



DESZYFIT



weightloss guide

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.
- ✓ Remove skin from poultry before cooking.
- ✓ Trim all visible fat from food (i.e. poultry and meat) before cooking.
- ✓ Use non-stick cookware or cooking sprays.
- ✓ Use egg whites or egg substitute in place of whole eggs.
- ✓ Season food with spices, lemon or low-fat dressings.
- ✓ Limit high-fat sauces or gravies such as sour cream, regular salad dressings, full-fat gravy, and cream cheese sauces (such as Hollandaise or Alfredo sauce).
- ✓ 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 with butter, 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

Meat/Protein (2 – 3 servings per day) 1 serving = 85g meat/poultry/fish; 1½ cups cooked dry beans/lentils/split peas; ½ cup tofu; 2 eggs	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>
Poultry without skin Chili without meat Egg whites or egg substitute Baked fish Lean red meat (round, loin) Lowfat lunchmeat (<10% fat) Canned tuna in water Cooked dry beans/legumes Lentils Split peas/black eyed pea Tofu Tempeh Meat substitutes (soy based)	Barley Whole-grain bread Bulgur Unsweetened cereal Whole grain crackers English muffins Whole-grain pasta Brown rice Rice cakes Corn tortillas Plain popcorn Oatmeal Baked chips	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>
Bacon Sausage Hot dogs Fried chicken Poultry with skin Fried fish Fish sticks Marbled red meat Lunch meat, polony, salami Canned tuna in oil Oil-packed sardines	Biscuits Chips High fat crackers Pasta with cream sauce Macaroni and cheese 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/Milk (2 – 3 servings per day) 1 serving = 90ml milk or yogurt; 30g cheese; ¼ cup cottage cheese
<i>Foods to choose</i>	<i>Foods to choose</i>
Fresh, frozen or canned vegetables (Prepared without added fat) Broth-based vegetable soups	Nonfat or lowfat (1%) milk Nonfat or lowfat cheese Nonfat or lowfat cottage cheese Light nonfat fruit yogurt Nonfat or lowfat plain yogurt

<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 made with butter Potato salad	Cheese Chocolate milk Ice cream / ice milk Whole or reduced fat 2% milk Pudding Regular fruit yogurt Frozen yogurt

Fats <i>(use sparingly)</i> 1 serving = 1 teaspoon butter or oil; 1 Tablespoon reduced-fat margarine/mayonnaise	
Butter Cream 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 Cream Cream cheese Cream sauce Croissants	Doughnuts Frosting Fruit-flavored drinks Fried foods Gravy Half and half Honey Jam Jell-O [®] Jelly	Kool-Aid [®] / Tang [®] Liquor Marmalade Olives Pastries Pies Preserves Popsicles Salted pork	Shakes Sherbet Sodas Sweet rolls Sweet pickles Syrup Tartar sauce Whipped cream 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 Fat-free mayonnaise 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 90g
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**

As mentioned before, every meal you have needs to have a good amount of protein. Protein helps your body build more muscle and muscle helps your body burn more fat. This will be greater assisted by regular exercise.

∞ **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, this will mean that you have cooked veggies to enjoy at every meal and provide the fibre to keep you full for longer. Make sure you also check your week's calendar to see where you will be able to schedule in a gym session or 4...

Add A Little Motivation

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.

∞ **Plan to give yourself a treat for every 5% of weight lost**

This can be a manicure, a pedicure or even that bracelet you've been eyeing. This is crucial as it gives you something to look forward to as you are working towards your goals.

∞ **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 take daily:

- ∞ Multivitamin
- ∞ Fish oil (Omega 3)

For lunch

Lunch should be your last big meal of the day and should include Good carbs, Protein & Vegetables.

Examples of the above:

<u>Good carbs</u>	<u>Protein</u>	<u>Vegetables</u>
Brown rice	Chicken	Salad
Wholewheat pasta	Beef	Carrots
Wholewheat bread	Fish	Spinach
Beans	Pork	Broccoli

Fill 1/2 of your plate with vegetables, 1/4 with protein and a 1/4 with your carb choice. Stick to this method to get the best results.

For Dinner

Stick to 3 or 4 lean proteins plus 3 or 4 kinds of your favourite vegetables that you can prepare over the weekend and alternate over the weeknights.

Examples of the above:

<u>Lean protein</u>	<u>Vegetables</u>
Steak	Roasted vegetables
Skinless chicken	Sweet potato
Grilled fish	Steamed country crop vegetables

Healthy substitutions:

Replace	sea salt	-	Himalayan pink salt
	full cream milk	-	low fat milk
	flavoured yoghurt	-	low fat plain yoghurt
	sunflower oil	-	canola or coconut oil
	regular coffee	-	skinny latte or tea
	sugar	-	honey
	cookies	-	fruits
	margarine	-	low fat butter

Lastly, try and do all your shopping over the weekend. Always do your shopping on a full stomach to stop you from splurging on unhealthy food in the store.

