

editorial

Extra kilos, areas of excess fat, etc.: the slimming target differs from one woman to another. Everyone also has a different



approach when it comes to food, hence the importance

of being able to benefit from tailored advice so you can slim down successfully.

The Kilo Off guide allows you to determine your Kilo Profile so as to adopt the slimming approach that best corresponds to your dietary habits and your lifestyle.

Generally speaking, for safe and lasting weight loss, it is essential to relearn how to eat healthily: eating everything in moderate amounts, while making good food choices. The aim being to lose weight gradually and to stay with it, while exercising regularly to keep your body in shape and sculpt your figure.

This is why this guide also lets you into the secrets of a balanced and varied diet, simple and effective physical exercises to do at home and tips to help you to avoid everyday food traps.

I wish you all every success with your slimming targets!

Nutritionist Dietician for the Laboratoires Vitarmonvi



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personalised advice

To discover which slimming approach corresponds to you best, take the Kilo Off test and enjoy personalised advice according to your Kilo Profile. You have decided to slim down?

Laboratoires Vitarmonyl have developed a new Kilo Off morning & evening formula to help you!

Made up of slimming active plants, this nutritional supplement has a specific day and night slimming action:

The DAY sachet: helps to burn fat and eliminate excess kilos thanks to guarana extract.

2 The NIGHT sachet: drains water and toxins thanks to Java tea extract.

To optimise your weight loss, it is important to incorporate taking Kilo Off every day into a slimming regime. Determining your Kilo Profile will allow you to discover:

• which slimming approach to adopt,

• which time of day to take Kilo Off suits you best.

To take the test, go to the "Your Kilo Off moment" section.





Test : What is your "Kilo Profile"?

You have decided to slim down? To find out what kind of eater you are and benefit from personalised advice from our Nutritionist Dietician, take the Kilo Off test below.

You really would like to slim down but...

- A. When you are at the table, you find it difficult to resist.
- **B.** You don't have much time to take care of yourself.
- **C.** Your weight yoyos up and down no matter how careful you are.
- D. In moments of high stress, you sometimes give in to temptation.

2 For you, a diet is...

A. Synonymous with frustration.

- **B.** Your whole life!
- C. Conceivable, but difficult to put into practice.
- D. Synonymous with failure.

3 At the table, you eat...

- A. Too quickly.
- **B.** And never finish what is on your plate.
- C. Slowly.
- **D.** And take one or two second helpings.

For you, breakfast is...

- A. Essential before facing the stresses of everyday life.
- B. A quick coffee.
- C. A moment of indulgence.
- D. A fat-free yoghurt, a cup of tea, 2 slices of wholemeal bread...

Answer the following 12 questions ticking only one box per question, and then go to page 9 to find out your Kilo Profile.

5 At lunchtime, if you are not at the cafeteria it is because you are...

- A. In the middle of a new diet.
- **B.** Eating a fast food type meal.
- **C.** At a restaurant.
- D. Skipping a meal.

6 When you snack, it is...

- A. In the afternoon, when you haven't had the time to eat a proper lunch.
- **B.** Not very often, otherwise you feel guilty.
- C. Because you are nervous.
- D. At any time of day, when you feel like it.

7 The following is sure to put you in a good mood...

- A. A bar of chocolate.
- **B.** Completing an assignment without having hysterics.
- **C.** Spending an evening with friends.
- D. Fitting into the jeans you wore when you were 16.

For you, the scales are...

- A. A must-do step every day.
- **B.** From time to time, but not an obsession.
- C. In the cupboard!
- D. A stress at the thought of stepping on them.







Test : What is your "Kilo Profile"?

When you go shopping for food, you...

- A. Cannot resist fatty and sweet products that calm your anxieties.
- **B.** Buy everything that you like.
- **C.** You head towards the ready-made meals.
- D. Follow your list to the letter it's out of the question to eat any old thing.

10 The evening generally means...

🗌 A. A copious meal.

What is your «Kilo Profile»

- **B.** A ready-made meal.
- **C.** A light meal and a slimming herbal tea.
- D. Straight to bed as you are too tired.



For you, Saturday night at a restaurant is...

- **A.** A good time without any restrictions.
- **B.** About treating yourself after quickly snatched meals during the week!
- **C.** A chance to get rid of the stress of the week.
- D. A controlled meal, with a little sport the next day to eliminate any excess!

For an impromptu evening at your friends' place, you are the type to...

- □ A. Eat an apple before going so that you don't pounce on the hors d'oeuvres.
- **B.** Decline the invitation as you are too behind in your work.
- C. You are delighted it's the chance to share a nice meal!
- D. Accept it's a time when you can relax.

Now it's time for the results!

Circle the symbol that corresponds to each answer.

For example, if you have ticked answer C for question 1, circle 🔅. Then count up the number of symbols obtained.

QUESTIONS	1	2	3	4	5	6	7	8	9	10	11	12
Answer A	*	*	\star	•	\$	\star	¥	\$	•	*	*	\$
Answer B	\star	\$	¥	\star	*	\$	*	*	*	*	*	*
Answer C	\$	*	\$	*	*	V	*	*	*	\$	۷	*
Answer D	۷	V	*	\$	V	*	\$	۷	\$	۷	\$	۷
TOTAL	★=			*=			♥=			\$ =		

To discover your Kilo Profile, take the symbol for which you have the highest number and turn to the following pages.

N.B.: If you have identical scores for several symbols, read the descriptions of the corresponding Kilo Profiles and choose the one that intuitively seems to best suit your personality.





active

Do you feel like you ?

From the moment you wake up, you have lots of things to think about and to do. The day goes by at top speed and you don't have the time to give yourself real breaks. It is difficult for you to slow down this frantic pace because you have to organise yourself every day to optimise your time between professional life, family life, leisure activities, time for yourself, etc.

The result is that you are in a constant state of overstimulation, which is not conducive to a balanced diet.

Why? Because often your breakfast amounts to no more than a hot drink and at lunchtime you eat outside the office (restaurant, sandwich, fast food, etc.) or on the go. You eat too quickly and don't take the time to chew your food properly. Which means that you feel that you have not eaten your fill and snack all day long to boost your energy levels. At dinner time, you reach for ready-made meals due to lack of time. Finally, at the weekend, often after a busy week, you like to cook and enjoy good meals (meat, starchy food fried, sautéed or with a sauce, etc.).

You don't have time either to eat well or to take care of yourself and start doing exercise. This pace of life makes you gain weight over the long term.

oersonalised ADVIC active

advice from Marine Laroche

Leading an active life is a good thing, but all the same it is important not

to neglect your diet, a source of balance and vitality.

The fact of eating "in a hurry" during the working day gives the impression that you are not eating very much and therefore not having an impact on your weight.

However, the type of food chosen often has a "high energy density". in other words even a small amount contains a lot of calories and especially hidden that (sandwiches, panini, etc.). It is also not very filling and may therefore lead to hunger pangs during the day.

In addition, the choice of meals that are inadequate and not always well balance does not allow you to completely meet the needs of the body. which will tend to store more to prevent any "deficiencies".

It is thus important that you take the time to make three real varied and balanced meals throughout the day. To learn how to combine speed and balance, why not discover your Kilo Target and our advice in the "coaching» and "tips" sections?

A good healthy and varied diet will allow you to optimise your productivity during the day and to effectively compensate for the energy you expend through this active pace of life.

Nutritionist Dietician for the Laboratoires Vitarmonyl



• Eating a full breakfast:

preference

given

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To be avoided

- a hot drink (coffee, tea or infusion without sugar)
- a cereal-based product (30 a of buttered wholemeal bread, 2 buttered crispbreads or 4 tablespoons of cereal).
- a dairy product (fat-free natural yoghurt or fromage blanc).
- some fruit (raw or cooked: compote, fruit juice).

NILO OFF MOMENT • Taking the time to cook at least 3 evenings a week.

Do not automatically head for the ready-made meal section when you are grocery shopping but buy basic foodstuffs instead, which you need to quickly cook healthy meals (fruit, raw vegetables, dairy products, vegetables, meat, fish, eggs, starchy food, etc).

 Making a weekly date in your diary to exercise. Turn to pages 30 and 31 to discover simple exercises that you can do at home.

• Skipping a meal. Our body is programmed to run on 3 meals a day and if it is deprived of the food and energy that it needs, it stores more at the following meal in case it is deprived again.

• Eating quickly. It is only after 20 minutes that the first signals of satiety (the feeling of "not being hungry") are sent to the brain.

• Eating high-calorie snacks. Turn to page 35 to find out what snacks to choose.

As one of your aood resolutions is to eat breakfast, take advantage of this moment every morning to dilute the contents of a Day Kilo Off sachet in a large alass of water. What's more, as it is rich in auarana extract, Kilo Off will help vou to stav active all day lona.





You live life to the full and enjoy every earthly pleasure. Eating naturally forms part of this. A good breakfast puts you in a good mood from the minute you jump out of bed. **You quite simply appreciate good things**. You like food with a "celebratory" connotation and eat instinctively to give yourself pleasure.

The result: your calorie intake is greater than your expenditure.

Why? You tend to eat too much high-calorie food rich in fat and sugar. Of course, you know that you should choose green vegetables instead of chips, but like all those who love life, you do not deal very well with frustration. You do not like to deprive yourself of a good dessert, afternoon tea or a good dinner with friends. What's more, you never hold back from taking a second helping. Your large appetite sometimes prevents you from listening to your body when it is full.

Hence the reason why you have put on a few extra kilos. They don't really bother you that much because you are not obsessed with having a slim figure, but you would nonetheless be delighted to lose them. The problem is that **for you, dieting is synonymous with torture!**

personalisedADVIC huge appetite

personalised ADVIC huge appetite

advice from Marine Laroche

The first thing is to reassure yourself with regard to the idea of a diet.

It is important to get rid of any preconceived ideas and to emphasise the fact that a diet is not a question of restrictions and frustrations, but of balance and pleasure.

Vou teel at ease in your body and mind, and you are right to do so. However, despite all this, you need to pay attention to your diet and vour weight.

It is therefore essential to make the right choice of food and to limit the quantities consumed. It is possible to limit the amount of sugary and fatty food and still have a diet that tastes good.

Beginning a diet will allow you to lose a few excess kilos. This weight loss must be done gently and should take the form solely of giving up a few bad habits, making new dietary choices, thinking about portion size and avoiding taking second helpings.

Why not discover your Kilo Target and our advice in the "coaching" and "tips" sections?

Nutritionist Dietician for the Laboratoires Vitarmonyl



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٥ avoided • Controlling your desire to snack. Force yourself to wait for 10 minutes before "giving in" and the desire often disappears. If you still feel hunary, replace Danish pastries, cakes and ice cream (sweet food rich in simple sugars that the body stores immediately) with a large glass of water, a herbal tea, a piece of fresh fruit or a natural dairy product (remember to always keep your fridae stocked up with them).

 Limiting fat by choosing light and healthy cooking methods (cooking with herbs and spices, arilling, steamina, cookina in tinfoil, etc.).

given preferenc Doing a physical activity at least twice a week: dancing, aardening, walking and climbing the stairs are ideal activities for burning calories easily...

And turn to pages 30 and 31 to discover simple exercises that you can do at home...

 Doing your arocery shopping at mealtimes without having eaten, so that you don't fill your trolley with sugary and fatty products.

• Taking second helpings, However, if you are still hunary, take more vegetables. Also pay attention to the order in which you eat food. Begin your meals with crudités and vegetables to slow down the absorption of the food that will follow, especially fat.

• Eating in front of the television. You pay less attention to what you are eating, eat more auickly and are therefore not receptive to the feeling of satiety, which is not felt until after 20 minutes. As a result, you increase the amounts consumed.



Adrine





You are going to look to food for comfort to try to assuage your momentary peaks of stress. You eat any time when you feel under pressure, without really being hungry.

emotional

The result: your difficulty in neutralising your emotions upsets the balance of your healthy eating.

Why? Nervousness causes you to automatically make poor food choices, especially uncontrolled snacking on fatty (Danish pastries, cakes, sausages, etc.) and sugary (sweets, chocolates, etc.) products. This helps you to calm your nervous tension for a few moments. But by repeatedly making these mistakes, you have ended up putting on a few surreptitious extra kilos, which is bad for the morale...

This is a real vicious circle because all of this irregular food consumption does not solve the root of the problem and unfortunately does not fill you up either. **Snacking once just makes you want to do it again and so on...**

personalised ADVIC

emotiona

advice from Marine Laroche

Stress, nervousness, irritation, etc. detract from our emotional balance but **also encourage weight gain**.



To reduce these negative feelings, people frequently **turn uncontrollably towards food**, which seems to provide consolation. The food chosen in this case is often sweet. This choice is not

insignificant. In fact, sugar encourages the production of serotonin, a neurotransmitter involved in mood regulation. **Eating sugary food thus** gives a temporary sense of relief.

Eating food to reduce stress is not the only factor responsible for weight gain. **Stress itself plays a role** because it also encourages the synthesis of cortisol, a hormone that increases the appetite and hunger pangs.

It is thus important for you to successfully **limit your stressful situations** as well as **learn how to anticipate them** so you can respond to them with compensatory elements other than food.

In order to do this, why not discover your Kilo Target and our advice in the "coaching" and "tips" sections?

Nutritionist Dietician for the Laboratoires Vitarmonyl

Vour **KILO TARGET** Learn how to get out of ! the stress-food spiral

Spotting the first signs of stress (clammy hands, palpitations, trembling, redness, sweating, etc.) and learning how to manage your emotions better with a relaxation exercise: Seated on your chair, with your back straight, your hands behind your neck and your elbows together, breathe out and open your elbows outwards back as far as possible. Hold for 5 seconds and then return to the starting position, breathing in deeply.

• Choosing a diet rich in omega 3 fatty acid

(oily fish such as tuna, sardines or salmon, vegetable oils such as rapeseed, soya or hazelnut oil, lamb's lettuce, curly kale, etc.), which will help you to face up to your temporary nervous troubles.

• Drinking water rich in magnesium.

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OLUTIONS

As stress provokes the loss of magnesium, you have to help your body by replacing the magnesium lost. You can also find it in spinach, dried fruit, green beans, etc.

\bullet Reaching for bad sugary food as soon as you feel your stress levels rise. To do

this, avoid keeping too much of this kind of food at home and if you feel a sugar craving, eat food with a low glycaemic index (fresh fruit, wholegrain cereals, etc.).

• Automatically adding salt to your meals.

Stress encourages water relention, so to activate drainage and the elimination of toxins, watch your salt intake and drink 1.5 l of water a day.



You have mostly 🔨

perfectionist

vour KiloPROFILE Do you set high standards for yourself?

You don't accept having an imperfect figure and you find it difficult to give up control and give yourself a treat. **You cannot stand putting on weight** because for you it is synonymous with letting yourself go. You are particularly attentive to messages from the media about a good quality diet. You try out many diets on a regular basis (without any fat, protein-based, etc.) or exclude food that is supposed to be "fattening" from your diet.

personalised ADVIC perfectionist 1 woman

The result: you slim down, but put on the kilos again every time.

Why? Your weight is an obsession and you control yourself extremely strictly. You do not listen to your body when it is hungry and you hold back from indulging yourself, which means that you give in to temptation on certain occasions and put on the kilos that you have lost again, or even more...

You are prepared to deny yourself to lose your few extra "yoyo kilos" but as a result of following all sorts of restrictions, **you no longer know what is good or bad for your body**.

personalised ADVICI

perfectionist

advice from Marine Laroche

It is important to remember that as part of a weight loss regime, it is not a good idea to be too strict, which may lead to prustration and thus cause you to "give in to temptation" between meals. The aim is to lose

weight slowly and to keep at it. This is why it is preperable to adopt a reasonable diet, with a varied and balanced selection of foods, which can be followed on a daily basis.

Narine

When you are dieting, weight loss should take place gradually. Of course, it is pleasant to slim quickly when you have decided to. However, diets that are too strict and too fast generally lead to regaining weight, often more than before (in fact, the body remembers the period of restrictions and so keeps even more in reserve "just in case").

In addition, when you are following an excessively strict diet, it is often quite difficult to keep it up over the long term and you then resume your normal eating patterns. However, as the body has become used to dietary restrictions and has reduced its basic energy expenditure, weight gain will be greater.

In conclusion, it is preferable to be **patient** and adopt a more reasonable diet that can be maintained over the long term.

Nutritionist Dietician for the Laboratoires Vitarmonyl



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• Treating yourself to food that brings you pleasure from time to time.

Your main enemy is frustration, which may lead to lapses. Give yourself a moment of pleasure once a week (a cake, a Danish pastry or an lee cream, etc.) in a reasonable amount, adapting the meal in question (if you have a tart for dessert, limit your consumption of startshy food during the meal).

Accepting to eat more than you currently do so as to have an item from each food group at every meal.

Do not control calories obsessively but eat everything normally.

It is important to use food complementarity to create a healthy and balanced diet.

Turn to pages 28 and 29 to discover the 6 food groups and the nutritional benefits of each one.

• Totally eliminating fat from your diet.

It is necessary to provide the essential fatty acids and vitamins that you need. Take a spoonful of oil or a square of butter per meal (to be divided between seasoning and cooking).

• Wanting to reach a weight lower than your healthy weight. Each person's metabolism differs depending on our height, weight and muscle mass.

• Weighing yourself every day. Turn to page 27 to discover how to monitor your progress in a different way.

coaching

Assess your slimming approach yourself, apply the basics of a good diet and discover sports exercises to do at home.

lam taking charge!

COACHING

Monitor your progress! That's it - you've decided to slim down!

We recommend that you assess your progress yourself on a daily basis:

- Write your good resolutions into the table (stated in your Kilo Target on page 13, 17, 21 or 25),
- Give yourself a mark every day.



	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10		
TO BE GIVEN PREFERENCE:												
•												
•												
•												
TO BE AVOIDED:												
•												
•												
•												

Also monitor your progress by noting down your weight. Weigh yourself:

• Every 4 days on an empty stomach,

• Wearing the same clothes and using the same scales.



To successfully lose weight, you must follow your Kilo Target, while eating a varied and balanced diet and taking regular exercise.

So now discover how to have a good balanced diet and how to do sport easily at home.

Adopt a good balanced diet

To have a good nutritional balance, you need 1 item from each of the 6 food groups at every meal.

GROUP 1

Meat, fish and eaas

In theory...

Main source of protein. Also supply iron, phosphorus, zinc. B group vitamins. vitamin A and lipids (= fat) in variable amounts

In practice...

Eat fish at least twice a week. meat once or twice a day and a maximum of 2 eaas twice a week

F.a.: meat at lunchtime and fish or eaas in the evenina.

To be given preference: lean meat white fish

To be avoided: fatty cuts (rib steak, rib chop, etc.), breaded fish or meat.

GROUP 2 **Dairy products**

In theory...

Supply good-guality gnimal protein, along with calcium. vitamins A and D and B aroup vitamins

In practice...

Fat 3 a day. E.a.: fat-free fromaae blanc in the morning, cheese at lunchtime and voahurt in the evenina.

To be given preference:

fresh or soft cheeses rich in calcium, low-fat dairy products.

To be avoided: hard

cheeses, flavoured dairy produce, full milk products. concentrated milk.

GROUP 3 Fruit and vegetables

In theory...

Rich in fibre minerals (potassium, magnesium, etc.) and vitamins. Carbohydrates (= sugars) in variable amounts.

In practice...

Eat at least 5 a day. Fat a piece of raw food at every meal (if you have cooked vegetables as an accompaniment, have a piece of raw fruit for dessert or raw vegetables as a first course). E.a.: 3 portions of fruit and 2 of vegetables (fresh, frozen, tinned, iuiced. etc.).

V To be given preference:

compotes without any added sugar, fresh fruit, 100% juice.

To be avoided: sweetened compotes, fruit nectar.

But you must not eat everything in equal amounts. All of the food types are indispensable but some are to be given preference and others are to be consumed in moderation.

GPOUP 4 Starchy foods and cereals

In theory....

A source of starch, vegetable protein. B group vitamins, fibre and minerals (iron, maanesium).

In practice...

Eat them at every meal, F.a.: cereal in the mornina, potatoes, semolina, rice, wheat, corn, pasta or pulses (lentils, soya, etc.) at lunchtime and bread in the evening

To be given preference:

wholearain cereals. wholegrain bread, al dente pasta.

To be avoided: pasta that is overly cooked because the complex sugars, which are a source of eneray. transform into simple sugars.

GPOUP 5

In theory....

A source of saturated fatty acids (butter, margarine). monounsaturated fatty acids (olive oil), polyunsaturated fatty acids, including essential fatty acids (Omega 3 and Omega 6 families), fat soluble vitamins such as vitamin A (butter, cream) and vitamins È and D.

In practice...

Eat it in a limited amount.

V To be given preference: vegetable fat (olive, rapeseed oils, etc.).

To be avoided: animal fat (butter, crème fraîche, etc.)

The evening med complements your lunch E.g.: if you have cheese at lunchtime then eat a yoahurt in the evening and vice versa.

GROUP 6

Drinks

In theory...

Our body naturally loses at least 2 litres of water a day, which must be compensated for by an intake of water through food and drinks.

In practice...

Drink as much water as you like, during and between meals without waiting until you are thirsty.

V To be given preference: water, coffee, tea, herbal tea,

To be avoided: sweetened fruit juice, fizzy drinks and alcohol

COACHING



To help you to reach your target, "slim down", and maintain a healthy lifestyle, it is necessary to take reaular exercise.

figure

Here are a few very simple exercises to do at home to tone your body and add muscle. Every day. choose one or more of them, targeting the areas of the body that you would like to work.









Resculpt your legs



 Stand up with your legs straight. 2 Bend your left leg at pelvis height.

And you're off!

Slowly widen the angle of the left leg and close it again...

2 sets of 10 repetitions per leg



Learn to treat yourself by outsmarting dietary traps and discover the right moves to optimise your slimming approach. l manage my lapses.

What should you do when... you want to have a TV dinner?

In this type of situation, it is easy to "go off the rails" and let yourself be tempted by food that contains too much sugar or salt. The golden rule: eating your dinner in front of the TV doesn't have to mean nibbles! Here are 2 examples of complete and balanced meals:



Fruit compote without any added sugar

Pizza tip

Avoid pizzas with 4 cheeses or bacon pieces, because they are fattier than other versions. Instead, choose a tomato, ham and cheese pizza, which is much less rich! And avoid adding too much spicy oil.

Raw vegetables tip

Choose a green salad, a "light" side dish that will provide you with fibre, or select beetroot, grated carrot or cucumber for a really refreshing accompaniment!





Fruit compote without any added sugar

2 full salad ideas

• Fresh aoat's cheese salad: lettuce, fresh aoat's cheese (less fatty than emmental or aruvere), boiled ham, cherry tomatoes and mushrooms. Accompany this salad with 2 slices of bread

• Mediterranean salad: lettuce, tomatoes, diced feta and ham, grated carrot and homemade toasted croutons

To find out tips on making a low-fat salad dressing, turn to p 38.



What should you do when... you are invited to a celebratory meal?

It is an opportunity for you to have a good time with family or friends. Unfortunately for your diet, these good meals are synonymous with excess!

What advice can you follow to resist the hors d'oeuvres and other sweet cakes that will be passing right in front of your nose during the meal?

A tip to prevent you from pouncing on the hors d'oeuvres...

Eat an apple before leaving or have a fat-free natural dairy product and this will already dampen the feeling of hunger.

During the hors d'oeuvres...

Stay away from pistachios, cashew nuts, peanuls, and the like. Just a handful contains 209 kcal"! Instead, if there are any, choose cherry tomatoes, mini cauliflowers and mini carrots. When it comes to drinks, opt for a glass of fruit juice (47 kcal"). Foiling that, you can drink a glass of wine (97 kcal*) or a glass of champagne (95 kcal*). And above all don't forget that the more you drink, the more you nibble!





For the starter...

You are offered crudités? Don't hesitate for a second; take a generous helping without going overboard on the vinaigrette!

For the main meal...

It's meat with vegetables? It's perfect for you! You are offered sauce? Say no! It's your worst enemy!

For pudding...

You are offered a fresh fruit salad? Say yes! If it's a sorbet, choose half-sorbet, half-fruit. However, if it is a very sweet cake, ask for half a portion.

Detox tip!

After a rather calorie-heavy weekend, have a detox day the next day with light meals (vegetables and crudités).

What should you do when... you opt for a fast food meal?

When it comes to fast food, it's chips, hotdogs, fizzy drinks, panini, sandwiches, toasted cheese and ham sandwiches, etc. on the menu.

Beware of a calorie explosion!

However, having said all that, it doesn't mean that you have to ban everything from the world of fast food!

🗴 To be banned

- 1 hamburger: steak, bacon, sauce (495 kcal*)
 1 kebab (800 kcal*)
- 1 cheese-based panini (575 kcal*)
- 1 large portion of chips (478 kcal*)
 1 large portion of potatoes (333 kcal*)
- 1 tablespoon of mayonnaise (108 kcal*)
- 1 crumble ice cream with caramel topping (648 kcal*)
 1 fruit tartlet (360 kcal*)
- T TIULI UTIEL (SOU KOUL
- 25 cl of Cola (110 kcal*)

*Average energy values.





Allowed

- 1 grilled chicken salad (275 kcal*)
 1 toasted ham and cheese sandwich (396 kcal*)
 1 full sandwich: baguette, ham, tomato, lettuce, 1 pat of butter (481 kcal*)
- 1 small portion of chips (223 kcal*)
 1 medium portion of potatoes (233 kcal*)
- 1 tablespoon of ketchup (16 kcal*)
 1 tablespoon of mustard (19.2 kcal*)
- 1 apple (78 kcal*)
 1 fruit yoghurt (100 kcal*)
- 25 cl of diet Cola (0 kcal*)



What should you do when... you go out to a restaurant?

Where are you going to eat tonight? It's a toss-up between the Indian, the local bistro, the pancake place, the Chinese...Which one will satisfy your taste buds?

Which menu should you choose to treat vourself without ruining your diet?



Eating Asian

At the Japanese restaurant, eat as much sushi and maki as you like. Don't overload on the sov sauce, which remains very salty.

At the Chinese restaurant, choose steamed ravioli and spring rolls. Accompany everything with plain rice. lanore anything fried, such as spring rolls. samosas, prawn fritters, etc.

Eating Indian

Preferably choose dishes based on yoghurt and raw vegetables or chicken accompanied with rice. Do not go overboard on the cheese naan or dishes in sauce, such as curry.



At the local bistro

As a starter, choose a light option with crudités or seafood. Then go for fish accompanied by rice and vegetables. If you are more drawn to the meat option, choose the least fatty dish; yeal (chop, cutlet and tenderloin), beef (sirloin, steak and roast beef), pork (lean cut), poultry without the skin (chicken, turkey, auinea fowl and auail) and cold meats (cooked ham without the fat) etc. And opt for a fruit-based dessert (fresh fruit salad or fromage blanc with a fruit coulis).

At the pancake place

Choose a pancake containing cheese, an egg or ham, and vegetables (tomatoes, mushrooms, spinach, etc.). If there are no vegetables, take a green salad as an accompaniment. Avoid the traditional pancake with butter and sugar as dessert and choose one with fruit instead.

What should you do when... you are on holiday?

Holidays are often a time when you treat yourself. They are also the period when we put our good resolutions aside and extra kilos make their reappearance.

The recipe for success? Adopt the same behaviour as during the year by granting yourself a few little controlled treats.

If it's a picnic party

Prepare vourself a full sandwich. In particular, avoid crisps, which contain an enormous amount of hidden fat. When it comes to drinks drink water. Eat a compote without any added sugar for dessert.

Baauette or sandwich bread for your sandwich?

Bear in mind that sandwich bread is less natural and contains more fat and calories than the trusted baquette.

If you are sunbathing on the beach

You are sure to be accosted by people selling ice cream, sugary cold drinks, fritters or doughnuts. When it comes to ice cream, choose a sorbet, which has fewer calories than ice cream itself (2 scoops of sorbet = 93 kcal*; 2 scoops of ice cream = 230 kcal*). And it is simply best to avoid the others!



If it's a barbecue evenina

Keep away from merauez sausages and chipolatas, which are extremely fatty. Stick to kebabs with fish or chicken fillets!

If you are in full board accommodation

At the buffet in the morning, avoid croissants (183 kcal*) or pains au chocolat (278 kcal*).

From the buffet menus at lunchtime or in the evening, take a plate based on raw vegetables and another with starchy food and protein. Combine a dairy product and a piece of fruit for dessert.

If you are at the seaside

Take advantage of the opportunity to eat lots of seafood, because it is very low in fat. *Average energy values



Did you know that... there are lots of tips to allow you to cook balanced meals on a daily basis?





Did you know that... some of our food has slimming properties?



To complement the wealth of advice given throughout this slimming guide, adopt these "good slimming steps" to optimise your weight loss on a daily basis...

Pharmaceutical quality for an effective slimming programme

Since they were founded in 1994, the Laboratoires Vitarmonyl have had the sole aim of making high-quality nutritional supplements available to as many people as possible.

Vitarmonyl quality is:

- Priority given to natural active ingredients and the rigorous selection of all of the ingredients,
- Manufacture and control according to pharmaceutical standards,
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- The best quality price length of use ratio,
- A Nutritionist Dietician, Marine Laroche, in the service of consumers.



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