



Top Nutrition Tips or Fat Loss

- Eliminate all processed foods from your diet. What you have eaten should have either walk, swam, flown or come out of the ground. The further we get away from nature the healthier we become.
- Drink plenty of water- ideally 1 litre per 50lbs of body weight. Water is calorie free and is essential for just about every chemical reaction in your body. In addition, water helps keep your joints lubricated, makes up a large percentage of your muscle tissue and volume and is necessary for effective temperature regulation. Many people confuse thirst with hunger. Both thirst and hunger sensations are generated at the same time to indicate the brain's needs. If you don't recognise the sensation of thirst you may assume that you are hungry and eat instead of drinking water. Next time you are feeling hungry, drink a glass of water and wait ten minutes and see if you have the same level of hunger.
- Eat lots of high quality protein such as chicken, fish and eggs, preferably organic.
- Eat low GI carbs such as sweet potato, wholemeal bread and brown rice.
- Get plenty of vegetables in your diet, ideally at least 4 one cup servings per day.

- To maximise fat loss avoid consuming alcohol, juice, soda and sports drinks.
- Caffeine taken 45 minutes - 1 hour before a workout can help your body metabolise fat during a workout.
- Limit fructose which is a natural sugar found in fruit. Ideally only eat 1-2 pieces of fruit per day. If you are eating plenty of vegetables your body will get all the vitamins and minerals it needs.
- Eat a high quality source of protein for breakfast such as salmon or eggs. This will kick start your metabolism for the day and energise you. Avoid sugary and processed cereals.
- Keep a food diary, it will help keep you mindful of what you are eating. It can also help give you a really good overview of areas you are doing really well in with your diet and areas you need to improve on.
- Flavouring your food using fresh lemon juice, limes and herbs is a great way to add extra flavour to your food without having to use sugary laden sauces.
- Carry healthy snacks in your bag like nuts, apples, bananas, naked bars and a bottle of water especially if you have a long journey by car, train or bus where you might not be able to get hold of healthy food.
- Get plenty of sleep, at least 8 hours per night. This is because a lack of sleep boosts levels of the hormone ghrelin which makes you feel hungry, whilst lowering levels of the hormone leptin which makes you feel full. This hormonal imbalance sends a signal to the brain that more food is needed when in fact, enough has been eaten. Research shows that sleeping for 4 hours or less increases levels of another hormone, cortisol, which makes you feel hungry in the evening rather than sleepy.

- Distinguish between hunger and appetite. Appetite is produced by external stimuli, such as the sight or smell of food or simply feeling bored. Real feelings of hunger are produced when blood sugar begins to fall. The difference is that appetite goes away when you distract yourself with another activity. Next time you feel the urge to eat, distract yourself by going for a walk or reading. If you're still hungry then you know that you need to eat.
- Stock up with healthy foods. Keeping a good supply of healthy food in your kitchen makes your fat loss journey a lot easier. Also by only having healthy food in your kitchen you are removing any temptation to eat any chocolate, cakes or other sugary snacks.
- Don't go shopping when you are hungry. It's very tempting to fill your shopping basket with sugary and high calorie foods when you are hungry. Make a shopping list before you hit the super market. If you shop with a list you will be less likely to make impulsive food choices.
- Beware of 'low fat' labels. Many low fat foods contain extra sugar in place of the fat and contain just as many calories or even more.