. **Try to pick food that is as close to its natural form as possible:** fresh fruit and veg, brown breads not white etc. This will reduce your consumption of additives and preservatives, increase your fibre and essential vitamins and minerals, all needed for energy release (getting the most energy from the food you are eating)
4. **Reduce saturated fats:** Fat is essential for health especially our brain function and skin rejuvenation however excess fat will be stored. The type of fat is also important. Saturated fats (found in fried foods, processed meats and snacks, full fat dairy, sweets and takeaways) have been linked to heart disease, cancer, diabetes, gallbladder disease and most certainly obesity. Mono and poly unsaturated fats (avocadoes, nuts, olive oil, canola oil, seeds and seed oils) however have been linked good health including a decrease in heart disease, improved brain function and less wrinkles! Try to consume 30-40 g fat per day and your well on your way to weight loss.
5. **More fibre:** fruit, vegetables, wholegrain breads, cereals, pastas, rices and legumes.
6. **Drink Water:** Try for 2+ litres a day.
7. **Try to eat more frequent smaller meals:** This will stop you from getting hungry and bingeing on unhealthy options
8. **Be Realistic:** Don't ban everything you enjoy, otherwise you will not be able to sustain it. Allow yourself treats just try to limit them in size and number.
9. **Eat Breakfast: This is not a guideline IT IS A RULE.** You must eat breakfast to kick start your metabolism. You will struggle to lose weight if you don't.
10. **Fuel your fitness:** Don't forget to eat a small snack 1-2 hours before exercise to fuel your muscles for the workout to come.



Breakfast Ideas

- 1 ½ cups High fiber cereal with skim milk/yogurt
- 1 cup Bircher Muesli
- 1 cup Porridge with skim milk, fruit and 1 Tbs honey
- 2 poached eggs on whole grain toast
- 2 scrambled eggs
- 2 slices of whole grain toast with cottage cheese and tomato
- 200g low fat yogurt with fresh fruit and nuts
- 1 poached egg with cooked tomatoes and a little bacon

Snack Ideas

- 1 banana & handful of almonds
- 2 wholegrain crispbreads with lowfat cottage cheese spread and tomato
- 100g of lowfat yogurt with fruit.
- 1 rice cake with lowfat cheese and avocado
- 20g almonds with 5 dried apricots
- 2 pieces of fresh fruit (small)
- ½ cup cereal with low fat milk
- 1 fruit smoothie
- 1 cup of homemade soup
- 1 slice of bread with tuna and sundried tomatoes

Tips

Make extra each night so that you can take your leftovers to work for lunch the next day.
 Plan ahead and make a shopping list
 Make 1 big soup each week then keep it in the fridge or freezer for a quick meal.
 Be creative with your meals use things you haven't before like vegetarian alternatives like lentils and tofu, you might even like them!
 Be persistent and have a treat at least once a week.

Having trouble cutting down the energy going in?

Fat is an easy place to start. Fat is high in energy so adds to your total kilojoules very quickly. In 1gram of fat there is a huge 37 kilojoules!

How to Cut the fat?

1. Trim visible fat from meats & the skin from chicken before cooking.
2. Use cooking methods that require minimal fat or oil more often. These include grilling, stir-frying, steaming, poaching, boiling and dry-baking.
3. When roasting place meat on rack to allow the fat to drip away.
4. Roast vegetables with a little oil in a separate pan to stop them absorbing the fat from the meat
5. Forget about frying, try sautéing instead.
6. Switch full fat dairy products to reduced fat. This includes cheese, yoghurt, sour cream, cream & milk.
7. Avoid creamy salad dressings, use no-oil vinaigrettes instead.
8. Avoid butter as much as possible, use reduced margarines, hummus or avocado instead.
9. Stay away from deep fried foods! If your serious about decreasing fat intake you have to lose the fish and chips.
10. Steer clear of pastries & cakes, leaving them for special occasions only.
11. Low fat does not mean no-fat! Check labels to determine if foods are really low in fat.