

# Your Guide To Healthy Eating



## Love Your Body Again



## TABLE OF CONTENTS

|                    |                |
|--------------------|----------------|
| Introduction       | <b>Page 3</b>  |
| Managing Your Mind | <b>Page 5</b>  |
| Getting Started    | <b>Page 9</b>  |
| What To Eat        | <b>Page 12</b> |
| What Not To Eat    | <b>Page 17</b> |
| What To Shop For   | <b>Page 21</b> |
| Counting Calories  | <b>Page 56</b> |
| Conclusion         | <b>Page 27</b> |

# INTRODUCTION

Are you carrying a little extra weight around the middle?

Maybe you've got more than just a little weight problem – maybe it's a rather large one and you need to get rid of the fat for health reasons.



Rest assured that you're not alone!

Obesity in America and around the world is at an all-time high. One out of every three Americans is obese – a number that has doubled in just ten years.

This epidemic is growing out of control in other developing countries as fast food franchises open in these new markets.

Being overweight is a serious issue. Carrying extra weight can make you more susceptible to heart problems, diabetes, strokes, and various types of cancer.

It also has implications on your state of mind - playing with your self-esteem, mindset and feelings.

You deserve to be healthier and take off some of that weight that is making you unhealthy in body and mind.

But what if you're like me and love food - and so you hate the idea of having to eat cracker breads and spinach.

**Good  
news!**



You do not need to starve yourself - our natural instinct tells us to eat when we are hungry.

Hunger is a signal telling the body that it needs to eat. It is also a signal to the body that it is in danger, that it needs food now.

What is all important is what we eat when we are hungry.

Eating regular meals and keeping yourself full is what will actually help you stick to your healthy eating plan and reach your goals. Keeping your hunger in check will help you avoid overeating.

## MANAGING YOUR MIND

The psychological factor of healthy eating, weight loss, keeping fit and getting into shape is a bigger factor than most of us take into account.



We've all tried various different routines and plans and most never seem to get a different or desired result.

It is all too easy to blame the plan on our routine rather than blame ourselves.

When in fact we are entering the new programs with the same old mindset.

For things to change you must change!

We do not have to make huge changes to make a huge difference.

A few small changes to lifestyle, eating, sleeping and working habits can make the difference that we need.

Diet, weight loss and training plans give you the tools you need to lose weight.

You need to provide the right platform to work on and by making sure you have the correct and focussed mindset.

The right frame of mind will give you motivation, commitment, and the skills you need to overcome the obstacles that you might face along with temptations and distractions.

Honestly - your mentality and mindset towards weight loss and healthy eating are just as important as watching what you eat and exercise.



On your weight loss journey, you I make weight loss fun, easier, and more exciting! You will be able to develop changes towards a healthier lifestyle that will stay with you forever.

Your mindset controls your behavior, actions, and thoughts. As people grow, they develop habits and associations that govern their life. Most of these habits are controlled by our subconscious and we are generally unaware of them. However, your subconscious could also sabotage your efforts – also while you unaware of them. This can be detrimental to your weight loss attempts.

Replacing the old habits with new and more positive habits that will enable you to lose weight and be happier while you do so!

Changes in mindset take time

Developing the correct mindset doesn't occur overnight. You will have to regularly monitor your progress and behavior. Sometimes it will be easy – at other times, it won't.

Here are a few tips to help you get started.



1. Write your goals down – tell yourself what weight you want to get to. Share this with others so they can help and support you.



2. Be specific about your weight loss goals. Specific is better than general. Make sure you are writing down the exact weight, shape and size you want to be. How will you feel and look?



3. Assign yourself dates to reach certain goals. You want to lose weight. You want to do it by birthday, and anniversary, a wedding or christmas.



4. Make those goals measurable and achievable. You will have a bigger goal - bigger goals are achievable in smaller stages. So make yourself lots of little milestones to achieve before you make the big final goal.





5. Record your progress - even if it is minor. Keep focused on those goals everyday. There's a reason why you want to achieve those goals. When you are committed, those goals become the focus of your mind and they will be much easier to realize.

Developing a psychology towards weight loss will help you achieve your goals and realize success.

Aim high, push yourself to become the type of person you want to be and live the life that you want and deserve.

We are not given the power of dreams without the power and ability to achieve those dreams. It's time to start – **RIGHT NOW!**



## GETTING STARTED

There are numerous way to lose weight.

There are a few things about dieting and weight loss that most experts agree upon in general.

WATER - you need to drink a lot of water. Most individuals don't drink nearly enough water.



You need to try and drink 2 liters of water a day.

Often we feel hungry when simply we are thirsty.

Water is a natural appetite suppressant. If you drink a full glass of water before beginning your meal, your stomach simply doesn't hold as much food.

When you don't drink enough water throughout the day, your body gets dehydrated.

When it does finally get water, it holds onto it and stores it for a future need. That's when we feel swollen, and bloated with water weight.

**BALANCE** - You should make sure you have a balanced diet.

Proteins and carbohydrates are essential to a healthy meal. Carbohydrates are the main source of energy in our diet, and proteins burn fat.

At a bare minimum, each meal should consist of a protein and a carbohydrate.

Part of a balanced diet is regular meals. Weight issues can be arise from eating at the unhealthy and incorrect time like - just just before you go to bed.

Often we think we are giving ourselves an advantage by skipping meals - this is simply not the case - do not skip meals.

Our metabolism needs the consistency of regular meals. With erratic eating schedules, the body thinks it's starving. So, everything it takes in – it stores as fat to be used for energy.

**EXERCISE** - Along with a balanced and healthy diet you need to exercise. This does not have to be a daily 10 mile run - but a daily 30 minutes period of exercise and activity will be a great compliment to a good balanced diet.

**CALORIES** - Quite simply - consume fewer calories than what you burn every day. For example, if you consume 1500 calories per day and you burn 1700 calories per day, you will lose weight.

Your body needs food and calories to get energy so simply cutting calories does not mean you will lose weight. You need to eat enough so as not to starve yourself and be able to burn these calories and more after.



The secret to losing weight without going hungry is to make the right food choices. You need to choose foods that are low in calories but can satisfy your stomach so you don't become hungry.

## WHAT TO EAT

If you are trying to lose weight, choose food based on their weight-to-calorie ratio. You want to eat food that weighs a lot but has few calories and avoid food that is light in weight but hefty in calories.



Fruits and vegetables are the big winners in the heavy weight-low calorie department.

They weigh a lot because of their fiber and water content and yet do not have many calories.

Most snack food doesn't weigh much but sure have a lot of calories. This means you can eat a lot of them without feeling full and without realizing it takes in many excess calories that you don't need.

Choose lower-fat choices of the same weight food. There can be a world of difference between the calorific consumption of two people eating the same weight and type of food.

How is this possible? Easy, if you consider the way the food is cooked or prepared.

Avoid the "light weight-high calorie" way of dieting. I know many people who don't want to eat regular sized meals because they think that if their stomach feels heavy, they are eating a lot of calories. Therefore, they think that by eating something light like crackers, they will lose weight.

What they don't realize is that just because a food is light doesn't automatically mean it contains few calories.



One could easily eat nine crackers (420 calories) and still not feel full because nine crackers only weigh three ounces. Believe it or not but you could have a satisfying meal of a cup steamed rice, a cup of cooked spinach, a small piece of fish, and a cup of cantaloupe for less calories.

This complete meal would weigh a satisfying 18.5 ounces and only "cost" you 378 calories. By making the right food choices, you can cut down on unnecessary calories without starving yourself and feeling deprived.

You should also cut down somewhat on your carbs, but don't cut them out completely!

Because effective weight loss depends on exercise and activity, without some carbs in your diet, you won't have the energy you'll need to effectively burn off calories.



What you do need to do is begin with a “baseline diet” that dictates at least half of your calories come from vegetables, fruits, natural starches, and whole grains.

The rest of your diet should consist of low-fat proteins like fish, chicken, and lean beef.

You need to balance out your carbs with your protein away from those carbs at night. Periodically, you want to take “carb-up” days to get your energy levels up.

When we talk about protein, many people wonder just how much is enough or how much is too much. In general, experts say you should eat 1 gram of protein for every pound of body weight per meal.

That might seem like a ridiculously large amount of protein, but remember, we're talking about LEAN proteins.

Plus, eating protein speeds up your metabolism and accelerates weight loss.

This might be a good time to talk about portion sizes. As a general rule of thumb, you should never eat a serving that is larger than your clenched fist. The good news about this is that you'll be able to eat enough to get full without overdoing it.

Cravings might be the worst part about weight loss. Let's say you love chocolate chip cookies like I do. If you're craving a chocolate chip cookie, denying that craving will only make it stronger.

Instead of not having the cookie, go ahead, just don't overdo it. Simply have one instead of three. You can indulge in your favorite foods as long as you keep it within reason.

Most experts agree that the traditional three square meals a day shouldn't be part of a healthy diet. In fact, you should eat more meals every day. Doesn't that sound like great news?!

The idea here is that you overeat when you are overly hungry. To combat that hunger, you should eat more meals with smaller portions rather than fewer meals with larger portions.

For women, it is recommended you eat five meals a day and for men, you should eat six. Try to make these meals a minimum of 2 hours apart to insure you don't get too hungry.

The benefits will reveal themselves. By doing this, you are accomplishing the following benefits:

- ✓ Faster metabolic rate
- ✓ Higher energy
- ✓ Less storage of body fat due to the smaller portions
- ✓ Reduced hunger and cravings
- ✓ Steadier blood sugar and insulin levels
- ✓ More calories available for muscle growth
- ✓ Better absorption and utilization of the nutrients in your food

But you need to make sure you eat the right kinds of foods.

## WHAT NOT TO EAT...

We can't possibly cover all of the foods that are acceptable to eat when you are trying to lose weight.

Common sense can tell you that French fries are a no-no and an apple is great.

What we've decided to do is concentrate on those foods that you **SHOULDN'T** eat.

Of course, this could be a long list as well, so we're going to touch on the worst and give you some possible substitutions.



**Beverages** - Stay away from anything with caffeine in it -don't forget that many sodas have caffeine. Caffeine has the same insulin-stimulating, weight-loss-inhibiting effect as aspartame. Unfortunately, this includes coffee. Stick to decaffeinated sodas, teas, and coffees.

Along the same lines, cut out any beverage that contains aspartame (Nutra Sweet), high fructose corn syrup, or refined sugar. Since you need to drink a lot of water in order to lose

weight, try water with a slice of lemon or lime in it. It can be very refreshing and very satisfying!

Alcohol is a no-no in any weight loss plan.



It's OK to have a glass of wine with dinner, just don't drink the whole bottle.

**Boxed Pre-Packaged Foods** - In general, you should stay away from a lot of these products. If the ingredients are not pronounceable, you should avoid them.

In other words, anything with a lot of chemicals on the ingredient list are not going to be good for your diet.

**Breads** - For the same reasons as pasta and white rice, white breads should also be avoided.

Whole grain breads provide you with the carbohydrates you need and are less processed than the white breads.

**Canned and Jar Foods** - Again, anything that is canned or jarred needs to be free of excessive chemicals. If the label contains ingredients with more than four syllables or are hyphenated, it won't be good for your diet.

Commercially-made tomato sauces or tomato based sauces contain ridiculously huge amounts of sugar and salt. A better choice is to make these sauces yourself where you can control what goes into it.

They can also contain processed or refined sugars, so stick to fresh fruits and veggies instead.

**Meats** - Choose only lean meats to get your protein intake. It's commonly known that you should try to stay away from red meats like beef.

Choose fresh fish instead of canned and be sure it's of the lower fat variety. This includes salmon, tilapia, and cod. Don't bread your fish either.

White meat chicken breasts are better than dark meat because the darker meat contains more fat. The same applies to turkey.

Tuna is always a good choice – even if it's canned. Just be sure to get the tuna canned in water – not oil!

**Dairy** - Skim milk should be your first choice over whole milk or two percent. Avoid drinking too much milk, however, because it naturally contains some fats that can turn into unnecessary fat on you!

Unfortunately, cheese on a diet is also a big no-no. However, you can find low-fat or fat-free cheese in most grocery stores, so always pick these first. But use it sparingly!

Eggs are all right on your diet, but you're better off to use only the whites instead of including the yolks. Egg substitutes are a great way to get your egg fix, so look for these in the store as well.

**Vegetables and Fruits** - Almost all fresh vegetables are good for you. It's a generally accepted belief that you can eat all the vegetables you want and still lose weight. That's pretty much true – as long as they're prepared the correct way. It's always best to steam veggies. You can also drizzle them with a little olive oil and bake them in the oven or – even better – roast them on the grill!

Be careful of eating too many fruits that contain a lot of natural sugars like oranges and peaches. Because the sugar is naturally there, it's not horribly bad for you, but you don't want to overload on sugars because it can be converted to fat.

## WHAT TO SHOP FOR...

The first rule of shopping when you're trying to lose weight is to shop with a list.

Shopping with a list and sticking to that list will mean that you do not fall prey to the natural instincts of wanting to grab those extra items and treats.

The way to keep this simple and effective is to plan before you shop.



Before you leave for the supermarket make a list of the meals for the week and the required ingredients.

You will need to stick strictly to this list.

Eating smaller meals and more often during the day is the most effective way to control and maintain your weight.

So remember this and plan accordingly.

When you first start shopping for your weight loss trip, it might be a good idea to take along someone to keep you in check as you stroll the aisles.

Ideally make sure this is someone who knows goals and requirements.

This person will need to be tough with you if a few sweet items make their way into your shopping cart.

## **THIS IS VERY IMPORTANT - never go shopping on an empty stomach.**

This leads to impulse buying of snacks and sweet stuff.

This shopping trip could be a great time to record the calorie figures/intake of certain food items.

Avoid convenience foods. Even though they are easy to fix and taste pretty good, these types of foods often contain additional calories, fats, and carbohydrates that you just don't need.

In this world of busy and hectic lifestyles it can be all too easy to opt for pre-made food stuffs.

Ideally you want to limit such items and make your meals yourself so you know the exact ingredients.

A healthy delicious dinner can easily be brought together in 30 minutes.

Smart shopping and healthy eating will need to be supplemented with an exercise routine.

## COUNTING CALORIES

So often dieting or losing weight involves this complex mathematics task of counting every single calorie that touches our lips.

This really isn't necessary.

Often people give up, not because they cannot handle the improved food regime but because the calorie counting and management become overwhelming.



An easy way to count your calorie intake for a day is to estimate an approximate amount.

Learn and understand the approximate calorie intake for your regular meals. Then you can group together the portions you intake during a day instead of each individual calorie.

Understanding the food you are eating and effective meal planning are key!

If you understand how many calories are in a bowl of pasta and your pasta sauce you can then estimate the approx. intake for your meal.

You may however like to be specific and keep a track of everything you are eating. This all depends on your work/life/time balance.

If you have the time you can track all of your calories. Almost all packaged foods will contain information about the calorific content of those foods.

Be sure to include other particulars such as protein content, carbs, and fat grams as well.

| Nutrition Facts / Vale               |               |
|--------------------------------------|---------------|
| Per 1/2 package (85 g) / pour 1/2 em |               |
| 1/2 package prepared / 1/2 emballa   |               |
| Amount                               |               |
| Teneur                               |               |
| Calories / Calories                  |               |
| Fat / Lipides 4.5 g*                 | % Daily Value |
| Saturates / saturés 2.5 g            |               |
| + Trans / +                          |               |

You will need to make sure that you record your daily intakes. Whether it is in a journal, spreadsheet or worksheet.

You might even want a partner or friend to check over this information with you. To help keep you on track.

Fruits and vegetables are almost all relatively low-calorie and can help you feel full without consuming a lot of calories.

You will want to consume fewer calories than what you burn off in order to effectively lose weight. Keep that in mind when planning your meals.

## CONCLUSION

Eating all of the wrong foods and spending our time in a sedentary lifestyle allows fatty food to settle into areas of our bodies where we don't want it to be.

That food is then converted into the energy that it was meant to provide, but when we don't use that energy, it turns to fat.

The media plays a huge part in our mentality towards our body weight.



Humans can weigh more than our recommended body weight and still be in perfect condition.

Our body muscle weighs more than body fat. - however commercially there is a big emphasis on our body weight and clothes size being ultimately important.

Weight should not be our main gauge of how fit or in shape we are.

The idea is to be sure we eat healthy and take advantage of the way food is meant to work for us – not against us!

In order to truly shift towards weight loss and being healthier your main aim is a clear strong mindset and a change to your eating habits, and when and how you eat.

Healthy eating and a change in mindset mean that you do not make huge sacrifices and starve yourself in order to get the body shape you want.

Instead of having flour tortillas, have wheat ones. Instead of eating 5 cookies, just eat 1. Switch to low-fat or no-fat versions of your favorite foods like cheese and sour cream and decrease your portion size to make sure you don't overeat.

It's up to you to succeed. You can! So here's to a healthier, fitter - slimmer YOU!



**LOVE YOUR  
BODY AGAIN**

Good Luck