



**HEALTHY
NUTRITION
GUIDE**





Step No.1

Stop Sugar

Sugar, whether white or brown, will blunt your fat burning process. When you eat something that has sugar, your body releases insulin - the hormone that stabilizes your blood sugar levels. Insulin picks up sugar from your bloodstream and burns it instead of fat.

TO DO:

1. Avoid sugar; remove it from your coffee or tea.
2. Use stevia instead, a natural low calorie sweetener derived from a plant.





Step No.2

Avoid Hidden Sugar

Avoiding sugar doesn't only mean avoiding refined table sugar but also foods that are high in hidden sugar like breakfast cereals, instant oatmeal, low fat fruit yogurt and granola bars. Although advertised as "high in fiber" or "low in fat", these are processed and have added sugar. For example, a container of low fat fruit yogurt may have up to 25-30g of sugar, equivalent to 5 teaspoons!

TO DO:

1. Avoid sweetened beverages like soft/fizzy drink
2. Avoid juices, including fresh ones. You can flavor your own water instead.
3. Avoid processed desserts and most low fat products.



Count Calories

Step No.3

You could be avoiding sugar and sugar sources but at the same time under or overeating. In other words, you're not consuming the right amount of calories for your specific needs. You have to be on a caloric deficit of 500 calories per day to lose body fat.

TO DO:

1. Calculate how many calories your body needs daily. You can use an online calculator or visit a nutritionist.
2. Subtract 500 calories to be on a deficit of 500 calories to lose weight.
3. Follow a diet plan. People were found to do better, succeed faster when on a plan.
4. Prepare your meals in advance using proper measuring tools.



Reduce Carb Intake

Step No.4

Reducing the amount of carbs in your diet has been shown to cause 2 to 3 times more weight loss than reducing fat intakes. Carbs are converted into simple sugars, the number one source of energy in your body. When you reduce your carb intake, there are limited amounts of simple sugars in your body to be used for energy so forcing your body to access your fat stores as a source of energy - this is when your body starts burning fat.

TO DO:

1. Aim to reduce your carb intake to less than 30% of your calories.
2. Focus on eating only complex and natural sources of carbs that are high in fibers like oats, quinoa and bulgur, starchy vegetables like pumpkin and sweet potatoes.
3. Eat green leafy veggies for both lunch and dinner.
4. Restrict your fruit intake to 1 to 2 portions a day.
5. Focus on low sugar fruit including berries, kiwi, green apples and grapefruit.





Step No.5

Increase Protein Intake

Diets high in protein help boost your metabolism and have a good impact on your body composition. People who ate more protein were shown to burn 80 to 100 more calories a day. This is because protein has a higher thermic effect over carbs and fats - meaning that your body uses more energy or calories to digest protein and make use of it.



TO DO:

1. Aim to have at least 30% of your daily calories from protein.
2. Every meal should include a good quality protein source. Have eggs for breakfast or add a scoop of whey protein powder to your morning oats.
3. Eat chicken, lean meat or fish for both lunch and dinner.



Step No.6

Include Healthy Fats in Your Diet

TO DO:

1. Include healthy fat sources like avocados and olives in your diet.
2. Include some seeds like chia or flax seeds in your diet.
3. Eat a handful of nuts as a snack like almonds or walnuts, or take a tablespoon of any natural nut butter.
4. Use olive oil in your salad dressings.
5. Use coconut oil when cooking.

Mono and polyunsaturated fats, the healthy fats, have been shown to improve weight loss when following a low carb diet. For example, those who ate almonds as part of their low carb diet had 56% more reduction in fat mass compared to those who were on a low fat diet similar in calories. Also, those who included coconut oil in their diet had improved fat loss, especially from their belly fat stores.





Step No.7

EAT FREQUENTLY

When you don't eat at regular intervals throughout the day, your blood sugar levels drop; this drop is associated with food cravings, especially for the sugary stuff. Eating 1 or 2 big meals a day was found to cause rapid rises and falls in blood sugar, while eating frequently helps keep your blood sugar levels steady avoiding cravings!

TO DO:

1. Never skip meals.
2. Aim to have your breakfast within an hour of waking up and then eating every 2-3 hours from that point on word.



BEVERAGES ALLOWED

Water

A minimum of 2 liters per day. It is the best hydrator you can have without having any calories! You can zest up the water with mint, a slice of cucumber, lemon or ginger.

Black coffee

The milk or cream and sugar in coffee can add up calories quickly. This will make your weight loss difficult to control, so it is better to avoid them. Drinking black coffee is best.

Green, black, white and herbal teas

Tea is a major source of powerful antioxidants that can help protect your body against disease. Tea also contains active ingredients that can increase metabolism. Drink tea hot or cold without sugar or added dairy.

Protein shake (for those who exercise)

Have a scoop of whey protein isolate in 16 ounces of water post-training or throughout the day to help up your protein intake.



**DON'T
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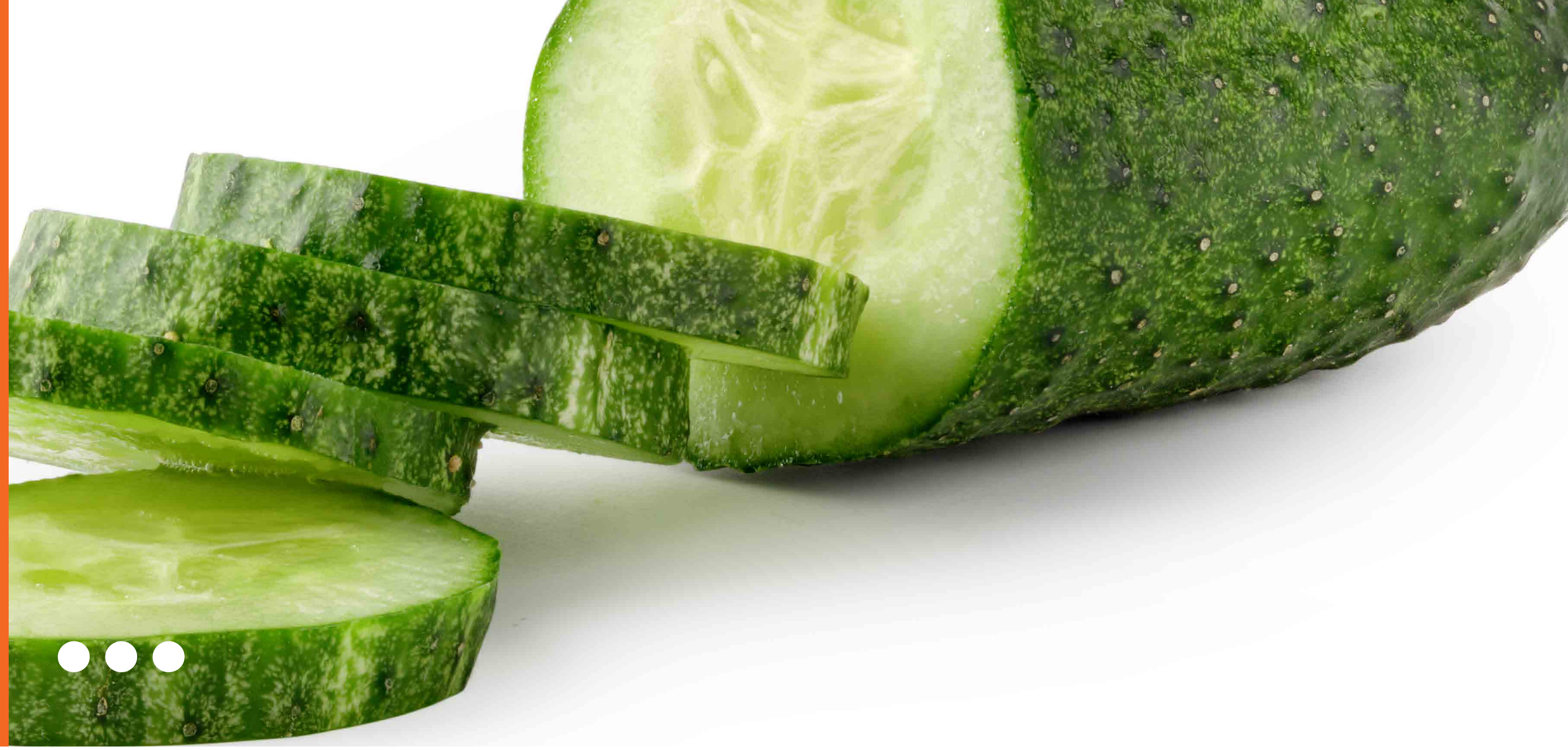
Exercise and Keep Changing Exercise Routine

If you've never exercised before, you're likely to burn more fat when you start. Another benefit of exercising is building muscle mass which will give you a nicer shape. Start with a 30 minute workout 3 times per week. Choose any activity you enjoy from lifting weights, swimming, boxing or running. If you're not into sports, you can start with fast walking and gradually increase speed and duration as you progress throughout the weeks. Don't forget to change your routine every 4 to 6 weeks. The body has a tendency to adapt to the exercise you do habitually. The trick is to change the type and intensity of your workout to give your body a shock. Try a new group class or vary the power of your workouts to include short bursts of going all out (high intensity intervals) help to kick start your metabolism again.

Sleep at Least 8 Hours

Many people underestimate the importance of proper sleep for weight loss. Lack of sleep affects your appetite hormones, making you feel hungry and causing you to overeat! Get a good night sleep to prevent you from reaching for a sugar snack or drink to help you overcome your drowsiness. Try getting at least 8 hours of sleep daily.

**DON'T
FORGET
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Check Measurements Rather Than Your Weight

Instead of looking at the scale and panicking, try looking at your measuring tape. Muscle is more compact than fat, so it weighs the same but takes up less space. When you lose fat and gain muscle, you may weigh the same but you'll fit in a smaller size of clothing, and have a firmer and tighter shape too!

Be Consistent

Consistency is key! You can choose to diet one day and eat whatever you want the day after. You have to understand that following all these tips and steps for one day or one week will not get you the results you want. A clean diet and exercise routine should become part of your lifestyle!



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more living*

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