



Nutritional Habits for Weight Loss

- 8 Week Series -

The Facts
on
Weight Loss





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"Education defines the path; Motivation determines who shall walk that path"

Introduction

Welcome to the Nutritional Habits for Weight Loss Series. Over the next 8 weeks you'll receive simple tips on how to make changes that will have a positive effect on your weight loss. With a world of opinions and information out there it's hard to choose which diets to follow. Hopefully this information will supply you with some simple tools to help you change your weight and health for the better

There are no magical diets or foods

Sorry to burst your bubble but, there are no diets or foods that can magically melt fat from your body. Coconut waters exotic berries and other supposed miracle foods provide little to no benefit to your weight loss. They may be healthy food alternatives, but they won't help with your weight loss. If these foods produced these results they would be used as medicines in the fight against obesity and the mechanism behind the weight loss researched. Successful diets all work on the premises of reducing food or energy intake. Certain foods or diets can be used to help you reduce food intake, such as eating fibrous foods or bulky water filled foods. The principle though behind why these foods help you to lose weight is the same, they reduce the total energy that you intake. Technically you can lose weight on any diet provided energy is reduced, but some foods will definitely make your journey easier

Understanding the Principles – Energy Matters

Yes, you've heard it before, Energy Balance is what matters. Reduce your energy intake and you will lose weight. You may say "but it doesn't work for me" and yes there is variance in the rate of weight loss between people. Your Metabolism which determines how much energy you burn is affected by Muscle Mass, Exercise Type, Thyroid and Sex Hormones; your fat storage is also affected by both environmental and genetic factors. Despite this research finds that when less food is eaten as compared to that which is burnt weight loss will result.

For more information see http://www.opportunityfitness.com.au/diet_and_weight_loss_principles

Small things add up

Quite often the habits we form cause a large portion of our weight gain. You may not think that having one row of chocolate at night in front of the TV or even an occasional chocolate bar is much of a deal. Performing the math on the energy contents might sway you the other way.

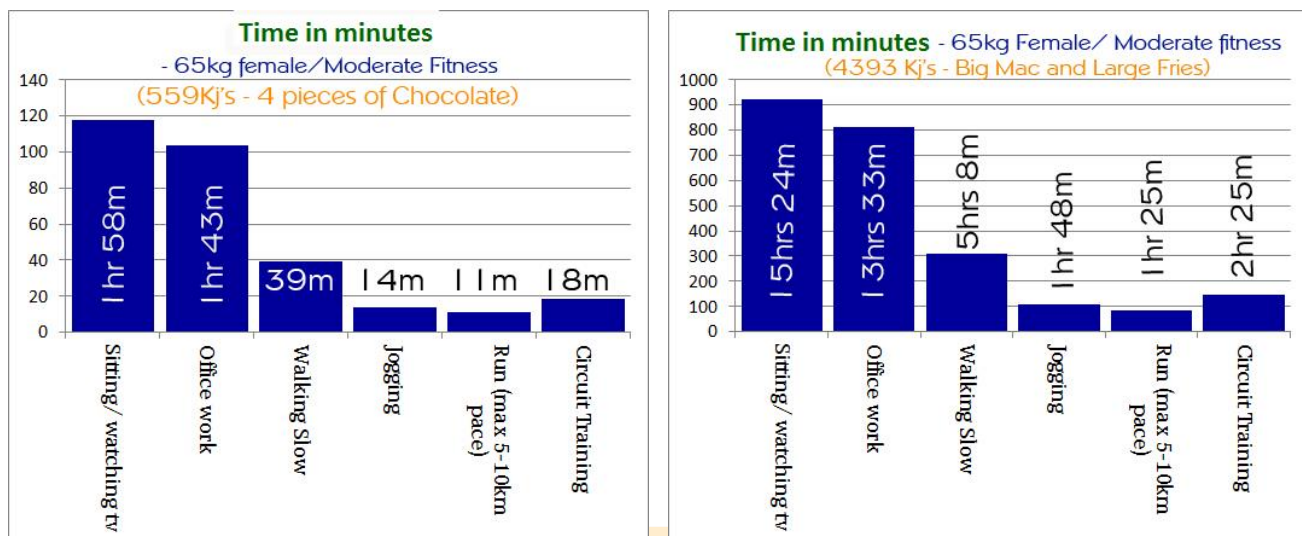
One row of a standard block of top deck (4 pieces) weighs 25 grams and contains 559kj's or 134 kCalories. Having one row of chocolate 4 nights or one 50 gram chocolate bar twice per week equals 2236kj's per week.

Researchers suggest that 1kg of body fat is stored in the body containing 32200kj's of energy. The 4 pieces of chocolate 4 nights a week or 2 chocolate bars equal a weight gain of 3.61kgs a year.

This may not seem like much but do this for 5 years and your 18kg's over weight

Is the pleasure worth the pain?

How much energy you burn in a training session is determined by your body size and your fitness level. If you're a beginner and have a small frame you won't be able to burn as much energy as your larger fitter counterparts. The image shows for a 65kg female, of moderate fitness how many minutes of each activity it takes to burn the energy of the above 4 pieces of chocolate and a standard Big Mac and Large Fries



To calculate and view the time taken to burn the calories of common foods visit

<http://www.opportunityfitness.com.au/Energy%20Balance%20Calculator/Energy%20Balance%20Calculator.htm>

Diet or Exercise?

Exercise has a significant influence on body weight. Most research studies looking into diets alone, exercise alone and diet and exercise combined find that the following.

- Exercise when performed 3-4 days per week at higher intensities produces similar weight loss to a moderate energy restricted diet.
- Diet and Exercise combined produces better result although not quite double that which is found in exercise or diet alone

80% Diet 20% Exercise Myth

The more you exercise and the fitter you are the greater contribution exercise has to weight loss. As mentioned exercising 3-4 days per week at high intensities sees a weight loss resulting from 50% diet: 50% exercise.

As exercise frequency decreases to 1-2 days per week weight loss can be considered 75% diet and 25% Exercise.

When exercising 5-7 days per week weight loss can be considered 25% diet and 75% exercise

These numbers are only estimates as many variables will affect weight loss, despite this the importance of both diet and exercise in the weight loss equation can be seen. The higher a person's fitness levels the greater the contribution exercise will play to weight loss. Elite athletes such as Tour de France riders will burn an entire day's worth of energy on each 3 hour bike ride. For these riders diet is irrelevant when considering weight loss, typically they cannot consume the number of calories their body expends.

Exercise, why it helps

Exercising has a significant effect on your weight loss goals. The type of exercise modifies the mechanisms by which weight loss occurs.

- **Aerobic exercise** which is any form of exercise that is continuous in nature. Aerobic exercise burns the highest number of calories and produces the fastest short term weight loss per session.
- **Strength Training** involves challenging the muscular system to move weights against gravity. The result is stronger and larger muscles. This increase in muscle tissue increases the bodies resting metabolism and alters hormone concentrations in favour of long term fat burning. Better for men, results less immediate.
- **Interval Training** is high intensity exercise performed for periods of 1-4 minutes. Interval training can use movements traditionally used in strength training such as crossfit style workouts or it can focus on endurance based movements such as running, swimming and cycling. Interval training produces a higher energy expenditure than strength training but less than cardiovascular training. Interval training produces an increased post exercise energy expenditure which benefits weight loss, along with an improved hormonal environment for fat loss

Try for 2-5 exercise sessions per week mixing intervals with and lower intensity cardiovascular exercise such as jogging or swimming. Try to also include some circuit or strength exercises. Initially aim for 45 minutes per session

Myths

Carbs; don't be scared

Despite what the media would have you believe, carbohydrates are not the enemy. Carbohydrates contain approximately 17 kilojoules per gram, which is equal to that of protein. Fat contains 37 kilojoules per gram and Alcohol 29 Kilojoules per gram. Therefore carbohydrates are equal to proteins and are a less dense source of energy than fats. Carbohydrate rich foods also tend to accompany fibre, which has several health and weight loss benefits.

Quite often it's what is eaten with carbohydrates or the type of carbohydrates that are the problem. It is recommended you eat carbohydrates that are low in sugar, low in GI and contain fibre. These carbohydrates will help your weight loss journey

For more information see

http://www.opportunityfitness.com.au/do_carbohydrates_make_you_fat_no_but_fat_might

Monitor Your Weekly Physical Activity Level

Below is an Activity Level Points scoring system. Remember there are various aspects of fitness other than energy expenditure. The below system is designed to award higher points for high energy expenditure activities which result in increased weight loss. Considerable points are also given to strength building activities. For this reason those needing to increase flexibility or other areas of fitness such as balance of posture will need to focus on these areas rather than points. See below for the weekly recommended points for different population groups.

Points per hour of activity	Activity
1	Low Intensity Activity - (Walking for transport or shopping, Pilates, outdoor activities, playing children's games)
2	Medium Intensity Activity (Strength Yoga, Social Cycling, Stair Walking, Tennis, Weight lifting, hiking, surfing, Dancing)
4	High Intensity Activity (High Intensity Circuit Classes and Boxing, Running or Interval Training, competitive sports)

*** If the Activity is performed for 1 hour then the allotted points per hour are awarded. For 30 minutes of activity half the points. Ie 30 minutes of Tennis equals one point (30mins/60*2 points) as does 15 minutes of Running (15mins/60 *4 points)

Occupational Activity Points - Many individuals are active throughout the day for their occupation. Below is an occupational guide. Note day to day variances in jobs will occur so exact values can't be insured

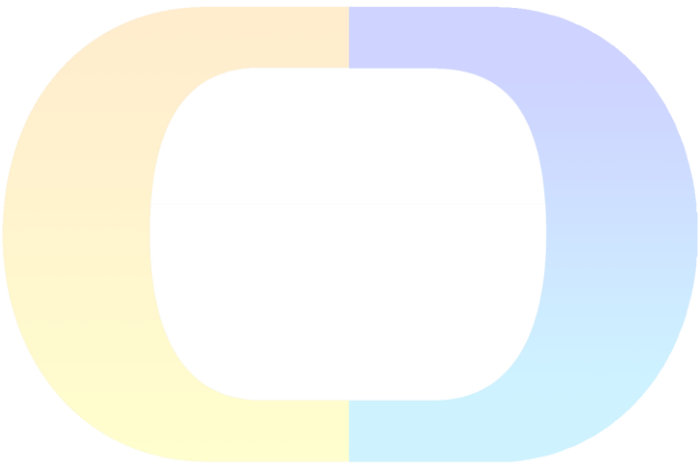
Points Per Standard Working Day	
0	Office Work
1	Retail, hospitality, Child care
2	Mechanical Trades, Warehouse storeman, Stock Packer)
3	Construction Industry (landscaping, building and plumbing related trades)
4	Heavy Manual Labouring

Weekly Recommended Activity Points

	High Fitness Individuals	General Population Healthy Life Goal	Beginning Activity Program
Teenagers (13-18)			
Men (18-35)	22	16	11
Women (18-35)	20	14	9
Men (35-55)	18	13	9
Women (35-55)	17	12	8
Men (55-70)	12	7	4
Women (55-70)	12	7	4
New Mothers		8	6

Record your Activity Levels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								



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Nutritional Habits for Weight Loss

- Week 1 -

Eating more Vegetables and Salads

Measure your Waist Girth

Waist Girth is a reliable measure for body fat change. A person's body mass or weight is influenced significantly by muscle mass. Muscle mass in the abdominal or stomach region remains relatively constant even when beginning a strength program. Measuring your waist girth can therefore provide you with an accurate measure of body fat change. Women due to lower changes in muscle mass may choose to continue to monitor body weight, but remember if you have an athletic frame muscle will influence your result.

For information on how to measure your waist girth visit

- http://www.opportunityfitness.com.au/waist_girth

Record your results in your phone or diary. A 1cm change in waist girth is closely correlated to a 1kg reduction in body fat.

Introduce more Vegetables and Salads

Vegetables contain soluble fibre, are low on the Glycaemic Index scale and have very few calories. Salads contain very little calories along with a moderate portion of fibre. Vegetables and salads are the top of the list when it comes to eating for weight loss. Detox diets, clean eating and even the Paleo diet produce benefits due to the increases in vegetable and salad consumption. The weight loss that occurs on these diets are not due liver cleansing, high nutrient density or due to the natural or "clean" effects of the food. Weight loss is instead a result of the high satiety to energy content in the food. This means vegetables are highly filling compared to how much energy they contain

Each day increase your vegetable consumption by choosing either

- A) Eat at least one serving of Vegetables OR Salads with each of your 5 meals. If consuming 3 meals per day include 1-2 servings with each meal. For example include, a salad sandwich for lunch along with carrot and cucumber pieces or have cold vegetables in the fridge to include with breakfast

OR

- B) Eat 80% vegetable on one of your main meals. This could be a vegetable and meat dish, a vegetarian stir fry or a large chicken salad

Include **4-7 servings** of vegetables a day –Serving sizes vary depending on the vegetable. A small to medium potato or half a cup of peas is a standard serving

Include **2-5 servings** of salads – Salad serving sizes also varies based on the salad. A sandwich with salad contains 1-2 servings whilst a typical chicken salad would contain approximately 5 servings

Tips

- Keep frozen vegetables in the freezer
- Have vegetable soups stored in the freezer
- When consuming meals such as lasagnes, pasta dishes and casseroles which contain little to no vegetables. Cook a side of vegetables to make up half of the meal
 - Snack on carrots, cucumbers, corn or other fresh vegetables



Nutritional Habits for Weight Loss

- Week 2 -

Reduce your Energy Intake - Energy Density

Reduce your Energy Intake

When referring to weight loss the most important aspect of any diet is the **Energy Content** and how it affects your **Energy Balance**.

There are two outcomes for the energy you intake from food, it is either stored or used. The **used energy** supplies your body tissues with the energy needed to grow, repair and perform the functions required to keep you alive. Exercise significantly increases the amount of energy the body uses. **Excess energy**, which is energy you eat that is not used, is stored. Your muscle tissue can store small amount of this excess energy as triglycerides and glycogen. These storages of energy can be utilized by the muscle tissue during exercise. When large amounts of excess energy are consumed the excess can no longer be stored in muscle cells and is instead is stored in fat cells. These fat cells help maintain homeostasis by keeping the circulating carbohydrates and fatty acids at safe levels. The problem with excess fat storage is levels of fats tend to increase in the blood stream and muscles which has a negative impact on your health. Excess fat tissue also increases blood pressure and decreases your physical capacity to perform day to day tasks. Lifestyle diseases such as diabetes and heart disease increase significantly with weight gain.

See http://www.opportunityfitness.com.au/health_implications_of_weight_gain

Decreasing your total energy intake can be achieved by reducing your portion sizes or decreasing the Energy Density of the food you are consuming.

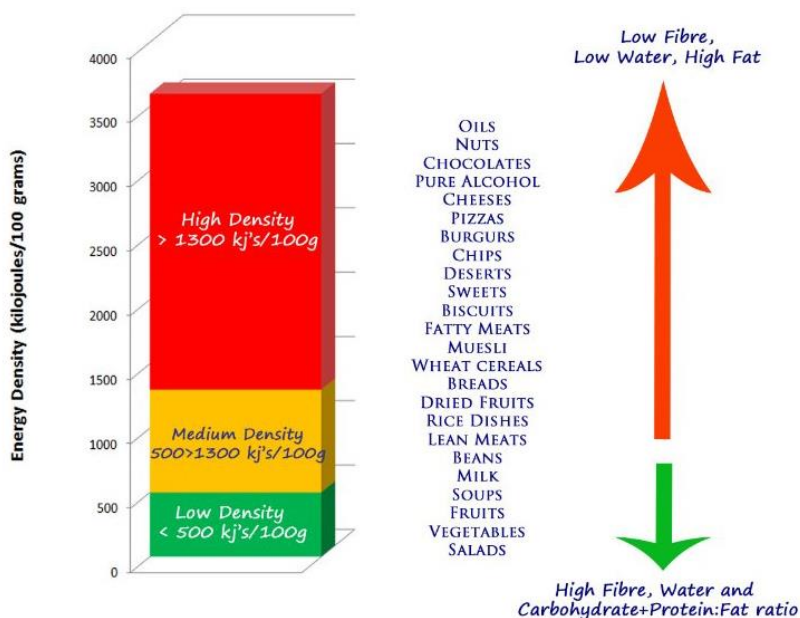
What is Energy Density?

Energy Density refers to how much energy is in a 100gram portion of food. High energy density foods contain low amounts of fibre and water. Research shows especially in a social setting that the energy density of a food significantly influences the amount of energy you'll consume during a meal. This is because people tend to eat based on the size of the food in front of them and the time it takes to eat that food. Large bulky fibrous foods also tend to take longer to consume, whilst foods containing high contents of water fill you up preventing you consuming excess energy

Record the foods that you eat and gradually learn the energy density of each of these foods. This is easy to achieve. Look at the energy content per 100 grams of the foods nutritional label. See the diagram below to classify the energy density of the food.

The lower the foods energy density the better the food will be for weight loss

Energy Density Classifications



Once you have learnt the energy density of your foods you have an idea of how much of that food you should eat. Fatty, sugary foods which are lower in fibre and water will always have high energy densities. This means you should eat less of these foods. Remember weight loss is predominately a result of burning more energy then you consume. Therefor eating fewer foods with a high energy density will help reduce your total energy intake resulting in weight loss.

For further information see http://www.opportunityfitness.com.au/energy_density_weight_loss



- Include higher fibre foods such as legumes, beans, vegetables, fruits and grains
- Trim visible fat from meats
- Eat real fruits and vegetables rather than dried fruits and precooked meals
- Cook meats using Herbs and Spices rather than crumbed and battered
- Snack on raw or less refined foods, chances are these will contain lower energy contents
- Eat less packaged biscuits, sweets and deserts
- Chocolate - Try to reduce your intake it's loaded



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Nutritional Habits for Weight Loss

- Week 3 -

Reduce your Intake of Sugary and Packaged Foods

Snacks and Treats – Reduce package foods and cut back on sugar

Reducing your intake of sweetened packaged foods is one of the simplest and most important changes you can make. Most people are aware that a treat is meant to be a treat and not a staple part of the diet. Treats should be used in moderation, yes they don't have to be avoided all together. Try to consume no more than one packaged sugary "treat" a day. Also ensure you consume just one serving of this food. Having a row of chocolate is not going to blow you right off the scales, eating an entire block though can be equal to half or three quarters of your daily food intake. So remember when having treats stick to the serving suggestions



Packaged foods generally contain higher fat and sugar contents. This means high calories and energy. Simply making a decision to buy more of your foods from the fresh section of the supermarket can impact your weight loss considerably. Look on the ingredients list of your common snacks and look out for high fat and sugar contents. Try to avoid having more than 15 grams of sugar per meal and similarly avoid eating large quantities of food with fat contents above 10-15grams per 100 grams

For more information see http://www.opportunityfitness.com.au/fructose_sugar_and_weight_gain



- Ensure Sugar doesn't appear on the ingredients list before the main ingredients of the product. For example when choosing muesli, Ingredients: Oats, Sugar, Barley, Bran, mixed fruit.... would indicate there is more sugar than barley, bran and mixed fruit
- Look for Baddies disguised as Goodies. Muesli bars, breakfast cereals, meal replacements, sports drinks and protein powders although market as healthy products they still contain high amounts of sugar
- Keep sugary foods to one per meal, ie if sweetened drinks are being consumed avoid lollies, chocolates or dessert. Similarly if having dessert avoid cooking with added sugars for the rest of that meal
- Shop more from the fresh section of the supermarket
- You won't eat what you don't have, ensure your pantry isn't composed of junk food
- Skip desserts when eating out for lunch and dinner

Nutritional Habits for Weight Loss

- Week 4 -

Increase Your Fibre Intake

Benefits of increasing your fibre intake

Fibre has been shown to have a significant effect on your feelings of fullness otherwise known as satiety. Research studies looking at fibre intake and weight loss have shown that fibre content decreases self-selected energy intake resulting in weight loss. To research this identical foods are produced, with equal energy contents, the only difference is one group of foods contains an added fibre substitute. The participants in the fibre group report higher satiety and also choose to eat less food throughout the day. Remembering less food means less energy intake resulting in weight loss.

Wholegrain carbohydrate rich foods contain higher fibre contents. Research has shown small positive effects with weight loss when comparing foods containing complex carbohydrates opposed to simple sugary carbohydrates. This is one mechanism why complex carbohydrates such as cereals and grains have been shown to be mildly beneficial for weight loss. Yes good carbohydrates won't make you fat

Start taking note of the fibre content of the foods you eat. Remember most refined foods contain little to no fibre

If you'd like more information about fibre intake and weight loss visit

http://www.opportunityfitness.com.au/dietary_fibre_weight_loss



- Increase Fruit and Vegetable consumption
- When choosing fruits leave the skin on where applicable
- Eat snacks such as beans, nuts and wholegrain crackers rather than refined biscuits, cakes and chocolates
- Choose wholemeal, wholegrain or rye breads
- Include vegetables in meat dishes, add a side of salads or vegetables to a meal
- Choose a high fibre breakfast cereal
- Consume less sugary drinks, juices and lollies

Nutritional Habits for Weight Loss

- Week 5 -

Reduce Your Portion Sizes - Motivation

“Education defines the path, motivation determines who shall walk that path”

In week 2 we learnt that the amount of energy you eat is the most important factor regarding weight loss. Consuming large amounts of excess energy will inevitably see that energy being stored as fat. Reducing your energy intake can be achieved by reducing the Energy Density of your food (week 2) or by simply reducing your portion sizes

Read back over week 2's message and if you haven't already, record your food intake on the provided sheet along with the energy content of each meal. Look through this list and find some of the foods which contain high energy contents. Make a conscious effort to simply reduce the amount of these foods you eat.

Try reducing your serving size at dinner, lunch or breakfast.

Keep your snack size to just one serving and try to go just a little bit hungry in between meals. Sometimes something as simple as a glass of water can keep you satisfied until dinner

This is not a difficult concept but one which finds its success in an individual's motivation and aptitude. Remember consistency is the key and if you keep making the right decisions you'll receive a result. Most people fall from the wagon so to speak and have a block of chocolate for dessert, the key is to consistently reduce your food intake avoiding those one off blow outs



Tips



- Surround yourself with people who have a common goal as your own. This creates a positive rather than a negative peer pressure
- Reduce the portion sizes of high energy foods you have learnt about in week 2
 - Avoid blow outs or pity days where you figure you might as well eat the entire box since you've started it. Just because you've had a little treat doesn't mean your weight will instantaneously increase. Remember 2 rows of chocolate is still a lot better than the whole block
 - Cut back slightly on one of your standard breakfast, lunch or dinner meals by reducing the portion size
 - When sitting down for dinner, place a quarter less of a meal on your plate, or cut back on a piece of toast or an egg.

Interesting Fact:

There is a phenomenon known in the research community regarding weight loss studies. Researchers find when participants are informed that the purpose of the study is to monitor their body weight they will in fact lose weight. A simple awareness of or even a fear is enough to focus a person's attention to the foods they eat. The result is a weight loss even in the non-dieting groups. Try to place some importance on your weight loss and make a conscious decision to reduce the amount of food you eat. Make yourself accountable to someone and see if this phenomenon holds true for you

Practical Tools – Record your food and energy intake – see page 2

Energy Expenditure Calculator – If you'd like to see how long it will take your body to burn the energy you have consumed in each of these meals try the Online Calculator. Enter details in the yellow fields

<http://www.opportunityfitness.com.au/Energy%20Balance%20Calculator/Energy%20Balance%20Calculator.htm>

Daily Calorie Counter work sheet

Use the label of each food item or the USDA website <http://ndb.nal.usda.gov/ndb/search/list> to learn the energy content per 100 grams of each selected food. Weigh your level of food and calculate the energy content of each meal

	Item/Food/Drink	Macronutrient Content (Grams)			Energy Content	
		Carbohydrate	Protein	Fat	Kilojoules	Calories
Meal 1						
Meal 2						
Meal 3						
Meal 4						
Meal 5						

Total Daily Energy Intake		
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Nutritional Habits for Weight Loss

- Week 6 -

Choose Lower Glycaemic Index Foods

Glycaemic Index

The Glycaemic Index (GI) refers to the rate at which carbohydrates from within a food are released into the bloodstream. High GI foods release carbohydrates rapidly causing large changes in blood glucose levels, whilst low GI foods release carbohydrates slowly resulting in more stable blood glucose levels. Consuming large meals containing high GI foods results in elevated blood glucose levels these elevated levels have a detrimental effect on vascular and nerve tissue. Energy levels may also slump due to the rebound drop in blood glucose that proceeds the high GI meal. If you're a diabetic or you have considerable excess weight it is recommended that you switch where possible to lower GI food options

Health authorities recommend consumption of lower GI carbohydrate foods due to improved blood cholesterol and lipids. Research into the Glycaemic Index and weight loss suggest a small positive relationship between lower GI carbohydrates and weight loss. Although the weight loss benefit of lower GI foods is small when compared to other dietary modifications there are further positive health benefits external to weight loss. These factors combined provide enough benefits for lower GI carbohydrates to be recommended as the carbohydrates of choice in your diet

How to lower the Glycaemic Index of the foods you eat

- Grain based foods such as rice and bread quite often have lower and high GI options. Basmati and Doongara Clever Rice, two forms of rice readily available in major supermarkets, have half the GI of Jasmine Rice. Rye, Sourdough and Stone milled breads similarly are lower on the GI scale than standard white and wholemeal breads.
- Cooking time increases the GI of the food in question. Raw vegetables, fruits, legumes and grains have significantly lower GI's than their cooked alternatives. Cooking foods for commercial storage can raise the GI of the meal when compared to the raw alternative
- The temperature of the food can affect the GI of starch based foods. Cold potatoes and pastas are released slower than the identical warm version
- Including a small amount of protein or fat with a meal will also lower the GI index of the meal

With small benefits in weight loss and health try to make changes where convenient. A simple switch of rice or bread variety is simple and won't place too many constraints on your lifestyle

For more information see http://www.opportunityfitness.com.au/glycaemic_index_weight_loss

Nutritional Habits for Weight Loss

- Week 7 -

Protein, Satiety and Weight Loss

Protein, Weight Loss and Health

With increases in dietary protein being encouraged in many diets, some questions need to be asked about whether there are any benefits to increasing your protein consumption and is it safe to do so

Protein and Weight Loss

There are reasons why protein may be beneficial for weight loss. Protein when eaten increases the metabolic rate in a process known as the **thermogenic effect**. This increase in energy consumption is in the magnitude of 20-30% of the calories consumed. Taking this into consideration, protein as a nutrient has the lowest energy density, closely followed by carbohydrates then fats. Lower energy densities are beneficial for weight loss.

Protein also **increases satiety**, meals containing protein make you feel fuller for longer which will most likely see you eating less food in your subsequent meals.

Despite these factors population evidence doesn't support the link between protein and weight loss this though could be due to several confounders

Vegetarians tend to have lower body fat levels than their meat eating counterparts despite eating lower protein diets. Some studies show plant proteins, fish and possibly most white meats have a positive correlation with (beneficial for) weight loss, whilst red meat proteins have a negative correlation (detrimental to weight loss). Once again this could be due to confounding variables such as the fat contents or nutrients within red meat

Red meat consumption has also been linked to small increases in heart disease and diabetes and a decreased life span whilst white meat has been found to have no correlation

Recommendations

With the suggested benefits of protein for weight loss and some possible negative effects of red meat consumption, it's safe to say increases in plant protein and white meat (fish in particular) will have a positive benefit on your health.

- Try to consume more plant based proteins such as beans, chickpeas and legumes which are high in protein and low in GI making them a weight loss superfoods
- Choose wholegrains over refined these contain small amounts of plant proteins
- When consuming meat try to consume more white meat and in particular fish
- When choosing meat look out for some of the factors that may be confounding the link between protein and weight loss, such as; excess visible fat, fatty or energy dense batters and fast food style fried proteins

For more information see

http://www.opportunityfitness.com.au/protein_and_weight_loss



Nutritional Habits for Weight Loss

- Week 8 -

Tie it all together with the Foods for Fat Loss Scale

Foods for Fat Loss (FFL) scale

In the previous weeks we have learnt about how a food's energy density, fibre level, Glycaemic Index and sugar content affect a person's satiety level and resultant food intake. The Food for Fat Loss (FFL) scale uses these factors along with the food's protein content to calculate the food's satiety to energy content ratio. This ratio indicates how much of each food you will most likely eat before satiety is reached. The Foods for Fat Loss scale is therefore a good indicator of what foods are best for weight loss.

Incorporating all the information you have learnt in the first 6 weeks can be difficult. On one hand a food may contain positive factors for weight loss and on the other hand negative factors. Trying to weigh up these positive and negatives can be difficult. Foods such as nuts are high in fibre and protein which aid weight loss but also high in energy which inhibits weight loss. Other foods such as fruit are high in sugar which is a negative factor but low in energy and high in fibre both of which are helpful for weight loss. The FFL scale helps take the confusion out of selecting the appropriate foods. A calculation takes all these factors into account to provide an estimated satiety to energy ratio. A lower energy to satiety ratio implies a positive weight loss food, whilst a higher energy to satiety ratio implies a negative weight loss food.

Have a look through the FFL scale and see where common foods are positioned on the list. If weight loss is your goal choose more foods from the top of the list (higher satiety to energy ratio foods). Use the list as a guide for how frequently you should eat certain foods. Foods at the bottom of the list need not be avoided, instead use portion control and consume less of these foods.

See http://www.opportunityfitness.com.au/foods_for_fat_loss

Foods for Fat Loss Recipes

Try some of our hand-picked healthy weight loss recipes. Each recipe has a nutritional breakdown with information on the meal's sugar, carbohydrate, protein, dietary fibre content along with the meal's energy density.

<http://www.opportunityfitness.com.au/recipes>

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Foods for Fat Loss

Eat Freely

↑ 100

These foods are helpful for weight loss. Eat them freely, as they are both low in energy and provide satiety factors that will help control your appetite. They have a high satiety to energy ratio. Try to include some of these foods with every meal.

↓ 90
↑ 90

These foods can safely make up the majority of each meal. They contain a healthy energy to satiety ratio. This means these foods will control your appetite without providing large amounts of energy

↓ 77.5
↑ 77.5

These foods are ok to eat in moderation. It is recommended that these foods make up no more than a third of your meal size. These foods have a moderate energy to satiety ratio

Eat Regularly

ation

Spinach	99.8
Lettuce	99.5
Cucumber	97.9
Cauliflower	97.6
Broccoli	97.4
Celery	97.4
Zucchini	95.7
Butternut Pumpkin	95.1
Tomato	94.4
Pears	92.7
Lentils	92.5
Carrots	92.4
Mixed Beans - Canned	90.7
Peas - Green, Frozen	90.3
Baked Beans	88.5
Tuna - Canned	87.7
Chickpeas	87.4
Wheat Germ	85.9
Healthy Choice Balsamic Garlic Chicken	84.8
Apples	84.2
Cereal - All Bran	84.0
Leg Ham 97% fat free	83.7
Chicken Breast	82.9
Banana	81.3
Rolled Oats Water Prepared	81.0
Potatoes, boiled without Skin	80.6
White Pasta/Spaghetti	80.4
Sweet Corn	80.1
Salmon Fillet	80.0
wheat Biscuit with milk	80.0
Rice White Basmati	78.4
Rolled Oats Milk	78.4
Wholemeal bread	78.2
Burgen Soy and Linseed Bread	78.0
Rye Bread	77.1
Advocado	77.1
Round Steak	76.9
Morning Sun - Muesli 200ml milk/100g	76.7
Cereal - Wheat Biscuit	76.0
Reduce Fat Milk	75.8
Morning sun - 97% fat free Muesli	75.2
Watermelon	74.4
Vita Wheat 9 Grains	74.4
Trail Muesli Bars - Nut and Fruit	74.1
Raisin Toast	72.9

Eat in Moderation

Eat Occasionally

Avoid - Treats Only

moderate energy to satiety ratio



These foods have a poor satiety to energy ratio. They provide higher energy values whilst containing only small benefits to ones appetite. These foods should only be eaten in small amounts, as either sides or additives to main dishes. Consume small amounts no more then 3 times per day



These foods are high in energy and provide little to no appetite control. Eat only as a treat no more than once per day. Keep serving size to a minimum as large servings will quickly provide energy without suppressing appetite



Raisin Toast	72.9
Morning Sun - Muesli	72.4
White Bread	70.8
Blueberry Pancakes	69.8
Kellogs Special K	68.2
Kellogs Corn Flakes	66.7
Grapes	66.6
Hommus	66.5
Milk	65.2
Mcdonalds Big Mac	64.4
Mcdonalds French Fries	63.5
Rice White Jasmyn	63.4
Egg Whole Fried	63.2
Mcdonalds Chicken Nuggets	61.7
Orange Juice	60.9
Grain Waves Chips	60.7
Tomato canned	60.1
Nudie Cranberry and Raspberry fruit juice	59.9
Rice cruskit	59.0
Fruit and Nut Trail Mix	58.1
Dare Iced Coffee	57.8
Uncle Tobies Muesli Bar	57.0
Nuts Almonds	56.9
Dorito's Corn Chips	56.5
Meat Pie	54.9
Potato Chips - Packet	53.7
Peanuts	53.4
Cheese Cheddar	52.8
Kellogs Coco Pops	52.1
Cola	47.8
Arnotts Shortbread cream biscuits	43.7
Orea Classic Biscuits	43.1
Vanilla Icecream	42.3
Philadelphia Cream Cheese	40.8
Mars Bar	39.3
Kraft Peanut Butter	38.2
Tim Tams	36.4
Praise French Salad Dressing	34.9
St DalFour Black Cherry 100% fruit Jam	31.0
Jellybeans	28.8
Chocolate	19.4
IXL Raspberry Jam	17.2
Praise Traditional Creamy Mayonnaise	12.2
Butter	7.8
White Sugar	3.8
Pure Fat	0.0



Nutritional Habits for Weight Loss

Summary

"It's not what we do once in a while that shapes our lives. It's what we do consistently"

Over the past 8 weeks you've learnt simple tips and steps to achieving weight loss and better health. Remember a few bad decisions will not ruin your journey, instead make a commitment and make more right decisions than wrong ones. Knowing what the best choices are gives you the freedom and power to change when you so desire

The best of what you've learnt

Introduction

- There are no miracle foods or special diets, instead making better food choices mean less calories are consumed equalling weight loss
- Exercise and Diet are equally as important for weight loss
- Is it worth the pleasure? A few calories can take a lot of exercise time to burn off. Think about it before you eat it

Week 1 – Eating more Vegetables and Salads

- Waist Girth is the simplest way to monitor your results
- Salads are on the top of the weight loss list, they're low in energy and provide a small amount of fibre
- Vegetables are also on the top of the weight loss list, they contain a low to moderate amount of energy with plenty of low GI carbs and Soluble fibre keeping you full and satisfied

Week 2 – Reduce your energy intake, Energy Density

- Energy Density refers to how much energy is in a 100 gram portion of that food
- High energy density diets result in larger day to day energy intakes resulting in weight gain
- Foods high in fat and sugar tend to have high energy densities
- Foods high in fibre and water tend to have low energy densities

Week 3 – Reduce your intake of packaged and sugary foods

- Packaged foods tend to have higher energy contents, particularly sweets which are both high in sugar and fat
- Ensure most of your foods are below 15 grams of sugar per 100 grams
- Ensure most of your foods are below 10-15 grams of fat per 100 grams

Week 4 – Eat more Fibre

- Fibre increases satiety and decreases fat absorption, both being beneficial for weight loss
- Choose wholegrains over refined grains
- Eat more beans, nuts and legumes
- Don't be scared of carbohydrates they usually come hand in hand with fibre

Week 5 – Reduce your portion sizes - Motivation

- Reduce your meal sizes slightly
- Treats and energy dense fatty foods can still be eaten, just remember to portion control them
- Weight loss studies prove, simply focusing on weight loss causes us to eat a little less resulting in weight loss

Week 6 – Choose lower Glycaemic Index (GI) Foods

- The Glycaemic Index refers to the rate carbohydrates are released into the blood stream
- Low GI foods can improve blood cholesterol and help stabilize energy levels
- Choose better breads and rices, consumes beans, nuts and legumes and have vegetables in salads

Week 7 – Protein Satiety and Weight Loss

- Protein is the lowest energy density of all the nutrients
- Protein increase metabolic rate and improves satiety
- For better health and weight loss choose plant proteins and white meats particularly fish
- Watch out for battered and fried meats and meat containing high fat contents

Week 8 – Foods for Fat Loss (FFL) Scale

- The FFL scale is a definitive number incorporating all the information from weeks 1-7
- Foods high on the list are the most beneficial for weight loss and can be eaten frequently
- Foods low on the list don't need to be avoided instead portion controlled

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