



DESZYFIT



weightloss guide

for Vegans

Helpful Guidelines for Successful Weight Loss

Weightloss should occur when you eat fewer calories than you burn. Increasing physical activity while limiting your calories will increase your rate of weightloss. Increasing physical activity will also help you to maintain your weight after weightloss.

1. Read food labels to help control portions of food.
2. Limit restaurant and fast food meals.
3. Don't keep problem foods around the house and/or at work. A problem food is a food that you are likely to eat too much of or too often if readily available.
4. Drink at least 8 glasses (1litre/30kg body weight) of water per day. Focus on calorie-free, caffeine-free beverages.
5. Get adequate sleep each night (6-8 hours).

Food Preparation

- ✓ Use low-fat cooking methods such as baking, grilling, boiling, poaching, broiling, roasting, steaming or microwaving without additional fat.
- ✓ Avoid or limit frying.
- ✓ Place meat on a rack so the fat will drain off during cooking.
- ✓ Use non-stick cookware or cooking sprays.
- ✓ Season food with spices, lemon or low-fat dressings.
- ✓ Limit high-fat sauces or gravies such as sour cream, regular salad dressings and full-fat gravy
- ✓ Use a sugar substitute (i.e. stevia) in place of sugar. Replace sugar in recipes with a sugar substitute that can be used in baking or cooking.

Restaurant Eating/Take-Out

- ✓ Limit appetizers, bread and chips.
- ✓ Select a salad with light dressing on the side or broth-based soup as your first course.
- ✓ Choose foods prepared using low-fat cooking methods.
- ✓ Request sauces, dressings, and gravies on the side.
- ✓ Place a portion of your meal in a take-home container before you start eating.
- ✓ Share an entrée with a friend.

Food Groups & Recommended Portion Sizes

Protein (2 – 3 servings per day) 1 serving = 1½ cups cooked dry beans/lentils/split peas; ½ cup tofu	Bread/Starch (3 - 6 servings per day) 1 serving = ½ cup rice/pasta/cereal; 1 slice bread; ½ small bagel	Fruit (1 - 3 servings per day) 1 serving = 1 small piece fruit; ½ cup cut-up fruit; ½ cup fruit juice
<i>Foods to choose</i>	<i>Foods to choose</i>	<i>Foods to choose</i>
Meatless Chili Hemp seeds Pumpkin seeds Chia seeds Egg substitute Cooked dry beans/legumes Black beans Lentils Split peas/black eyed pea Tofu Tempeh Meat substitutes (soy based)	Barley Whole-grain bread Amaranth Unsweetened cereal Whole grain crackers English muffins Whole-grain pasta Brown rice Rice cakes Corn tortillas Plain popcorn Oatmeal Quinoa	Fresh fruits Fruit canned in water or juice Frozen fruit without added sugar Unsweetened applesauce
<i>Foods to avoid</i>	<i>Foods to avoid</i>	<i>Foods to avoid</i>
All fatty meat substitutes	Biscuits Chips High fat crackers Macaroni salad Muffins Pizza Buttered popcorn Stuffing Crisp taco shells	Sweetened applesauce Fruit juice Fruit canned in syrup Fruit roll ups Fruit sorbet

Vegetables (3 or more servings per day) 1 serving = ½ cup of any desired vegetable	Dairy substitute (2 – 3 servings per day) 1 serving = 90ml milk
<i>Foods to choose</i>	
Fresh, frozen or canned vegetables (Prepared without added fat) Broth-based vegetable soups	Soy milk (non-GMO) Hemp milk Almond milk

Green peas Artichokes	Coconut milk/cream
<i>Foods to avoid</i>	<i>Foods to avoid</i>
Creamed vegetable soups French fries Fried or tempura vegetables Vegetables in cream sauce Hash brown potatoes Mashed potatoes Potato salad	Flavoured almond milk

Fats (use sparingly) 1 serving = 1 teaspoon butter or oil; 1 Tablespoon reduced-fat margarine/mayonnaise	
Butter Lard Margarine Mayonnaise	Oil Salad Dressing Shortening Sour Cream

Empty Calorie foods

*(These foods are high in fat and/or sugar and low in nutrients and should be **avoided**)*

Beer Candy Cake Chocolate Coconut Cookies Croissants Olives	Frosting Fruit-flavored drinks Fried foods Gravy Honey Jam Jell-O [®] Jelly	Kool-Aid [®] / Tang [®] Liquor Marmalade Pastries Pies Preserves Popsicles Salted pork	Sugary shakes Sherbet Sodas Sweet rolls Sweet pickles Syrup Tartar sauce Wine
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Free foods

(Any food or drink that has 20 calories or less per serving)

No- MSG & reduced salt Broth Coffee/Tea (regular or decaffeinated – no sugar) Fat-free salad dressing Garlic Lemon Lime Mineral water	Salsa Spices (reduced salt) Sugar-free gelatin Sugar-free syrup Sugar substitutes (do not use excessively) Reduced-sugar or sugar-free jam or jelly Vinegar (preferably Balsamic)
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How To Read Food Labels

START HERE »

Serving size: The nutrition facts are for one serving

Servings per container: Pay attention to how many servings you are actually eating

Limit calories, total fat, saturated fat, trans fat, cholesterol and sodium. »

Choose foods that are high in dietary fiber, vitamin A, vitamin C, calcium and iron. »

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Compare food labels for the lowest calories, fat, and sugar:

- Limit **TOTAL FAT** to 3 grams or less per serving
- Limit **SUGAR** to 5 grams or less per serving
- In milk and yogurt products, limit **SUGAR** to 12 grams or less per serving
- Choose starches with **DIETARY FIBER** 3 grams or more per serving

∞ **40% Carbohydrates, 40% Protein, 20% Fats**

This ratio of nutrients is what your body needs to stay healthy. Although often stated otherwise, your body needs carbohydrates (carbs) even during weightloss. This is because carbs are a necessary and essential energy source for the body. This is the same energy that is needed to keep you going throughout the day. Low-carb diets often leave people feeling groggy and unhappy by the end of the day, which often leads to cravings and ends in overeating. The second source of energy is fats. When you have the correct fats (monounsaturated fats), they can help with weightloss as well as reduced cholesterol levels. This helps to significantly reduce the chance for heart failures in the future. Eat protein foods first to help you feel full sooner. Eat less fat and sugar. Eat more fiber, including fresh fruits/vegetables and whole grains.

∞ **Eat more meals**

There are a number of studies that have found that one of the simplest weightloss methods is to eat several small meals a day instead of 3 big meals. The general goal is to eat every 2:30 - 3 hours. The need for this is to increase your body's metabolism. When you feed your body multiple times, it is forced to work harder to process the food. Another reason for the increased meals is to keep hunger at bay. When you are constantly full, you don't have the need to overeat/ overindulge when your next meal comes. However, if you are only able to eat 3 times a day, make sure that you follow the ratio stated above.

∞ **Add more protein**

While there's nothing particularly wrong with eating protein at a meal, it's also not mandatory for getting what you need. You can incorporate protein all throughout the day on a plant-based diet, especially in snacks, where it's most often overlooked, without really needing a massive source at every meal. You can also eat foods that contain smaller amounts of protein at each meal that the body can use efficiently to form proteins on its own, even if these foods aren't as high as the proteins in meat. Remember, the body can only use so much protein at one time anyway. What it can't digest the rest of during a meal can go to waste and even be harmful to the body. A little here and there throughout the day (especially focusing on protein at breakfast to regulate blood sugar) is ultimately best.

∞ **Calculate daily caloric intake**

In order to lose weight, you need to eat in a caloric deficit. The greater the deficit; the greater the fat loss. However, when you eat less than 1200 calories a day your body goes into starvation mode. When your body thinks it's starving, it starts holding on to every little amount of fat and carbs that you eat in an effort to keep enough energy sources. This can actually lead to more weight gain. The easiest way to keep track of this is to download My FitnessPal. On this app you will record everything (and I mean EVERYTHING) you eat in a day and it will calculate the calories in each meal. What works is to record all your meals for the next day the night before. This way, you can see whether you need to alter any meals beforehand and you can make sure you reach your calorie target by the end of the day. This does seem excessive, but you only need to do it for 1-2 weeks as eventually you'll have a general idea of each meal's calorie count and you'll be able to plan your meals without the app.

∞ **Plan ahead for success**

You need to plan each meal, each snack and each workout session. It sounds like it might take forever, but once you make this a priority; you'll see the changes happen. For diet, cooking the majority of your meals over the weekend really helps. Even if you just cook a large amount of different kinds of your vegetables,

Add A Little Motivation

this will mean that you have cooked veggies to enjoy at every meal and provide the fibre to keep you full for longer.

Below I've listed some tricks that can help keep your motivation up through those low days:

∞ **Keep a journal**

You've decided to lose weight and are feeling great and ready to go. However, that won't always be the case. The trick to reminding yourself why you've started this journey is to write it down and read what you've written on those days when it doesn't seem as worth it anymore.

∞ **Visual inspiration**

We all have that one person who is our fitness inspiration. You might follow them on social media, watch them on TV or maybe it's someone you see every day. Take a picture of that person and keep it on your mirror as a visual representation of where you want to be. Having motivational quotes on your walls, in your purse or on your work desk can also work as well.

Tips and tricks to help increase your weightloss:

- ∞ First thing in the morning, have some **lukewarm water and lemon juice**. You need to have this before your first meal as this will help jump start your metabolism.
- ∞ Last thing in the evening, have a cup of **green tea with 1 Tbsp of honey**. This needs to be your last meal for the day.
- ∞ Have vegetables with each meal. The fibre found in them will help you feel fuller for longer, while also providing you with a number of nutritional benefits.
- ∞ Whenever you go out for coffee, opt for a skinny latte and try to limit your sugar intake. You need to try and limit your normal sugar intake and opt for honey instead of white, granulated sugar.

Supplements to consider taking daily:

- ∞ Multivitamin
- ∞ Fish oil (Omega 3)

Create Your Own Vegan Meal Plan

Trying to make sense of what vegans eat can be overwhelming, and then you've got to learn how to cook it. *What, I am supposed to drain tofu first? Why are my beans taking so long to cook? How do I steam greens so they don't turn into mush?*

The biggest piece of advice for newbie vegans (or for anyone who wants to change their diet to lose weight) is this:

Try one or two new vegan recipes per week.

Choose a specific day for your vegan cooking experimentation. Ideally, you get the family involved in the event. Or, make it social by having a vegan potluck or inviting friends over. Just be warned: some of the recipes will probably be disasters at first. Keep with it! You will get the hang of it.

This approach is great because you will gradually build up a repertoire of go-to recipes. You will also gradually learn to use new food products you'd never tried before. Since some recipes call for unusual ingredients like agar or vital wheat gluten flour, you will gradually stock your pantry with these items – meaning you don't have to go out and spend a whole bunch of money on specialty products when you first go on the vegan diet.

What are you supposed to eat on days when you aren't trying new recipes? You can use mock meats and soy cheese to stand in for animal products in your standard recipes. These vegan products are healthier than their non-vegan counterparts (less fat, calories and cholesterol), but they still are processed foods. Vegan processed foods are terrible for your health and weight loss. So, your goal should be to eventually stop relying on vegan processed foods and learn recipes which use real foods instead.

Making Sure Your Vegan Diet Plan is Nutritionally Complete

The vegan diet for weight loss gets criticized a lot because of potential nutrient pitfalls, such as being lacking in calcium, iron, or zinc. You'll notice that I didn't mention protein here, because it is actually ridiculously easy to get protein on a vegan diet. Yes, it is true that you will have to pay attention to certain nutrients on the vegan diet, and all vegans must take a B12 supplement as there is no vegan source of vitamin B12. But, aside from the B12 issue, there is no reason that you should be lacking any nutrients on a vegan diet.

Here is how you can make sure your vegan meal has all of the nutrients you need:

In each meal, be sure to include:

- **One protein** (for maintaining and building muscle, which is important for metabolism)
- **One carb** (for energy)
- **1-2 vegetables** (for vitamins, minerals, and fiber)
- **1 fruit/colorful vegetable** (for vitamins, fiber, and antioxidants)
- **1 fat** (yes, your body needs fat for nutrients like Omega 3 and DHA!)
- **1 green** (very important for weight loss and getting enough iron and calcium on the vegan diet)

**A note about protein. It should be included in every meal not because the vegan diet is lacking protein, but because protein helps you feel full for longer, something which will help you control your appetite and lose weight.*

The vegan shopping list on the following page can help you build a healthy vegan meal for weight loss. Just make sure you **always have on hand 2 ingredients from each category, as well as all of the staples**. Then you will always be able to throw together a healthy vegan meal.

Vegan Grocery List

P R O T E I N S	DRY	REFRIGERATED		
	<input type="checkbox"/> Beans (canned or dry) <input type="checkbox"/> Chick peas <input type="checkbox"/> Lentils <input type="checkbox"/> Split peas	<input type="checkbox"/> Tofu <input type="checkbox"/> Seitan <input type="checkbox"/> Tempeh <input type="checkbox"/> Mock meats *Tip: when buying mock meats, look for non-ground and organic options.		
C A R B S	<input type="checkbox"/> Whole-grain bread <input type="checkbox"/> Tortillas <input type="checkbox"/> Brown rice <input type="checkbox"/> Wholewheat pasta <input type="checkbox"/> Quinoa	<input type="checkbox"/> Couscous <input type="checkbox"/> Oats <input type="checkbox"/> Wholegrain cereals <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Other grains (buckwheat, teff, kasha, etc.)		
	V E G E T A B L E S	ALL YEAR	SPRING/SUMMER	AUTUMN/WINTER
<input type="checkbox"/> Carrots <input type="checkbox"/> Celery <input type="checkbox"/> Mushrooms <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas <input type="checkbox"/> Corn <input type="checkbox"/> Onions <input type="checkbox"/> Garlic *Tip: aim for as much colour as possible		<input type="checkbox"/> Peppers <input type="checkbox"/> Baby Marrow (Zucchini) <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Green beans <input type="checkbox"/> Tomatoes <input type="checkbox"/> Radishes	<input type="checkbox"/> Squash <input type="checkbox"/> Turnips <input type="checkbox"/> Cauliflower <input type="checkbox"/> Beetroot	
G R E E N S	ALL YEAR	SPRING/SUMMER	AUTUMN/WINTER	
	<input type="checkbox"/> Spinach <input type="checkbox"/> Cabbage <input type="checkbox"/> Broccoli <input type="checkbox"/> Collard Greens	<input type="checkbox"/> Asparagus <input type="checkbox"/> Chard <input type="checkbox"/> Watercress <input type="checkbox"/> Lettuce	<input type="checkbox"/> Kale <input type="checkbox"/> Brussels sprouts <input type="checkbox"/> Mustard greens <input type="checkbox"/> Endive	
F R U I T S	ALL YEAR	SPRING/SUMMER	AUTUMN/WINTER	
	<input type="checkbox"/> Bananas <input type="checkbox"/> Oranges <input type="checkbox"/> Apples <input type="checkbox"/> Dates <input type="checkbox"/> Frozen berries	<input type="checkbox"/> Plums <input type="checkbox"/> Apricots <input type="checkbox"/> Peaches <input type="checkbox"/> Cherries <input type="checkbox"/> Fresh berries <input type="checkbox"/> Mango <input type="checkbox"/> Melon <input type="checkbox"/> Nectarines	<input type="checkbox"/> Clementines (Naartjies) <input type="checkbox"/> Grapefruits <input type="checkbox"/> Kiwis <input type="checkbox"/> Pomegranates <input type="checkbox"/> Pears	
F A T S	<input type="checkbox"/> Avocados <input type="checkbox"/> Nuts (almonds, walnuts, cashews, etc.) <input type="checkbox"/> Seeds (sesame, flax, sunflower, pepitas, hemp, chia, etc.) <input type="checkbox"/> Olives *Tip: put seeds on salads and nuts on cereal to get your Omega-3			

Staples:

Everyday Items	Cooking	Baking	Herbs and Sauces
<input type="checkbox"/> Plant milk <input type="checkbox"/> Nut butter <input type="checkbox"/> Cooking Oil <input type="checkbox"/> Olive oil or other oil for salad <input type="checkbox"/> Apple cider vinegar <input type="checkbox"/> Balsamic vinegar <input type="checkbox"/> Lemon juice <input type="checkbox"/> Condiments	<input type="checkbox"/> Tomato sauce <input type="checkbox"/> Canned tomatoes <input type="checkbox"/> Coconut milk <input type="checkbox"/> Veggie broth <input type="checkbox"/> Himalayan pink salt	<input type="checkbox"/> Flours(Coconut, Almond, Whole) <input type="checkbox"/> Sweeteners (sugar, maple syrup, agave nectar etc.) <input type="checkbox"/> Flax seed meal <input type="checkbox"/> Cocoa powder <input type="checkbox"/> Baking powder and soda	<input type="checkbox"/> Garlic powder <input type="checkbox"/> Onion powder <input type="checkbox"/> Parsley <input type="checkbox"/> Basil <input type="checkbox"/> Oregano <input type="checkbox"/> Chili powder <input type="checkbox"/> Coriander <input type="checkbox"/> Cumin <input type="checkbox"/> Turmeric <input type="checkbox"/> Sage <input type="checkbox"/> Rosemary <input type="checkbox"/> Ginger <input type="checkbox"/> Cinnamon <input type="checkbox"/> Dill <input type="checkbox"/> Bay leaves <input type="checkbox"/> Curry powder <input type="checkbox"/> Marjoram <input type="checkbox"/> Cayenne pepper

(Source: www.planteousveg.com)