



The Lifestyle Guy

Garth Delikan – The Lifestyle Guy

Commit to get FIT!

*‘How to eat and think your way
to a fitter, healthier, you.’*



Hello and welcome.

Before you start this weight management programme it is essential that you do not think that is yet another “diet book” and will be full of delightful ideas and calorie controlled recipes. If you do, you’re in for a shock! This is a self help manual designed to give YOU the knowledge and tools that YOU need to “manage your weight” for the rest of your LIFE!

Remember, knowledge isn’t necessarily power, it is the USE of that knowledge that gives YOU the power!

Take it one step and one week at a time.

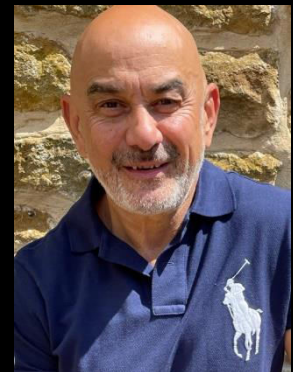
You may decide to read through the manual completely before you start this programme or you may decide to read each section a week at a time. It doesn’t matter how you use it, as long as you use it!

You have made the decision to manage your weight forever, so now arm yourself and get on with it.

Or if you get really confused you can email me through my website www.thelifestyleguy.co.uk and I’ll do my level best answer your query.

Just to get you in the “mood” physically and psychologically I suggest you start off with the 3 x day “Detox” on page 19 and then move into week 1.

As an added bonus I have also included 4 factsheets for you to enjoy.



From the Lifestyle Guy,

My name is Garth Delikan and I will be your weight management coach.

I am delighted that you have enrolled onto the programme, and be assured that I will do everything that I can to ensure that you lose weight, and maintain your target weight loss in order that you can achieve the goals that you want.

Firstly though, to assist you in starting the **Weight Management programme**, I am going to ask you to do a number of things that will help you to understand how it works, and explain what you need to do in order to get the most out of the programme.

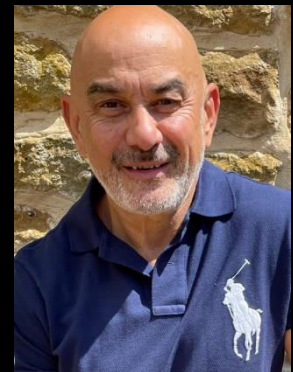
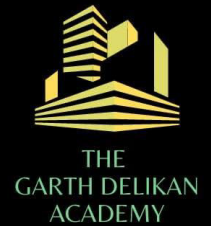
I would also like you to start completing a “daily truth diary”. I am going to ask that you commit to **“5 eating points each day”** which will become one of your new **Weight Management programme Lifestyle habits**”. These eating points are: 1. breakfast 2. mid morning snack 3. lunch, 4. mid afternoon snack 5. evening meal. Also please write in any activity that you do, such as walking, swimming, gardening, housework etc. You will be looking at your diary every week, and it is essential that you complete it for the first month so you can see at a glance what you are doing and make the necessary adjustments.

Don't forget, that I am here to help you achieve your goals, but I can only help and ultimately it is you that must make the changes necessary for long term weight loss. I will be with you every step of the way, and look forward to celebrating with you the success that I have no doubt you will have.

Good Luck

Garth Delikan

The Lifestyle Guy

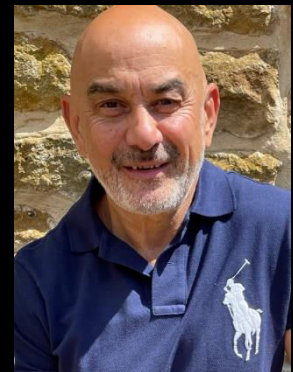


This time it's going to work!

This time it's different.

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Welcome to **the Weight Management Programme**, which has been designed to empower you with accurate and up to date information and to give you support and motivation to make the essential dietary and lifestyle changes needed for effective long-term weight management.

Unlike other weight loss programmes **the Weight Management Programme** will not offer eating gimmicks or fad diets and will not mislead you about weight loss. The programme is as ethical as it is effective. Quite simply, this programme will change your life!

The Weight Management Programme focuses on evidence based strategies proven to provide long-term weight loss.

- Low fat, low glycaemic, high fibre, high antioxidant diet.
- Focusing on the energy density of foods.
- Eliminating inappropriate snacking.
- Balancing energy needs against energy intake.
- Based around “5 eating points a day”.
- Eliminating negative foods and introducing positive foods.
- Changing the palette, embracing the right foods over time.
- Promoting an active life.
- Empowering you with knowledge and inspiring positive lifestyle changes

Diets don't work

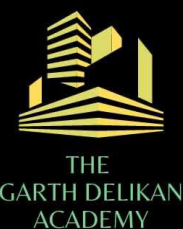
We will explain why diets don't work and why quick fixes quickly fail. We will explore the many issues relating to food and nutrition and examine the consequences of our behaviour. We will teach you the fundamentals of long-term weight management and you will reap the accompanying benefits; which are optimum health and vitality.

You are what you eat

Most nutritionists realise that the nutrients that our bodies require to function properly are found in abundance in natural foods, the way that nature intended. However, today we rely far too heavily on the highly processed and calorie dense convenience foods which are all around us. These are heavily marketed as being beneficial or adding value to our lives; which of course they are not, they are simply adding to our waistlines.

You must work tirelessly to ensure that you eliminate the kind of products that are stopping you from becoming the person that you want to be. This will help you to introduce a wonderful variety of delicious and nutritious natural foods into your eating habits that will get you into great shape and make you feel on top of the world.

Lapses are all part of the process and you will learn to see that the bad days take their place in this journey alongside the good days.





THE
GARTH DELIKAN
ACADEMY

There's no such thing as unhealthy food?

You may have heard this from time to time. Well frankly it doesn't stack up as a credible argument. The idea is that all foods are ok and there are only unhealthy diets - presumably those filled with unhealthy foods! Examples are sausages, candyfloss, pizza, chocolate, fizzy sugary drinks, chips, cakes etc, as well as foods that are filled with trans fats and other components such as acrylamides. If you eat too many of these foods they will make you overweight and ultimately they will make you ill - and that makes them unhealthy! If there are no unhealthy foods, then by the same logic there are no healthy foods and we all know how the food industry delight at marketing healthy foods to us.

It simply will not work if you try to eat less of the wrong type of food, hoping to maintain the pain of denial and hunger that will accompany this strategy. Inevitably you will cave in to the hunger and you will be back to square one - eating the wrong types of food and blaming yourself because it all went wrong –yet again!

Optimum Nutrition

The essence of optimum nutrition lies in eliminating “negative” foods that will encourage weight gain and introducing “positive” foods that will stabilise weight and provide many other health and wellness benefits. Optimum nutrition also requires regulating volume of consumption and ensuring continual variety.

The UK is an obesogenic environment and that means, amongst other things, that it is filled with inappropriate energy dense foods. The process of returning to a healthy and nutritious diet may for some people simply mean a few adjustments that will be accommodated with relative ease. For others it may mean a radical overhaul of the entire approach to food; purchase, storage, preparation and consumption. Which of these categories do you think best describes you?

This change may at first appear a daunting concept, but with a little application and an open mind, you can rid yourself of the blight of overweight that will always be associated with a diet high in processed, sugary, fatty foods.

We are very energy efficient

Consider how energy efficient the body is. The average car will travel 40 miles per gallon and even the most energy efficient vehicles such as high tech scooters will only achieve 100 miles per gallon at best. You may not know it, but you can run your diesel car on chip fat and the calorie value of vegetable oil and fossil oil is exactly the same, at 9 kcals per gram. So for us, vegetable oil is an edible fuel that is very high in energy. If you were to jump on a bicycle and take with you a gallon of vegetable oil as fuel, you would be able to cycle an amazing 2,250 miles!

Our bodies were designed to run on natural low energy foods. When we start concentrating energy in the refining process such as extracting oils from seeds and refining carbohydrates and sugars, these levels of energy are simply too concentrated for our current lifestyles and overweight and obesity becomes inevitable. Therefore next time you reach for a high-energy snack, consider how long you may have to pedal your bike to burn off those calories. It may make you think again!



Behavioural change

“If you do what you’ve always done - you get what you’ve always got”. You’ve always suspected it! Behavioural changes are the only way to successful long-term weight management.

It is paramount that you have taken sufficient time to sit and consider why you are really overweight. This is the most important aspect of your weight management programme and it will allow you to eliminate the causal factors. Without undertaking this exercise adequately it is unlikely that you will ever succeed in your quest for permanent weight control.

The reasons that I am overweight are:

In order to achieve your goals, three things are required:

- I. Identifying and accepting the reasons why you are overweight.
- II. Developing meaningful strategies and systems to ensure that you can change.
- III. Maintaining the motivation to make those changes become a permanent feature of your life.

Weight Management Programme is all about small manageable changes. Try not to make too many changes all at once and celebrate each small change, as they will come together to make an enormous difference. Take one step at a time and never underestimate the importance of the goals that you have set yourself.

Identifying weaknesses

How often have you started a healthy eating regime or exercise programme only for something to happen to scupper your progress? Or perhaps your best intentions just fizzled out.

Write down some issues that have defeated you in the past and start to plan how to ensure that this doesn’t happen on this occasion, for instance:

Q Why do I buy the foods that make things difficult for me?

A I will shop smarter and this is how I will do that....

Q What are my weakness foods?

A I will avoid these by....

Q When am I most vulnerable?

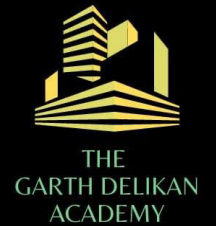
A I can combat this by....

Q My resolve collapses when?

A Next time this happens I will....

Q I can overeat when?

A I will ensure that....



Goal setting

Work out the goals that you want to set. These do not necessarily have to be immediate and a 6 or 12-month time frame is fine. Aim for a weight loss of 0.5 - 1kg per week (1 - 2lbs). Remember that you only want to lose fat (adipose tissue) and it is only physically possible to lose around 1kg per week maximum. Crash dieting will lead to too rapid weight loss eliminating mainly water, glycogen (muscle fuel) and lean tissues (muscles and organs), which is entirely counterproductive.

Setting realistic achievable goals is vital if you are to maintain focus and get back on track when the inevitable lapses occur.

My short-term goals are... My

long-term goal is...

Having reached my long-term goal my reward will be...

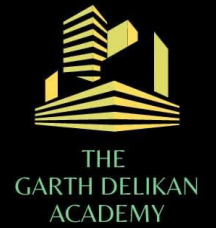
Here are some suggestions towards helping you achieve your ambition of long-term weight loss. They may not all be appropriate, but some may. We have also left some blanks for you to write down the things that you feel you need to do if you are to achieve your goals.

To achieve my goals I must:

- "Always Shop Smart" (make sure I am not hungry and that I look and feel good when food shopping)
- "Make time to be more active in my daily routines, and aim never to have a totally sedentary day".
- "Modify my eating choices and when presented with options always think healthily".
- "Complete the truth diary daily to keep track of patterns of eating and ensure I hit my 5 eating points a day".
- "Take time out to ensure that I have the right foods at home and prepare food for the next day".
- "Always start the day with a sensible breakfast".
- "Make sure I get to bed early enough, so that I am rested and have plenty of energy, to be mentally "on top" and to stay in control".

My own pledges:

- _____
- _____
- _____



Why do we put on weight?

There are many issues involving weight gain including environmental, biological and behavioural factors, many of which are complex and interrelated. Medical reasons account for only a tiny fraction of overweight and obesity worldwide. The one simple reason that many people are getting fatter is that every day of our lives we are eating far more calories than we actually need.

Genetics

We are all born with a specific body type or “somatotype” which are:

- **Ectomorph** - long bones, slim, little body fat, low potential for muscle growth.
- **Mesomorph** - heavy bones, broad hands, broad chest, high muscle deposition.
- **Endomorph** - small bones, short limbs, wide hips, generally “round”, gains weight easily.

It is true that everyone is dealt a genetic hand of cards at birth. Studies of twins have demonstrated that even when separated and living in different households, youngsters will tend to retain the parental genetic shape and they may be inclined to put on weight alongside lean non-related siblings. Often this is seen as an unfair burden to carry through life, which can lead to resentment or poor lifestyle choices.

However it is now recognised that the environmental and behavioural contributory factors are so powerful that they are overriding the genome and even people that may be programmed to be thin are becoming overweight and obese. It is essential to remember that although we all start life with a set hand of cards, ultimately it is how we play those cards that really matter – no one has to be overweight.

The evidence is clear

The overwhelming scientific evidence that is now backed by almost all governments and health authorities is that the major reason for the epidemic of obesity facing the western world is a diet far too high in energy dense foods, combined with a marked reduction in activity levels. This is demonstrated by the simple equation:

$$\text{Calorie intake} - \text{Calorie expenditure} = \text{Calorie deficit/surplus}$$

Although this equation is too simplistic to provide all the answers to successful weight management, it remains the foundation of maintaining a healthy body weight.



How do we store fat?

Fat (adipose tissue) is stored in several places around the body, generally underneath the skin as subcutaneous fat. But as fat starts to accumulate, more may be stored in the abdomen, surrounding the vital organs (central adiposity). Adult men tend to carry body fat in their chest and abdomen producing an “apple” shape, whereas women often carry fat in their breasts, hips, waist and buttocks, creating a “pear” shape. The difference in fat location comes from the sex hormones estrogen and testosterone. Carrying fat centrally is more dangerous, as it interferes with certain metabolic functions such as the control of sugars and fats in the blood, leading to inflammation and narrowing of the arteries, which leads to cardiovascular disease.

When do we store fat?

When you are very young your body can build new fat cells with relative ease and will do so in response to the amount of food present relative to activity requirements. There are thought to be three “fat layering” risk periods just before growth spurts, when the immature body is susceptible to building new fat cells and if overeating occurs during these periods rapid fat gain can occur.

Until very recently it was believed that following adolescence the number of fat cells in a person was set for life and that as we overate these fat cells simply got bigger. However we now know that continued overeating will lead to new fat cells emerging even in late adulthood and it is this new fat cell growth that allows the body to continue to expand throughout life. It is also more difficult to counter excess weight resulting from new fat cells appearing, compared to weight gain through existing fat cells that have simply got bigger.

Set Point Theory

Set point theory suggests that each of us is programmed to maintain a specific weight and the number of fat cells that we have built throughout our lives sets that this. Each fat cell will control its own size by producing chemicals that act on the central nervous system to illicit eating behaviour.

A feature of modern life is that we all tend to overeat for our energy requirements. Subsequently our bodies continually build new fat cells through life and our weight continues to increase as we age. Set point states that following 9 months at a particular weight our bodies will reset the “set point” upwards to compensate for the new accumulation of fat cells.

Hope is now emerging for people with excess fat cells. Recently, scientists have learned that excess fat cells may not have to be with us for life. It is now thought that if fat cells can be reduced to a certain size for a period longer than 9 months, then they are programmed to die off and weight will be re-set (downwards). In other words, if you can lose weight and maintain it for at least 9 months, you have a good chance of long-term maintenance of the new lower weight.

This explains why diets do not work – they are too short term and only shrink your fat cells. This simply leads to “adiposity rebound” – and most dieters know exactly what the effect of this is.



Diets don't work

“Get thin fast” remedies are on every page of every magazine, or so it seems. There are a whole host of quick, or pain free fixes on the market. On top of this you could add any number of the latest fad diets and the unlimited supply of slimming snacks, drinks and even “get thin gum”, just waiting to take your cash! Slimming and diets are big business, however sadly they don't work, and often there's a hefty price to pay.

“Lose ten pounds in a week!”

The next time that you see one of these claims, just ask yourself 'ten pounds of what?' It is only physically possible to lose around two pounds of fat in one week and you don't want to lose anything else! If you adopt a crash diet and suddenly cut your food intake dramatically, your body may assume that there's a famine on the way and will hold on to fat stores and burn more muscle to keep metabolism low. You will also lose a lot of water and glycogen (sugar stores) making your weight drops dramatically and leading you to think everything is going well.

However the combination of water and muscle tissues lost is bad news because you only wanted to lose fat, yet now you are dehydrated and your metabolism is slower. During crash dieting you will lose 1lb of muscle for every 1lb of fat, and following several weeks of crash dieting, you will almost certainly “hit the wall” and weight loss will become more and more difficult to achieve.

Famine protection system

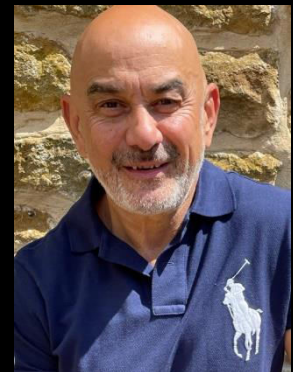
Your body is smarter than you think and in times of potential famine it will slow down your metabolism in order to avoid starvation. By reducing lean mass your body can now survive on less food than before. Therefore the body has successfully adapted itself to require fewer calories allowing it to maintain its stores of fat and avoid potential starvation.

Severe caloric restrictions of this type can suppress the metabolism by as much as 40% and if calories are restricted further, the body will work harder to cling to its fat stores. Furthermore, following a crash diet there is a phenomenon known as “rebound binge eating syndrome”, which is the body's attempt to quickly get back to its previous weight – most serial dieters instinctively understand this concept!

For this reason people always pile on the pounds very quickly following a diet and this is the start of the damaging cycle that is symptomatic of crash dieting. It is also where the phrase “Dieting makes you fat!” comes from and clearly this statement has some justification.

What is metabolism?

The metabolic rate can be described as the speed at which our bodies can burn the fuel that we eat, to produce the energy that we need for everyday life. It is a measure of energy output over a period of time. Providing there are no metabolic disorders such as hypothyroidism, metabolism is mainly set by the amount of lean tissues that are present: muscles, organs, brain, skin etc – in other words everything that is not fat.



Metabolic rate is controlled by many varied factors and is a complex control process. Age, gender, weight, fitness levels, activity levels, food consumption and genetics all play their part in determining the rate at which our metabolism works. There are also other factors at work such as hormones & the central nervous system; including conditions such as stress and depression. Maintaining a strong metabolism means keeping active and avoiding crash dieting.

When we eat

Always start the day with a good breakfast because this will start the metabolism working. Skipping breakfast usually leads to eating more calories throughout the day and is one of the first signs of disordered eating that correlates with overweight and obesity. It is worth noting that eating large meals late at night is likely to disrupt sleep, which in turn may lead to fatigue and depleted energy levels, perpetrating a downturn in physical activity and possible weight gain.

Can I take a supplement to boost my metabolism?

No. There are many supplements around that claim to speed up metabolism, however very few if any are backed up by scientific evidence and they are definitely best avoided.

Be active for life

Active lives are essential not only for weight management but also for optimum health and energy. The right level of activity will lead to overall physical fitness, as well as a balance between mind and body. Physical activity brings benefits way beyond physical prowess and active people positively exude vitality and wellness.

Glycaemic index

The GI index was originally devised as a strategy to help people with diabetes to gain better control over their blood sugar levels. It is a ranking of carbohydrate foods based on their potential to raise blood sugar levels - the higher the GI the faster the resultant rise in blood sugar following consumption. The faster the rise, the faster the fall and it is rapid fluctuations that our bodies do not like. A primary strategy for anyone on a weight management programme should be to identify high GI foods, and look to replace them with lower GI alternatives.

The ranking of GI foods

0 - 39	Very low
40 - 54	Low
55 - 69	Moderate
70 - 100	High

Refer to the full list of GI foods on the final page. Try to select low or moderate carbohydrate foods. Remember that some foods that contain a lot of fat may be low GI foods, as the fat content acts to slow absorption –don't use this as an excuse to select them.

The glycaemic index is just another tool in your armoury to ensure that you continue to make better food selections.



The Daily Truth Diary

You are asked to keep a food and activity diary and please start today. Research tells us that there is widespread under reporting of calorie intake based around guilt, embarrassment and plain forgetfulness. This conspires to distort the picture and will obscure many important issues that may be at the root of the problem. It has been proved that the more overweight a person is, the more omissions there are likely to be from their diary and this has been termed the “eye mouth gap”! It is crucial that you complete the diary both daily and truthfully - that’s why it’s called a Daily Truth Diary.

By completing your diary you will become aware of the foods that you are eating and the patterns that are emerging. You will also be able to use the diary as a point of reference to see how eating and activity patterns have changed over a period of time.

Monitoring change

The measurements to be taken are intended to provide an overall picture of the body composition and the changes that are occurring. Ultimately you will have your own indicators for success and this may be dress size, number of belt notches, or simply appearance, which is entirely subjective. For this reason do not become too concerned about any particular measurement and treat them all as aids in helping you to progress.

Finally, please take time to work through the simple assessments and behavioural questionnaires in this manual and be as honest and thoughtful as you can. Think carefully about the strategies that you will adopt to change your diet and behaviour and work towards a new approach to your whole new life.

***Good luck and don't forget that
I am here for you.***



Are you ready to change?

Activity

Turn to a blank page in the front of your daily truth diary –and write down the following question.

‘What are the reasons that I am overweight?’

- Keep this with you all week. Be open and honest. No excuses –just write down the real causal factors.
- If someone had a magic wand and could change the things that were making it difficult for you to change your weight what would you like them to change to give you the best way of helping you lose weight?
- Then decide are you ready to change –where do you see yourself on the graph on page 17?

Not another diet sheet!

When people try to lose weight they often look to diet books to give them the answer to what they should or shouldn't eat. They feel safe in the knowledge that as long as they stick to what they've been told they can't go wrong.

Obviously it is not possible to go through life being told exactly when and what you should eat and there will come a time when you will have to make a decision yourself!

In order to learn how to successfully manage your weight it is vital that you don't feel that this is just another diet. Complete the table below to help get you thinking about the foods you eat, and those you may like to include more of in your diet. This exercise aims to raise your awareness of what is available and motivate you to make better choices.

Which foods do you eat but consider not very healthy	Which foods do you like and consider healthy.

Remember knowing what to eat is only half of the solution, remaining motivated enough to make the right choice is often the harder



Shop Smart

If we are really what we eat, then food shopping becomes a determinant of our health. After all, most of the time we can only eat what we buy.

If you lived two hours drive away from the nearest supermarket, would you just pitch up without having thought about what you needed to buy and hope you get it right?

Q. Do you write a weekly shopping list?

Our lives have become so convenient that we have become lazy and forgotten how to organise. It is essential that you get in the habit of preparing a shopping list. It organises your spree, keeps you focused on what you need and thus saves time. Sticking strictly to it also eliminates impulse buys and saves money.

Get a blank piece of paper and ask yourself the following questions:

- What foods will I need to buy to ensure that I can have a healthy breakfast each morning?
- What will I buy for my snacks?
- What foods will I need to have in the house in order that I can prepare my lunch at home?
- How many evening meals will I cook this week?
- What will these be and what ingredients will I need? (Write a list of the evening meals and the ingredients each one requires)

Remember:

Never shop on an empty stomach as everything will then seem more appealing, and you'll be attracted to the high density foods and triggering unnecessary buys.

Shop smart to help you eat smart!



I AM EATING BECAUSE.....?

WHY WE EAT WHEN WE ARE NOT HUNGRY

Here are but a few of the **emotional reasons we eat that have nothing to do with hunger:**

Crowd Pleasing (going along with others)	Because it's There (can't waste food)	Paired Event Eating: Movies = Popcorn	Feeling ill, sick, tired (maybe eating will help?)
Eating by the Clock (it's Time to Eat)	Chasing Away Bad Feelings (Afraid to feel hungry, empty)	Revenge: (You can't make me)	Eating as Entertainment (something to do, "I'm bored, let's eat!")
Sadness (Food as best friend)	For Others (I baked you a special treat)	Holidays: Special Occasions (Let's party!)	Reward Eating (I deserve a "special treat" for being so good)

People don't know how to differentiate between true hunger and emotional hunger, i.e. unconscious prompting of trigger foods, trigger situations, and trigger feelings. "Emotional hunger" is the hunger you shouldn't give into. You can feel emotional hunger without responding to it. True hunger only really occurs when you have not eaten for hours or have not had enough calories or fat to satisfy physiological needs.

Q. Do you know what real hunger feels like and where do you notice it first?

Q. Identify the situations where you tend to eat when you are not hungry?

Q. Now discuss the possible alternatives that you can do instead of eating in those situations.

Q. Look at the pros and cons of eating something unplanned and impulsive?

To try and help you through those situations you need to do the following

HOMEWORK - TIPS FOR COPING WITH EATING WHEN NOT HUNGRY

You need to focus on the following:

1. Before you are about to reach for the fridge or a snack or unplanned meal always ask yourself truthfully – On a scale of 1 (being overfull) and 10 (starving), how hungry am I?
2. If you are eating something unplanned ask yourself, why am I eating when I am not hungry?
3. If you are not truly hungry ask yourself, what can I do instead of eating?
4. When you think you are hungry give yourself a moment to check that what you are feeling is truly hunger, before the impulse to eat takes over.



Mind/body strategies for taming appetite

As well as being familiar with how certain situations and foods increase appetite, you can also use some general strategies to control appetite.

Don't get hungry. If you don't eat enough, of course your appetite will scream at you; so nip it before it nips you. When you get too hungry, you lose your ability to make good choices and instead eat whatever you feel like – usually sugary, high-fat, high-calorie convenience foods. Eat regular meals and two planned snacks a day to avoid this happening.

Out of sight, out of mind. Don't fall for the idea that if you're forced to exercise a little more willpower you can withstand any temptation. If you think you can use willpower consistently to say "no" to junk food around the house, you're wrong. A better approach to keep the sights and smells of junk food from provoking your appetite is to get it out of the house; out of sight, out of mind.

Drink plenty of water. Sometimes what you recognize as hunger is actually thirst. If you feel hungry, try drinking good old H₂O. If plain water bores you, consider natural sparkling mineral water with a twist of lemon or lime.

Get enough ZZZZZs. Too little sleep affects hunger and appetite hormones adversely. Take notice of how your appetite and sleep patterns are connected and do what you can to get enough rest.

Breathe. If you feel like you absolutely Must Eat Now! take some deep breaths and tell yourself that you can eat, but in ten minutes. If you are not truly hungry, the feeling will pass after ten minutes and you will have saved on calories. Or if it doesn't pass, nothing is lost and you won't be any hungrier than you were before.

Picture yourself thin. When your appetite screams out "Feed me!" take a minute to picture yourself as you would like to be. Give yourself time to stop, see yourself thinner and healthier, and then decide whether you are still hungry.

"At the end of the day appetite control is all about making the right decision at the right time"

"If you don't learn to control your appetite, losing weight will always be an uphill battle. Learn to control it instead of letting it control you."



Food & body image chart

Yes answers = 1 point No = 0

		agree	don't			agree	don't
1	People don't pay much attention to fat people			1	People don't pay much attention to fat people		
2	If someone is fat they only have their self to blame			2	If someone is fat they only have their self to blame		
3	There isn't the same pressure on men to be thin			3	There isn't the same pressure on men to be thin		
4	There are parts of me that I hate			4	There are parts of me that I hate		
5	I would do more activities if I were thinner			5	I would do more activities if I were thinner		
6	I don't feel comfortable about my body			6	I don't feel comfortable about my body		
7	Thin people are healthier than fat people			7	Thin people are healthier than fat people		
8	Thin people are more successful than fat people			8	Thin people are more successful than fat people		
9	I want to be slim to be more attractive			9	I want to be slim to be more attractive		
10	I feel less confident when I feel overweight			10	I feel less confident when I feel overweight		
11	I think more about food & eating when I'm on a diet			11	I think more about food & eating when I'm on a diet		
12	I feel like a failure when I lose interest in a diet			12	I feel like a failure when I lose interest in a diet		
13	I know exactly how other people see me			13	I know exactly how other people see me		
14	When I'm depressed about my size I overeat			14	When I'm depressed about my size I overeat		
15	When I have lost weight in the past I still felt fat			15	When I have lost weight in the past I still felt fat		
16	If I could change one thing - it would be my weight			16	If I could change one thing - it would be my weight		
17	In a room I note who is fatter or thinner than me			17	In a room I note who is fatter or thinner than me		
18	Thin people are happier than fat people			18	Thin people are happier than fat people		
19	If I were to go swimming I would be embarrassed			19	If I were to go swimming I would be embarrassed		
20	My life would be better at my ideal body weight			20	My life would be better at my ideal body weight		

Yes = < 5 You have a very positive body image

Yes = < 10 You are comfortable with your body & self image

Yes = < 14 You are probably experiencing some negative body feelings and you may also have some issues relating to how you perceive food. Consider what these issues are and discuss them with your LC

Yes = < 15 You appear to have a negative body image and also negative feelings towards food. Consider speaking one on one to a lifestyle coordinator for help to counter these feelings



Name Date



DAILY TRUTH DIARY

Time	Food/Drink Description & Quantity	Mood / Comments
Breakfast		
Mid morning snack		
Lunch		
Mid afternoon snack		
Evening meal		

Physical Activity



Detoxing your body



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To detoxify simply means removing toxins, or poisons, from your body.

Those that would particularly benefit from a detox include anyone that has been subject to high levels of toxins. This includes:

- ❑ People who have a poor or unbalanced diet
- ❑ High caffeine or alcohol intake
- ❑ Smokers or those living in a polluted atmosphere
- ❑ Anyone suffering from recent illness
- ❑ Individuals suffering with physical and/or emotional stress

The combined actions of the lymphatic system, the liver, kidneys, bowels and skin enable the body to efficiently break down, neutralise and eliminate pollutants. Toxins are removed via the sweat, urine, breath, and faeces. However, a body overloaded with toxins will not be able to effectively remove them, and toxins may be stored in the body fat.

A good detox diet will help the body remove toxins and aid the function of the lymph, liver and kidneys. A

good detox will be based around the following principles:

- Organic foods, thus avoiding added toxins such as pesticides and fungicides
- Whole, unrefined foods
- A high proportion of fruit and vegetables
- A high water content, around two litres per day
- Inclusion of foods that will aid the process of detoxifying such as antioxidants

Key elements of a successful detox include:

- ❖ Regular gentle to moderate exercise
- ❖ Regular eating and drinking
- ❖ Avoiding stress and intense exercise
- ❖ Ensuring adequate amount of sleep
- ❖ Get outdoors as much as possible
- ❖ Relax as much as possible





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Regular exercise enhances the work of the lymph and increases toxin elimination through increased sweating and respiration as well as encouraging urine and faeces excretion. Liver activity is also increased during exercise, thus further aiding detox.

General guidelines whilst on a detox:

- ▣ Eat organic
- ▣ Consume plenty of water
- ▣ Eat regularly

Day One

On rising

Glass of water, cup of dandelion tea

Breakfast

Apple, live yoghurt

Snack

Pumpkin

seeds

Lunch

Vegetable soup made by peeling and chopping carrot, parsley, leek, tomato, onion and garlic, plus herbs of choice, and cooking with water or home made vegetable stock (no salt) to cover until tender, then blending until smooth

Snack

Orange, Sunflower seeds, aloe vera juice

Evening

Red pepper, cucumber and herb (e.g. chives, parsley, dill, tarragon) salad with olive oil dressing and a small portion of organic poached salmon which is optional – otherwise have some live yoghurt as a dessert, or some seeds with your salad



Day Two

On rising

Water with fresh lemon juice

Breakfast

Blueberries and live yoghurt

Snack

Walnuts

Lunch

Fresh fruit salad with sunflower seeds and tahini paste

Snack

Apple, cup of dandelion and burdock tea

Evening

Vegetable soup as day one

Day Three

On rising

Freshly squeezed fruit juice or fruit smoothy

Breakfast

Blueberries and live yoghurt

Snack

Almonds

Lunch

Tomato, cucumber and herb salad with a small piece of grilled fresh tuna, which is optional – otherwise have some live yoghurt for dessert or some fresh nuts with your salad

Snack

Apple, cup of green tea

Evening

Large mixed leaf salad with olive oil and balsamic vinegar dressing; live yoghurt to follow



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Top ten herbal tinctures for assisting a detox programme

1. Digestion.

Bitter herbs stimulate the digestive system, so add gentian root to your detox tincture if you feel your digestion is sluggish

2. Liver

Milk thistle and dandelion both support and soothe and protect the liver, which will be working hard to get rid of toxins.

3. Bowel

Rhubarb root helps tone the colon muscles. Drinking rosehip tea, & natural horseradish sauce, as well as a little chilli and cayenne pepper added to food will also support your bowels.

4. Immune system

The most popular immune boosting herb is Echinacea, but cats claw is safer for long term use. This herb has anti-inflammatory, antiviral and antibacterial properties and helps balance and adjust the immune response.

5. Lymphatic system

Poke root mops up toxins and reduces swelling in the lymph glands.

6. Kidneys

Buchu grass is an antiseptic and diuretic and helps prevent infections in the kidneys and urinary tract. It is a brilliant detoxifier because it encourages the kidneys to flush out any waste fluids. Cucumber, celery seeds, horseradish and mustard are other excellent diuretics.

7. Lungs

Coltsfoot is a good expectorant. It helps loosen up catarrh, clears toxins from the lungs and soothes damaged mucous membranes.

8. Skin

Red Clover keeps skin bright by cleaning the blood to reduce the amount of toxins released through the skin.

9. Mood

Although ginseng is not a detox herb, it's a brilliant energy booster plus a good all round tonic for health and wellbeing.

10. Bonus herbs

Schizandra is a perfect all round detox herb. It's a potent antioxidant, helps break down fats and toxins in the body and is an excellent tonic for the liver, nervous, respiratory and immune systems.



WEEK ONE INSTRUCTIONS

Fill in your Physical Activity Questionnaire and if you need to, get it checked and approved by your Doctor.

POWER PRINCIPLES:

Start to exercise EVERYDAY for 10 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Start to eat breakfast everyday.

Fill in your Daily Truth Diary.

Even now you should be monitoring your changes. If possible get your bodyfat percentage measured?

Enlist a fantastic support structure.

Think positive.

HEALTHY HABITS:

By now you should be eating 3 x meals a day on a regular basis including breakfast, lunch and an evening meal to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Read and understand the section on “Set Point Theory” which will help you to understand why you have gained weight in the first place and make you realise that being fat is not for life!

Do not be afraid to make positive eating changes.

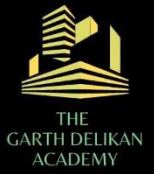
If stuck, check out the delicious and easy recipes at the end of the manual. Don't

immediately go into food denial, still allow yourself 2 x small treats a week.

Expect setbacks throughout, you will be constantly experimenting with different methods of eating, you can't always get it right, but REMEMBER, you are in it for the long term!!!



Week 1 - Weight Management Course



Welcome

Welcome to the weight management course, and congratulations on taking the first step to a slimmer and more fulfilling life. It is important that you realise that you are now not on a diet, but are committing to making important nutritional and lifestyle changes, that over time will become the norm, and will help you successfully and permanently manage your weight.

Project aims

The aim of the project is to give people the right nutritional information, as well as explaining the process of weight gain and dispelling the myths. Research tells us that people are more likely to make permanent changes if they are given accurate and meaningful information, and an understanding of the process of change. Our aim is to help you to make sense of the complex and often mixed nutritional messages that abound, and to pinpoint the critical issues relating to weight loss, long-term weight management and optimum health.

Daily truth diary

The daily truth diary is a record of your food drink and activity. It is crucial that you complete the diary daily and truthfully - that's why it's called a daily truth diary. This will provide accurate information for you on nutritional intake and daily calorific output – this provides the basis for long term energy balance. Please try to keep a food and activity diary for at least one month.

Research tells us that there is widespread under-reporting of calorie intake based around guilt, embarrassment and plain forgetfulness. This conspires to distort the picture and will obscure many important issues that may be at the root of the problem. It is proven that overweight people report less food that they have eaten than lean people do –this has been termed the “eye mouth gap” and represents a significant barrier for change for overweight people. Be sure to remember the eye mouth gap when recording food.

Monitoring change

The measurements that you will take are intended to provide an overall picture of the body composition, and what changes are occurring. They are a guide, and as such should be treated in that way. For this reason please treat all measurements as aids to helping you monitor your overall progress.

Weight

A 1–2 lb (? - 1kg) weekly weight loss is an ideal target for long-term weight management. Attempting to lose more will prove counterproductive in the long term, and you body will start to resist weight loss after the initial couple of weeks.



% Body fat

These readings are sensitive to the body's fluid content, and thus are open to small swings between measurements. It is therefore a gradual pattern of reduction over the weight loss period that is important. A 2 - 3% reduction in body fat over a month is an excellent result.

Enlisting support

If you have family at home that are supportive and understanding, then you are far more likely to succeed than if you are trying to do this on your own, or if there is family or partner resistance. Take time out to consider what you want from them. Write down the following:

- What do I want from my partner to help me
- What has been most damaging in the past with relation to my partner and my weight
- What do I need to be different this time
- What issues do you think I will face
- How can you encourage me
- Do you feel negative about me losing weight – do you feel threatened or worried

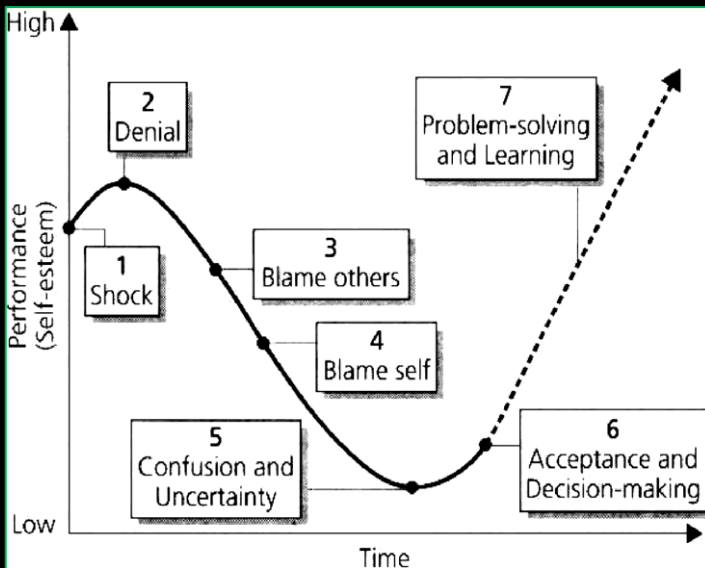
Think Positive

When embarking upon a weight loss programme a positive mental attitude is the most important element of the journey. The mind is an extremely powerful tool, even more so when motivated in the right way. We need to take control of our thought processes, and make the power of our minds work for us and not against us.

“If you do what you’ve always done, you get what you’ve always got”!



Are you ready to change?



Think slim

Whatever your reason for change you have to change the negatives into positives. Human motivation is stronger when focussing on positive rather than negative issues. Don't think about the aspects that you are unhappy with instead focus on the image of how you want to be.

Act slim

Behave in a way that befits the slim version of you, and eat the healthy foods that the new you will eat.

Make peace with yourself

The emotional burden of low self esteem and self-criticism will make things difficult for even the most focussed and determined person. When you strive

to achieve your new goals they will come much more naturally if you are proud of yourself and the steps that you have already taken – such as joining this course.

Trust yourself

A lack of trust in yourself will perpetuate a feeling of failure before you even start. You are going to do this, and you know you can do it. Think of some of the best things that you have ever done, and think how proud they make you feel. You are still that same person, and you can go on to achieve even more outstanding things. "Obstacles are what you see when you take your eyes off the goal!"

Make peace with food

The negative messages surrounding many foods can lead to strong mental barriers concerning all of food. Again don't concentrate on the negative attitudes of what you're not supposed to eat, but focus on the positive new delicious and nutritious varieties of food that you are now going to eat. See food as your ally and not your enemy. Consider the wonderful health giving properties that many foods have and feel good about bringing them into your everyday meals.

Never say never

Keep things in context and don't allow self-denial to take control. The occasional treat is important and helps to avoid the resentment that will surely come if you constantly deny yourself the pleasure of eating. Keep in mind all the good things you have eaten, and the progress that you have made - it's what you eat most of the time not all of the time that's important.



Anticipate setbacks

Be prepared for relapse and draw strength from the progress that you have made. Don't waste time and mental energy beating yourself up, take a deep breath and set out your stall for finding the right path back onto your journey to success. This way you will come back from any setbacks stronger, wiser and more resolute.

Remember **“Success is a journey, not a destination”**, and every step forward is a step nearer to success.

Accentuate the positive

Celebrate even the smallest gains and enjoy the praise and admiration of family and friends as you adopt new practices, and change bad habits for good. Don't force others into your new regimes, but celebrate with them if they volunteer.

The process of weight gain and set point theory

Fat layering periods

There are thought to be three significant fat layering periods in a person's life, they are;

- The developing foetus during the third trimester of pregnancy.
- Between 9 and 18 months of age.
- The onset and throughout puberty.

If there is a significant excess of calories present during these “layering periods” then more fat cells will be produced and this is likely to lead to weight difficulties for the future. A normal sized person carries around 25 – 35 Billion fat cells, whereas obese people can carry as many as 150 billion fat cells.

It was always thought that following these fat layering periods, the number of fat cells were set for life, and that as we overate, these fat cells simply got bigger, which is true up to the point that these fat cells reach their maximum size. (A normal sized person's fat cells will be 0.4 – 0.5 microns whereas an obese person's fat cells may well be 1.0 – 1.2 microns). However subsequent continued overeating at this stage will lead to new fat cells emerging even in late adulthood. It is this – new fat cell growth that is particularly difficult to counter, which is why prevention is definitely better than cure.





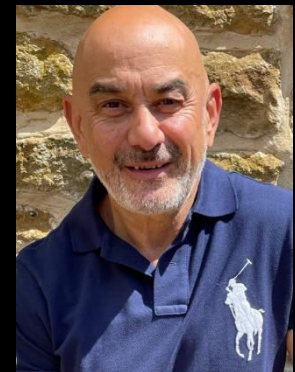
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Set point theory

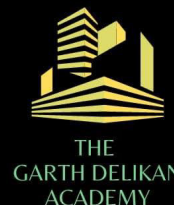
One theory is that each of us has a genetically pre-programmed set weight point determined by the number of fat cells that we have, as each cell wants to remain a particular size. Set point suggests that if we wander from this point then our body works to bring us back. Whilst this can be clearly seen following weight loss, it is not as clear following weight gain!

The principle central to set point is that if you shrink a fat cell by consuming less energy than the body is burning, then it will allow shrinkage but at some point it will start to resist by producing adipokines which are powerful chemicals that act on the CNS to illicit feeding activities. The further the shrinkage, the more powerful the resistance. Following this continued hormonal pressure, dieters usually are driven back to eating and what follows is “post diet binge eating syndrome” or adiposity rebound.

It is suggested that set point resets every 9 months, and if this is so, then any new slimmer body, needs to stay that way for over 9 months in order to have a chance of retaining the new weight. That’s why diets don’t work! Crucially then any approach must be a long term one. The changes that you make must be sustainable.



WEEK TWO INSTRUCTIONS



POWER PRINCIPLES:

Start to exercise EVERYDAY for 15 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner. Fill in

your Daily Truth Diary.

Even now you should be monitoring your changes. If

possible get your bodyfat percentage measured

Thoroughly read through this section on carbohydrates.

HEALTHY HABITS:

By now you should be eating 3 x meals a day on a regular basis including breakfast, lunch and an evening meal to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Begin to monitor the carbs in your food and try to eat as many low GI foods as possible and leave any starchy carbs out of your diet after 4pm.

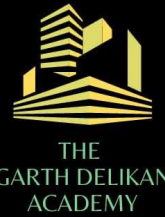
Remember, sugar is not a natural occurring food.

Start to introduce more fruit and vegetables to your diet on a daily basis. Try

to eat wholegrain or wholemeal products.



Week 2 - Carbohydrates & the Glycaemic Index



Carbohydrates (CHO) - approx 60% of our calories should come from CHO

All carbohydrates are not created equal.

It is hardly surprising that most people are at least slightly confused over the issue of carbohydrates and their role in optimum nutrition and weight management. Providing the carbohydrates you are choosing are the right ones, (complex) then it is a good idea to be aiming for around 60% of your calories to come from carbohydrates.

It's too complex to be simple

Complex and simple carbohydrates, or starches and sugars as we have always known them, are both carbohydrates, but each has entirely different impacts on our digestive system. Sugars consist of one or two CHO molecules, whilst starches can be in chains of a thousand or more. A diet full of sugars can lead to obesity, insulin resistance, diabetes, cardiovascular disease, dental decay and many other common 21st century ailments whilst a diet that includes mainly complex and natural carbohydrates can help prevent these same diseases and keep you in excellent health.

Vegetables, pasta, rice, breads, fruits are mainly composed of carbohydrates. Found mainly in plants, carbohydrates are formed from Carbon, Hydrogen and Oxygen which is easily broken down by the body to form the basic unit of energy - glucose. If we have too much fuel available then we get high blood sugar -Hyperglycaemia, if we have too little then we become low - Hypoglycaemic. Both of these conditions can be very damaging for us and subsequently our bodies have complex mechanisms for regulating blood sugar.

Unfortunately many of today's highly refined and sugar-laden products make it very difficult for the body to effectively regulate blood sugar levels. This can lead to weight gain and other serious health problems. We must therefore aim to take the strain off our overworked digestive system by eating more natural foods that release their energy slowly.

Starches

Complex carbohydrates are made of long strands of sugar molecules. Due to the size and complexity of the chain, accompanied by the fact that these carbohydrates may be bound in fibre, the body takes time to break down the food into the basic sugar molecules. This normal process of digestion is favourable and the presence of many of the other food components such as vitamins, minerals, protein, fibre and water make this the ideal way to get the bulk of our energy.

The fibrous content of most natural starch foods will allow the body to manage its cholesterol and further act to maintain a healthy colon by stopping the build up of potential dangerous toxic and carcinogenic compounds within the colon.

The best complex carbohydrates to eat are wholegrains, beans, pulses, fruit and vegetables.



Natural sugars

Simple sugars can be found in their natural state within the cells of plants such as fruits (fructose) or in milk (lactose), and these are known as “intrinsic” sugars, which means the sugar is locked inside the cells. These sugars also contain many other vital nutrients, such as vitamins, minerals, and soluble and insoluble fibre. Unfortunately the bulk of our sugar intake comes from added sugars (extrinsic): table sugar, soft drinks, sweets, cakes and biscuits and any number of processed and manufactured foods.

Enter the hormone Insulin

As sugars are absorbed into the bloodstream, the blood sugar level rises, and the pancreas secretes the hormone insulin, which transports sugar from the blood (where high levels can be damaging) and into the cells for use as energy. If you're not active, then insulin will send the excess to the liver and skeletal muscles for conversion to glycogen (storage fuel) and if these stores are full then excess will be converted to fat (triglycerides) and stored in the adipose tissues (fat storage sites around the body).

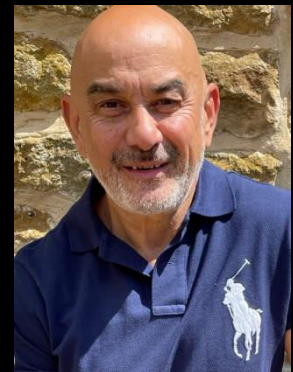
The more sugar that is consumed the more insulin is produced (glycaemic loading) and the quicker this process takes place. Often insulin levels rise so swiftly that too much sugar is removed from our bloodstream and we can become hypoglycaemic (low blood sugar). If this happens, the pancreas compensates by secreting the hormone glucagon and the adrenal glands secrete adrenaline. These hormones work together to break down glycogen and convert it back into glucose; the whole process leaving us tired, irritable and craving more sugar. This is the classic blood sugar seesaw which often compels us to eat more sugary foods, leading to a vicious cycle.

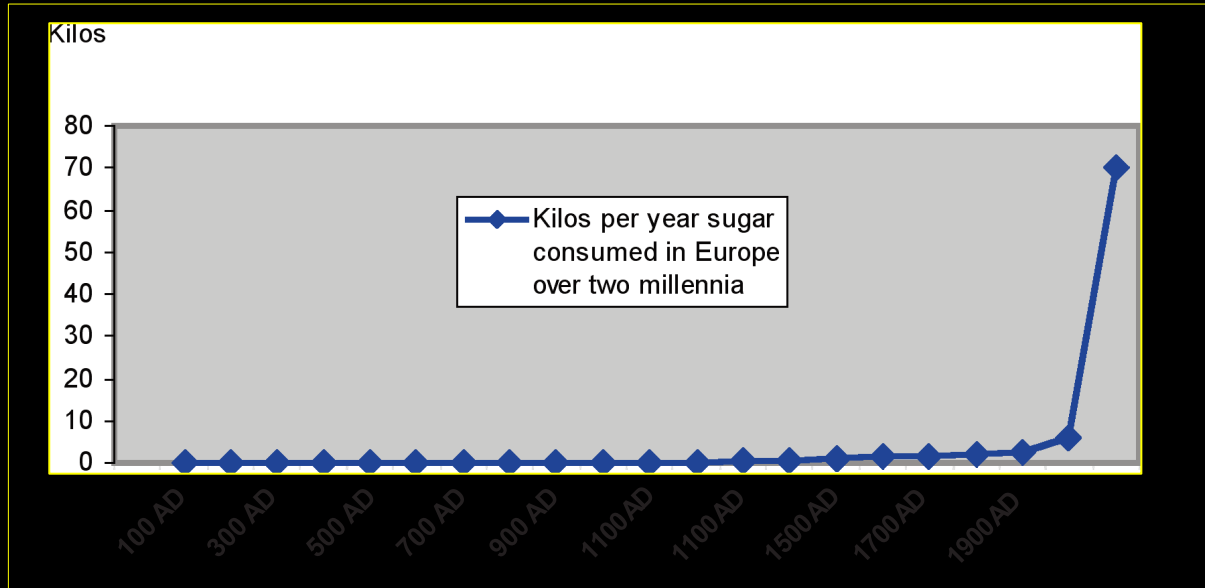
Change your palette

The taste for concentrated sweet foods is often acquired in childhood. Moreover, it may have been accompanied by the reward factor, and becomes an emotional comforter, thus laying the way for future problems. We can and must train our pallets to move away from such sweet foods, however the only way to do this is to avoid sugary foods altogether.

Sugar is not a natural food

This dramatic rise in consumption demonstrates how unnatural sugar is in terms of a staple food for mankind. If you consider that our evolution took place over one million years, then the flat line running to the left of the graph would run backwards for a further ten feet. This gives an idea of how recently sugar introduction has been in terms of our overall evolution, and explains why this recent exponential increase is proving so damaging.





Introduction of sugar into our diet

- Cane sugar was discovered before the birth of Christ. As early as 500 B.C. India was said to have a "reed which gives honey without bees."
- The invasion by Arabs into India nearly 1,000 years later in 642 A.D. led to the spread of sugar cane to the rest of the world. The first record of sugar in England occurs in the year 1099 after the crusades
- Sugar was introduced to the Americas by Christopher Columbus. At the time, sugar was processed by boiling the cane juice and then harvesting the crystals which contained protein, fiber, vitamins, and minerals, and whilst they were calorie dense, they still provided essential nutrients.
- A few centuries later the real process of refining sugars started, stripping out many of these nutrients by washing, boiling, centrifuging, filtering, and drying.
- Originally refined sugars were expensive and highly taxed. Only the affluent could afford them. Refined foods were a status symbol hence - "refined" people.
- Now the average person eats over one kilo of refined sugar each week.



Looking out for sugar

Did you know that a mars bar contains 8 teaspoons of sugar, and a can of coke 10? Some breakfast cereals are up to 45% sugar, and sugar is added to many savoury processed foods. Low fat foods often contain large amounts of sugar.

What is the Glycaemic index (GI Index)

The GI index is a ranking of carbohydrate foods based on their potential to raise blood sugar levels. The higher the GI of a food, the faster the resultant rise in blood sugar after eating it. The faster the rise, the faster the fall, and it is this rapid fluctuation that creates many problems for us. The glycaemic index was originally devised as a strategy to help people with diabetes to gain better control over their blood sugar levels. Today the GI is widely accepted as an excellent tool for selecting better carbohydrates.

Foods that tend to be high on the glycaemic index are obviously sugary foods, but also all highly processed or refined carbohydrates. Items such as white bread, white pasta and baked or leavened products made from white flour or refined carbohydrates are all going to be high or very high. Low GI foods are typically natural foods, wholemeal or unrefined and include most fruit and vegetables and all of the grains, pulses and beans. A primary strategy for anyone on a weight loss or weight management programme should be to identify high GI foods, and look to replace them with lower GI alternatives.

The ranking of GI foods

0 - 39	Very low
40 - 54	Low
55 - 69	Moderate
70 - 100	High

Regularly eat these foods, and make them the mainstay of your diet.

Fruit and veg all varieties and in particular fibrous fruits such as apples and pears. Different coloured vegetables of all varieties and lots of leafy green veg. Grains, such as barley, whole wheat, maize, corn, buckwheat, oats, flaxmeal, wild or brown rice. Beans & pulses (legumes) the bean family is a group of highly nutritious foods that are an excellent source of complex carbohydrate, dietary fibre and protein.

Artificial sweeteners

Sweeteners are not a good idea, as they will only act to fuel a sweet tooth. Furthermore, in large quantities they have been shown to have a harmful effect on health. Avoid them if you can.



Always start the day properly

Start the day with a low GI breakfast, and always dilute fruit juices 50 –50 with water.

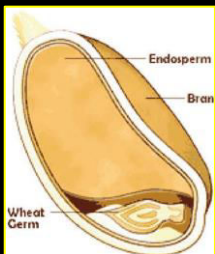
- Wholegrain cereals with skimmed or semi skimmed milk and added fruit
- Wholemeal toast with low fat cheese spread, cottage cheese or marmite
- Fresh fruit salad with low fat yoghurt
- Baked beans on toast – scrape of mono or polyunsaturated spread
- Boiled egg and toast – scrape of mono or polyunsaturated spread

Carbohydrate refining

A great deal of the carbohydrate that is now entering our diet is coming from refined sources. Much of this is derived from grains which can be grown in vast quantities and then processed for use in many foods. Examples of refined grains are white pasta, white bread, white rice, sugar and anything made with white flour. One of the difficulties with refined carbohydrates is that in the refining process, many of the micro-nutrients are lost as they are held in the components of the grain that are discarded.

Grain refining involves removing the outer husk which is the hard protective coating of the grain. The husk protects the grain from damp, mould, insects and bacteria as well as being a functional component in the process of germination. The husk is removed for reasons of palatability. Grain products containing the husk tend to be coarser, require more chewing and are more fibrous. The taste is also stronger. Many people are brought up entirely on refined grains and find the whole-grain equivalent difficult to switch to. Refined grains in comparison are soft on the pallet, white and can be dyed easily and can be made into light pastries, breads and cakes. Nutrients lost from the husk will be minerals Chromium, Zinc & Manganese. Insoluble fibre is also mainly contained in the husk and this is largely removed in the refining process. Vitamins are also lost, and in particular the B vitamins, which are required for releasing energy from carbohydrates.

Refined grains also have the germ removed. The germ is the embryo of the new plant. It is rich in polyunsaturated fats and omega fats (usually omega 6). It is very nutritious for humans and a source of essential fats. The germ is removed from grains to extend the shelf life, as the polyunsaturated oils will in time go rancid if left in the flour or whole grain product. By removing the oily component of the grain the shelf life is extended many times.



Unfortunately this leaves only the endosperm which does not contain many of the nutrients of the other components. The endosperm is the energy component of the grain and provides the new embryo plant with fuel to grow and sprout leaves until the plant can capture the sun's energy and photosynthesise to build new carbohydrate and grow.





Table 1 GI foods. WG = whole grain WW = whole wheat WH = white BR = brown SF = sugar free

Breakfast cereals		Dairy products		Breads		Pasta		Snacks	
All Bran	42	Fruit yoghurt (SF)	14	Pumpernickel WG	46	Egg fettuccine	32	Peanuts	14
Oats (porridge)	49	Whole milk	27	Oat bran bread	47	Spaghetti (WW)	37	Crisps	54
Quaker oat bran	50	Skimmed milk	32	Rye bread	55	Star pastina	38	Popcorn	55
Special K	54	Fruit yoghurt	33	Chapati	57	Spaghetti	41	Corn chips	73
Muesli	56	Ice cream	50	Pita bread	57	Macaroni	45	Pretzels	80
Shredded wheat	69	Sweets & Desserts		Sourdough rye b'd	57	Linguine	46		
Cheerios	74	Custard	43	Rye flour bread	65	Tortellini	50		
Rice Crispies	82	Sponge cake	46	Croissant	67				
Weetabix	83	Oatmeal biscuits	55	Whole wheat bread	69			Sweets	
Corn flakes	84	Rich tea biscuit	57	Bagel	72				
Honey nut corn flk's	88	Donuts	76	White bread	78			Peanut M&M's	33
								Snickers bar	41
								Twix	44
								Chocolate	49
Vegetables		Fruits		Grains		Legumes		Mars bar	62
Green leafy veg	15	Cherries	22	Barley		Soya beans	18	Life savers	70
tomatoes	15	Plums	24	Wheat berries	25	Kidney beans	27	Skittles	70
Mushrooms	15	Grapefruit	25	Bulgur wheat	41	Lentils	29	Jelly babies	80
Lima beans	32	Peaches	28	Long grain rice brown	48	Butter beans	31		
Green peas	48	Dried apricots	31	Long grain rice white	55	Split peas	32		
Sweet potato	54	Apples	36	Wild rice	56	Chick peas	33	Sugars	
Sweet corn	55	Pears	36	Basmati rice	57	Pinto beans	39		
New potatoes	64	Grapes	43	Cuscus	58	Black eyed beans	42	Fructose (fruit)	23
Beets	64	Oranges	43	Short grain rice white	61	Baked beans	48	Lactose (milk)	46
Carrots	71	Kiwi fruit	53		88			Sucrose (sugar)	75
Pumpkin	75	Banana (hard)	54	Biscuits		Juices		Honey	85
Chips	75	Mango	55			Apple juice	41	Glucose	100
Potatoes instant	83	Papaya	58			Grapefruit juice	48	Maltose	105
Baked potato	90	Raisins	64	Rye crisp bread	75	Orange juice	56		
Parsnips	97	Banana (soft)	65	Cream crackers	78				
		Pineapple	66	Rice cakes	82				
		Pineapple	66						





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WEEK THREE INSTRUCTIONS

POWER PRINCIPLES:

Start to exercise EVERYDAY for 20 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner and a mid

morning snack. Fill in your Daily Truth Diary.

Think positive.

HEALTHY HABITS:

By now you should be eating AT LEAST 4 x meals a day on a regular basis to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Exercising reduces the risk of CHD (Coronary heart Disease)

by up to 40%. It increases your metabolism, which means

you're burning fat!

It releases endorphins, those wonderful feel good chemicals and can help you to burn fat for up to 12 hours later, even when you sat there watching TV!



Physical Activity Questionnaire

PAR – Q

On a scale of 1 to 10 how active do you feel you are? 1 2 3 4 5 6 7 8 9 10

**On average how many minutes a day do you spend taking part in informal exercise
i.e. walking, cycling to work, housework, walking the dog etc?**

How many times a week do you take part in any formal exercise i.e. exercise class, organised club, weekly sports game etc?

Are there any activities that you would like to try out or spend more time doing?

Please circle yes or no to the following questions. If you answer yes, we may ask for your GP to confirm with us that you are ok to increase your levels of activity, and we will provide your GP with details on your intended programme.

- | | |
|---|----------|
| 1. Has your doctor ever said you have heart trouble? | Yes / No |
| 2. Do you ever have pains in your heart or chest? | Yes / No |
| 3. Do you often feel faint or have spells of severe dizziness? | Yes / No |
| 4. Has a doctor ever said you blood pressure was too high? | Yes / No |
| 5. Has a doctor ever said you have bone or joint problems that may be made worse or aggravated by exercise? | Yes / No |
| 6. Is there a good physical reason not mentioned here, why you should not follow an activity programme even if you wanted to? | Yes / No |

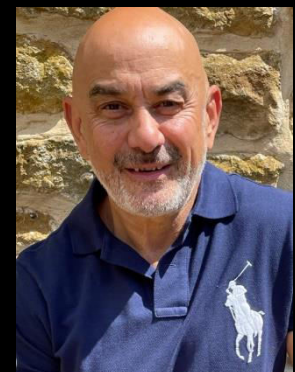
If you have answered no to all of the questions, then you are ready to begin a graduated exercise programme.

I understand that I am responsible for my own actions at all times. I am undertaking this activity programme under my own free will and will not hold anyone responsible for anything that may happen to me as a result of increasing my levels of activity.

Signed

Print

Date



Week 3 - Physical Activity

The onset of the technical revolution has conspired to strip out of our lives physical activity in the name of convenience, efficiency and saving time. Everything from remote controls to moving stairs combine with a plethora of mechanised devices such as motor vehicles, washing machines, dishwashers, power tools, and a whole host of gadgets and machines to take the effort out of almost everything that we do.

As a consequence most of us are now half as active as our parents, and what is worse, our children are set to become half as active as we are. Our bodies were designed to be active and by leading sedentary lives we are creating immense health and social problems for ourselves.

Some health related activity statistics

- ❖ 40% of people in the UK are overweight and a further 25% are obese. (National audit office 2005)
- ❖ Physical inactivity roughly doubles the risk of coronary heart disease (CHD) and is a major risk factor for stroke.
- ❖ In the UK it is estimated that around 37% of deaths from CHD are related to lack of physical activity, compared to 19% for smoking. (British heart foundation database 2000)
- ❖ 75% of women and 63% of men are less physically active than the recommended levels for health gain. (Joint health survey 1999)
- ❖ 80% of adults think that they are fit, and a majority incorrectly believe that they do enough exercise for health benefit. (Allied Dunbar Fitness survey 1992)
- ❖ In the last 20 years, obesity has tripled, yet levels of calorie consumption have remained fairly constant over the last 50 years. (Obesity in Britain BMJ 1995)
- ❖ 30 minutes of moderate activity daily has the maximum health benefits
- ❖ Fat burning occurs at both high and low levels of exercise intensity.

Some benefits of Physical activity:

- can lower mortality from CHD by 40% (New England Journal of medicine)
- improves mood and help reduce stress
- increases energy levels and assists sleep patterns
- increases the metabolic rate and ability to burn calories
- has a positive impact on prevention of Stroke, Osteoporosis, type II Diabetes, Hypertension, Obesity and certain cancers.
- improves mobility, flexibility, strength, stamina, and protects against the aging process
- reduces LDL cholesterol (bad) and increases good HDL cholesterol

Yes, the fittest do live longer (even fat smokers)

An American study has found that people who exercise will live longer than those who do not, even if they smoke and are overweight. The ten-year research on 6,000 middle-aged men was published in the New England Journal of Medicine.

It found that the least fit were four-and-a-half times more likely to die within six years of the start of the study than were the most fit.





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Psychological benefits of exercise and activity

Physical activity also has a powerful effect on the brain and can help alleviate stress, anxiety and depression through aiding the dispersal of stress hormones such as cortisol and adrenaline and increasing the production of “feelgood” neurotransmitters including beta-endorphin and serotonin.

The effect of exercise on appetite

The effect of exercise on appetite has been proved to have little impact. If anything there is a tendency for exercise to normalise the appetite response. This may be a response to help “tune up” the regulatory system to stimulate a more appropriate feeding response for the level of energy expenditure. In other words, exercise will not make you hungrier or eat more.

Building activity in

We have to turn recent history on its head and start again building activity into our daily routines. The good news is that now that we have all of these time saving devices, we can choose which activity we want to do, and when we want to do it. Creating an energy deficit on a daily basis is the only way to lose fat. This can be done in two ways: drastically reducing calorie intake (dieting) – not recommended, or significantly increasing activity levels – not always practical or safe. The obvious answer of course is a moderate and sensible combination of the two.

What type

Physical activity includes everything that we do; all of our household chores, all of the walking that we do, our active leisure pursuits and of course any exercise that we do.

With respect to exercising for weight control, basically it all comes down to the calorie value of your workout. There are some benefits to having lots of skeletal muscle as this is metabolically more active than fat, but for women in particular it is very hard to build substantial levels of lean muscle, and not many women want to in any case. You should always aim to exercise to your particular appropriate level, and the fitter you get, the more benefits this will have.

Regular small bouts of exercise are more beneficial for weight loss than infrequent lengthy, or occasional intensive exercise sessions. This may be because physical activity raises the metabolic rate, and this can last for up to two hours afterwards, thus more metabolic elevations are more effective in terms of calories burned.

As the body gets fitter, it becomes more efficient at burning fat; this is because the number of mitochondria in the muscles increases. So the benefits of becoming more active and thus fitter will continue to increase and the effects start to multiply



Some average hourly energy burning activities

<i>Activity</i>	<i>Women</i>	<i>Men</i>
Aerobics	560	740
Table tennis	300	400
Cycling moderate	192	256
Cycling hard	507	660
Domestic work moderate	153	200
Domestic work vigorous	264	180
Golf	144	192
Rowing hard	600	800
Running moderate	444	592
Running hard	692	900
Skiing	461	600
Squash	461	600
Swimming moderate	230	300
Swimming hard	480	640
Tennis	336	448
Walking moderate	168	224
Walking hard	300	388

What frequency

5 days per week or as much as you can. This does not mean you have to go to the gym 5 days a week, you may choose to have a brisk walk, play golf or tennis, or be active in other ways, half an hour to 45 mins is adequate on non gym days, and try to get variety into your external activities. The idea is to aim never to have a sedentary day.

The exercise - weight loss paradox

In terms of weight loss, far too many gym members visit the club twice per week for a workout, and then, unfortunately, imagining psychologically that they have “done their bit”, go on to have an even more sedentary week than many non- gym users. If you consider the average calorific value of a workout to be around 500 Kcals then this 1,000 calories per week is outstripped by someone who walks to work every day briskly for 2 hour (150 Kcals each way) = 1,500 Kcals.

The important message here is don't sit on your laurels once you have completed your gym workout. Become an active person away from the gym and always think active!



Top tips for active lives outside of the gym

- If you have an elderly or infirm neighbour with a dog? Offer to walk it for them.
- Commit to getting your garden into shape and plan an elaborate new scheme
- Use a backpack on small shopping trips - don't just jump in the car
- If the stairs are broke, use the lift!
- Get off the bus one stop early or walk a couple of stops on
- Cycle or walk to the club
- Build regular walks into your weekly routine or at lunchtime if you are deskbound
- Do housework to your favourite music and get "stuck in" to the rhythm

It's never too late to start

The benefits of becoming more active (less sedentary) apply to all age groups and gender. Health benefits can be gained late in life, and the most sedentary people are those who have the most to gain. A recent study at the University of Warwick have found that people between the age of 75 and 93 years who exercised gently for 12 weeks, increased the strength of their thigh muscles by about 25%, which represented a 15 – 20 year rejuvenation of strength.

The effects don't last long

Many of the beneficial effects of exercise training both from endurance and resistance activities diminish within two weeks if physical activity is substantially reduced, and effects disappear altogether within 2 to 8 months if physical activity is not resumed. You cannot accrue the benefits of exercise and it is important that people are active throughout life.



WEEK FOUR INSTRUCTIONS

POWER PRINCIPLES:

Start to exercise EVERYDAY for 25 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner and a mid morning snack.

Fill in your Daily Truth Diary.

your bodyfat percentage measured?

Think positive.

You should STILL be monitoring your changes. If possible get

Enlist a fantastic support structure.

HEALTHY HABITS:

By now you should be eating AT LEAST 4 x meals a day inclusive of a mid morning snack on a regular basis to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Do you really need to eat everything you put into your mouth? If you start cheating now, you're only cheating on yourself!

Take firm control of your eating habits and watch out for any signs of depression, this usually means that your discouraged because you're not eating enough (little and often) and perhaps trying too hard and instead of making this a LIFESTYLE CHANGE and perhaps not getting enough rest.

If you feel too hungry, drink some water.

Don't let friends or families good intentions let you fall off target!

DO NOT eat out of Boredom, Habit or Stress, get up and walk or do some exercise or put on your favourite music and dance around.

Make sure you have a strategy.

Chew your food and really enjoy the flavours and textures. Don't become a compulsive eater!

***THE ONLY SUCCESSFUL COUNTER MEASURE FOR COMPULSION IS
MOTIVATION AND A STRONG DESIRE TO ACHIEVE AND SUSTAIN YOUR GOAL!***



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Week 4 - The psychology of eating

Why do we eat when we are not really hungry?

Psychological

- I'm bored
- I'm depressed
- It's comforting
- It's sociable
- It's routine
- It's there!

Do you recognise any of the following excuses for eating when you're not hungry?

The Reward syndrome

When you have had a really bad day, been shopping, juggled the housework and fitted everything in, you feel you deserve a reward.

The "Last Supper" syndrome

I am going to start a diet tomorrow and I will never eat cake and biscuits again.

The closet syndrome

Nobody's looking. They know I'm on a diet, but if they don't see me, they won't know.

The kitchen syndrome

I am in the kitchen preparing a meal and the biscuit tin lid is off and because I'm there I eat them.

The "I'm fed up" syndrome.

I'm bored, lonely, cross, angry at myself or someone else, and I'm going to eat something naughty.

The slippery slope syndrome

I missed breakfast; I ate far too much at lunch so a bit more won't make any difference.



A matter of taking control

For all of the previous, what strategies can we adopt to avoid these situations getting out of our control, and leading to eating when we are not really hungry?

Depression

Being depressed can lead to weight gain, and being overweight can lead to being depressed, creating a frustrating vicious circle. For some depressed people, engaging in behaviour that makes them feel guilty is part of a cycle of depression. The worse they feel about themselves, the more they are inclined to do things that make them feel bad about themselves.

The BIG three

Be aware that the three main causes of eating when we are not hungry are:

1. Habit
2. Boredom
3. Stress

Be sure to complete in your truth diary the reasons that you ate food outside of your planned meals or snacks (5 eating points each day) and this will allow you to see patterns emerging from which you can come up with strategies to combat this.

If there are certain habits that have formed over a long period of time, then the aim is to replace bad habits with good ones. Boredom and stress related eating require different strategies but as long as you recognise why you are deviating from your plan, then it is possible to work out a counter measure to get you back on track.

Appetite

How often have you eaten something and then immediately afterwards realised that you did not want to eat it in the first place. Something was telling you though, to assert your right to eat what you want when you want. If you think you shouldn't do something, then your subconscious may be telling you that you should. If this is the case, then you will never win. You must learn to reconcile your mind to what your body requires, and ensure that your choices are harmonious and compatible with your desire to develop a healthy and slimmer body.

Recognising when we have eaten enough

A recent experiment conducted by Barbara Rolls at Pennsylvania State University found that some people appeared to have an innate ability to recognise the calorific content of the food they ate and regulate intake accordingly. These



people nearly always tended to be non-dieters of normal weight who were not concerned with their weight or weight loss.

What is apparent is that we all have this ability, but for many it has been “dulled” or disconnected by years of overeating and confused psychological messages. Obsessive compulsions about food brought on by constant dieting or denial or restrained eating may have altered our natural ability for portion control.

A recent report said that people lose their capability to recognize how much to eat when the portions get beyond a certain point, so it is important to think about portion size before it lands on your plate. Preparation and cooking are the times to consider suitable portions sizes, or at the point that you are ordering food, if dining out. If at home, serve the dinner in the kitchen not at the table, eat slowly and don't go back for seconds. Remember “When it's on your plate – it's too late!”

Family and friends

Friends and family can sometimes inadvertently be the worst offenders when it comes to support. They often mean well, but they tend to have strong habits that have been built up over a lifetime and any change can leave them feeling threatened or vulnerable.

Be aware of their sentiments and allay their fears. Do not let them kill you with their kindness – literally, and point this out to them. Particularly the ones who always insist that you have what has been made especially for you. You must take control!

At the same time reassure them that you still value them and everything that they do for you. You genuinely care about their friendship and the strength that they give you. This way, next time you find you will be met with support and help rather than challenges – that is if they really are your friends.

Safety in numbers

Psychologically, people feel happier if someone is in a worse position than themselves, it gives them comfort and security. People who drink too much always appreciate someone around who drinks considerably more than them, so that they now feel that their drinking is not so excessive, and is nearer to the norm. This gives them enormous comfort and further stops attention being focussed towards them.

If you now stop being the one who has the weight problem, then they may all of a sudden be the one with the problem, and they may not be ready for such a burden. Don't despise this person for their behaviour, it's a perfectly natural human instinct, and it's almost certain that they have absolutely no idea why they want you to continue eating the way that you do.



Some families foster overeating for emotional or cultural reasons, or simply from ignorance. Parents might teach bad habits, like forcing children to clear everything on their plates, eating quickly, or use food as a tool for reward or discipline. A family habit of tying eating to relaxation such as watching television and snacking is a “nurture” habit often accompanied by a sedentary lifestyle.

Notoriously difficult changes

It is important that clients recognise that dietary changes can be notoriously difficult to make, and apply the motivational and psychological techniques learned earlier to overcome ingrained bad dietary habits.

Transition times

Whenever we move from one environment to another somehow our guard is lowered and there will be a tendency to “feel the urge to eat”. This may be an instinctive reaction to ensure we “fuel up” before going on an excursion into the unknown. Either way, we need to recognize that it is a common “weak point” when inappropriate foods are all around us, and take adequate steps to ensure that we have healthy foods with us.

Identify weaknesses

The whole point of having a strategy is so that you can identify the areas that you are vulnerable and make provisions for avoiding or mitigating those circumstances.

Once you have identified your weaknesses, confront them and don’t shy away from what the issues are. Come up with plans and strategies to overcome these situations. For instance if you are a snacker, then decide upon locations that you will not eat, at your desk, in front of the TV, in the street whatever. Remember that successful long-term weight management involves behavioural changes.

Chew on this!

Rushing food down has many disadvantages, and is indicated in problems of obesity and overweight. The physical and chemical processes of chewing our food as an aid to digestion are very important. The mechanical action of breaking the food up and mixing it with the digestive enzymes in the saliva, start the digestive process, and put less strain on the remainder of the digestive tract.

Improperly digested food means that some nutrients may be wasted, and poor or inadequate chewing may be the underlying factor behind a number of digestive problems. Certain complaints such as food sensitivities and the symptoms associated with them, including food cravings, bloating and abdominal weight gain may all relate back to not chewing food properly.

Not only will chewing lead to better more efficient digestion, but also significantly for weight loss it assists the satiety process –the system that tells us we are full, and curtails our appetite. So don’t descend upon your food like a hungry



Labrador, take a few seconds to reflect before you eat. Be aware of what you are eating and don't watch TV or be distracted when you eat, concentrate on the food and enjoy each and every mouthful.

Research has shown us that it takes approximately 14 -21 repetitions before an action becomes a habit. Therefore, don't expect that this will come naturally or automatically. You will have to think about this at every meal and work at making your eating style a habit for the future.

The digestion process

The reason our mouths water in anticipation of food, is that saliva is crucial in the digestive process. Contained within saliva are digestive enzymes called ptyalin (for carbohydrates) and lipase (for fats). Salivation tells your digestive system that sustenance is on the way and to fire up ready for efficient digestion.

On adequate chewing, the starch content of a meal begins to dissolve in your mouth and converts into sugars. These pre-digested sugars reinforce the digestive message to the brain. But chewing does far more; it also prepares your food to be digested and helps your appetite to know when you've had enough - satiation.

Savour the moment

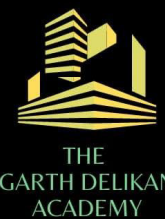
As well as chewing our food correctly, it is important to take time over eating, and to savour and enjoy each mouthful. Concentrate on the smells and tastes and slowly eat and swallow every delicious mouthful. This process of eating will also help to prevent overeating by assisting you to get your appetite under control.

Habitual behaviour

Have you ever thought about why we develop habits? Well it's simple, doing things automatically without having to think about it is a useful and timesaving device. It allows us to perform lots of everyday mundane routines without distracting us from our normal thought processes, allowing for the more creative parts of our brains to keep working.

All habits that we form, at one time served a useful purpose, otherwise we would not have kept doing them for the 15 repetitions that it is estimated is needed to form a habit. However, often we forget to switch them off once they have served their useful purpose. Habits are just fragments of behaviour that you have picked up. They are not part of you, and they can be changed. Think carefully about your bad habits and how damaging they are.

Now is the time to start chipping away at those bad habits, and introducing good ones that will make you feel great about yourself, and will help you in many ways. Once you realise that your actions are simply bad habits, you take away their power over you, and it becomes much easier to change – permanently. You are not a fat person, you are a slim person with a lot of fat habits!





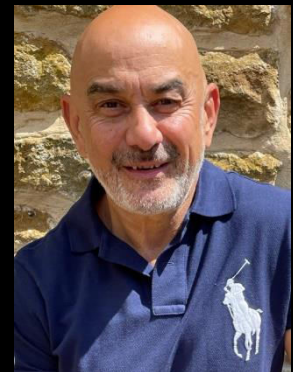
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Write down your top 3 bad habits in your truth diary

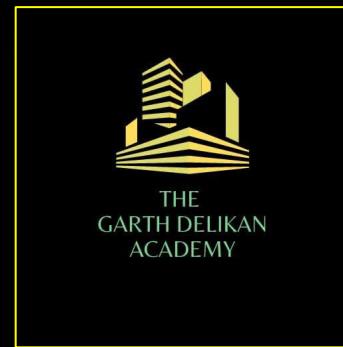
Be aware of your desires – Temptation or compulsion

If you are frequently in a situation where you just want one, and then go on until you must finish the box, packet, then temptation has given way to compulsion. Is it that 10 or 20 or 30 chocolates will suffice, or is it that psychologically “the box must be emptied”? The obvious answer is not to have boxes of these foods around. A more reasonable idea is to buy a small treat for one occasion that you can look forward to, and make a pact with yourself not to eat it unless..... whatever you decide.

The only successful counter measure for compulsion is motivation and a strong desire to achieve your goal.



WEEK FIVE INSTRUCTIONS



POWER PRINCIPLES:

Start to exercise EVERYDAY for 30 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner and a mid morning and mid afternoon snack. Fill in your Daily Truth Diary.

You should STILL be monitoring your changes.

If possible get your bodyfat percentage measured?

HEALTHY HABITS:

By now you should be eating 5 x meals a day on a regular basis including a mid morning and a mid afternoon snack to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Fat is very important in our diet.

We need at least 20% fat in our daily diet.

Saturated fat is your enemy, that is the fat that is easy to recognise because it is “solid” at room temperature. Saturated fat comes from butter, animals, hard margarine.

Excess of saturated fats contributes to high cholesterol and coronary heart disease.

Include more omega 3 and omega 6 rich foods, these are commonly known as EFA's or essential fatty acids. They are essential because our bodies can't manufacture them.

Avoid at all costs all foods high in trans fats.

Fat foods are more satisfying to the palette and give us a more full feeling, that's why we like them. Study the fats in your kitchen and eliminate all the “bad ones”!



Week 5 - Fat

FATS - (Lipids) approx 25% of our calories should come from fat

The fats of life

There are two types of fats: saturated and unsaturated. Unsaturated fats can be further broken down into Polyunsaturates and Monounsaturates. One group of Polyunsaturates are known as essential fats, in that our bodies need them to enable vital bodily functions. These fats are referred to as essential because they cannot be manufactured by our bodies, and therefore must be gained from our diet.

Why is fat important in our diet?

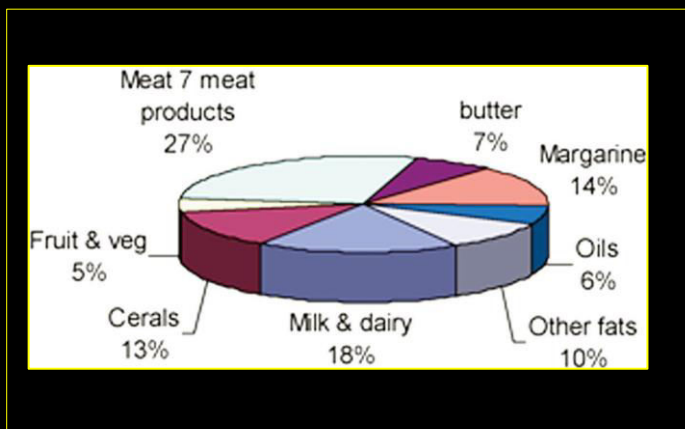
- It provides a concentrated source of energy. 1 g of fat provides approx 9 calories (kcal) of energy
- It carries fat soluble vitamins A, D, E and K
- It contains essential fatty acids, required for many important body functions

How much fat?

The amount of fat that we should aim to eat in our diets should provide approximately 30% of the entire calorie content of the food that we eat. During weight loss, we should aim to decrease this to no more than 25% of total calories.

At present most people in the UK take in approximately 42% of calories in fat. Remember that our bodies are very efficient at absorbing fat, and 95% of all fat that we eat is absorbed.

Where our fat comes from



As we can see over 60% of our fat intake comes from dairy products, meats and margarine or butter.

Up to 50% of these fats are higher in saturated fat (derived from animals) and these are the fats that we need to concentrate on lowering.



Saturated fat

Usually hard at room temperature and comes from animals (except for palm oil which is a saturated fat derived from coconut). Examples are butter, hard margarine (and some soft margarines which are especially hydrogenated for spreading) lard and all animal fats. An excess of saturated fat in a diet is linked to high cholesterol and coronary heart disease, as well as being a major contributor to overweight. When our fats are derived mainly from Saturated fat the effect will be to **increase harmful LDL Cholesterol**.

To reduce saturated fats, select the leanest meat that you can afford, and always trim the fat off meat cuts. Always drain and discard the fats from joints, don't use as stock or for gravy. Don't overeat on dairy products, and always choose low fat dairy foods.

Unsaturated fats

Usually liquid at room temperature and comes from vegetables. Unsaturated fats break down further to mono-unsaturated and poly-unsaturated.

Polyunsaturated fats

Found in cornflower oil, Sunflower oil, Soya oil and fish oil and some but not all margarines and spreads. Polyunsaturated fats are also the main fats found in fish and seafood. When our fats are derived mainly from Polyunsaturated fats the effect will be to **lower total cholesterol (HDL & LDL)**

Monounsaturated fats: found in olive, rapeseed and sesame oil, and also in avocados. Some margarines and spreads are made from Monounsaturates. Monounsaturated fats do not lower blood cholesterol levels as much as polyunsaturates, but they are better at maintaining levels of "good" HDL Cholesterol. When our fats are derived mainly from Monounsaturated Fats the effect will be to **lower the harmful LDL & maintain levels of HDL**

The following fat proportions are recommended for weight loss and optimum health:

Polyunsaturated fats	9%
Monounsaturated fats	9%
Saturated fats	6%
Trans fatty acids	1%
Total	25%

You should bear in mind that nearly all fats contain a combination of all three types in different proportions. So check out the label, and see what the constituent parts are.

A diet of 1,500 Kcals per day and a 25% fat diet will allow 42 grams of fat per day (378Kcals from fat). One kilo of bodyfat (1000g) is equivalent to 7,000 Kcals whether it is being stored or burned.



Essential fatty acids EFA's

One group of polyunsaturates are known as Essential fatty Acids (EFAs). They are Omega 3 -Alpha Linolenic Acid (ALA) & Omega 6 - Linoleic Acid (LA). Omega 3 (ALA) converts to EPA & DHA (rich in fish oils) - which have strong anti-inflammatory properties and are protective for the heart and arteries. Omega 6 (LA) converts to GLA (rich in evening primrose) & prostaglandins, which are needed for proper brain function.

Sources	Omega3	Omega 6
	Fish & oils	Sunflower & corn oil
	Soya beans & oil	Soya and hemp & oils
	Flax seeds & oil	Evening primrose
	Pumpkin & squash	Borage oil
	Wheatgerm	Pumpkin flesh & seeds

Our bodies cannot manufacture them and that's why they are essential!

What are they responsible for :

- Lowering blood triglycerides (fats in circulation)
- Decreases stickiness of blood
- Lowers LDL (bad cholesterol)
- Raises HDL (good cholesterol)
- Essential for brain development

Why do we like fat rich foods?

Our taste for fat comes from our ancestors, whose lives typically revolved around the availability of food in relation to the seasons. When food was plentiful in the summer months pre-modern man would gorge himself to fatten up for the leaner winter months, rather like many animals do. As fat has the benefit of having over twice the calories of other fuels, and is more readily stored as fat reserves, and this is always the food of choice particularly where seasonal variations in food availability are the norm. Homo sapiens have for one million years been subject to varying availability of foods, and so it is no surprise that our instincts are to drive us towards calorie dense foods of which fat is at the top of the list.



Fat is more satisfying

When fat rich food enters the stomach, it is churned into an emulsion, which allows the digestive enzymes in the duodenum to act more readily on fats once they are delivered. However large quantities of fat can overwhelm the digestive system and so at the bottom of the stomach a control valve known as the pyloric sphincter regulates the flow of fat to the duodenum allowing for gradual absorption. Therefore fat rich foods stay in the stomach much longer, and tend to leave a feeling of fullness (satiating effect) over a much longer period of time.

Trans fatty acids

Sometimes known as “Trans fats”, they are damaged or “hydrogenated” polyunsaturates, and this is normally the product of fat processing techniques. This technique is used to harden the liquid nature of polyunsaturates for use as spreads etc and to make the fat more stable and resist rancidity. Trans fatty acids are considered highly undesirable in our diet and should be avoided. They are mainly found in margarines and spreads, and highly processed fatty foods and particularly deep fried foods.

Health warning

A 2% increase in trans fatty acid intake increases the risk of coronary heart disease by approximately 25%. Trans fatty acids act like saturated fats and raise LDL (bad cholesterol) levels. They may also lower HDL (good cholesterol) in the blood.

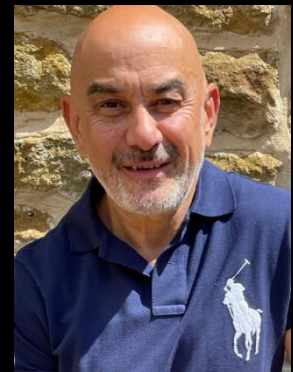
Comment

Trans fatty acids are not always listed on food ingredient labels, and may be listed as hydrogenated or partially hydrogenated oils, so look for these ingredients and either use very sparingly or avoid altogether. Also if the fats in a product are not listed by type, trans fats are likely to be hidden. Watch out for missing fats, for example if a food label reads: fats 15% of which 5% saturated, 2% polyunsaturated and 2% monounsaturated. The missing 6% are trans fats.

The Fat Anti-Nutrients

A number of diet and lifestyle factors affect our ability to convert essential dietary fats into the long chain fatty acids essential for brain function (GLA, DHA & prostaglandin. Perhaps the biggest culprit is trans fatty acids, found in deep fried food and foods containing hydrogenated vegetable oils. After trans fatty acids are eaten they are taken directly into the brain and appear in the same position as DHA in nerve cell membranes.

Twice as many trans fats appear in the brains of people deficient in omega-3 fats. So a combined deficiency in omega-3 fats and an excess of trans fatty acids - the hallmark of the French fry generation - is a bad scenario. According to recent estimates, the total fat intake of an American man may be 150 to 200 grams a day (70g are recommended), up to a quarter of which comes from trans fatty acids. A serving of French fries or fried fish can each deliver 8 grams, a doughnut - 12 grams, while a bag of crisps provides more than 4 grams. Avoiding trans fatty acids means avoiding fried foods and those containing hydrogenated or partially hydrogenated fats.

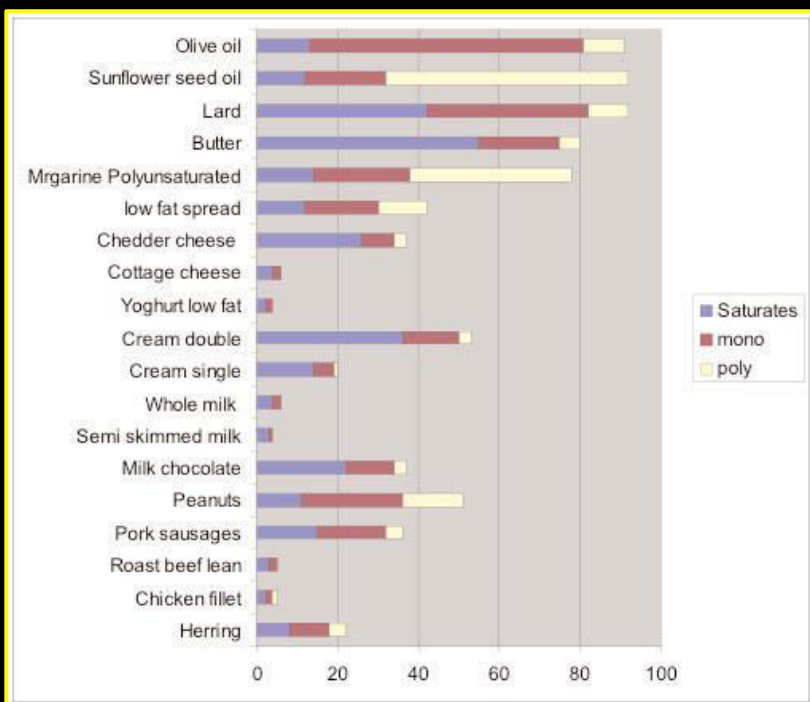




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Fats contain mono, poly and saturated

Nearly all fats provide more than one of the fat types, and usually all three. The list below gives examples of foods and what proportions of fat each delivers.



Homework

Study the fats around your kitchen (Cooking oils, margarines, spreads) and try to work out which group of fats they are from, and how much of each fat type they have.



WEEK SIX INSTRUCTIONS

POWER PRINCIPLES:

Start to exercise EVERYDAY for 30 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner and a mid morning and mid afternoon snack. Fill in your Daily Truth Diary.

You should STILL be monitoring your changes.

If possible get your bodyfat percentage measured?

HEALTHY HABITS:

By now you should be eating 5 x meals a day on a regular basis including a mid morning and a mid afternoon snack to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

Make it a point to start checking out all food labels.

STUDY the examples I have included in your manual. Pages 59, 60, 61 & 62.

Remember the “Fat formula” and check those labels.

Do your sums.

Watch out for artificial ingredients.

Once you start to look at the labels and get used to them, you can easily see where you're extra calories have been coming from, namely in the form of hidden sugars and fats.



Week 6 - Understanding food labels

Statutory requirements

European Directives on nutrition labelling governs the way in which producers present the information to us. Certain elements are mandatory such as the ingredients and use by date, but at present, nutrition labelling is voluntary (unless a manufacturer makes a nutritional claim about the product on the packet or in an advert). However, at least 95% of all packaged products provide some nutrition information on the label.

What's in it?

The most important job for a food label is to tell you what the food actually is.

It should also give a break down of the various nutritional elements of the food, and will include additives such as flavourings; colourings and preservatives along with any other chemicals or compounds, and all items must be listed in order of descending priority by weight.

Labels have to tell us if the food has undergone any kind of process such as “smoked” mackerel, “dried” apricots, or as in cereals, flaked, popped, puffed etc, and if components have been taken out such as “skimmed” milk etc.

A picture tells a thousand words

Pictures must not mislead us. A yoghurt that has only raspberry flavouring must not have a picture of a raspberry on the packaging. Only products containing raspberries can show raspberries on the packaging.

What's in a name?

The law also states that the name of the product must not be misleading. Whenever the name of the food contains the word “flavour” the food does not have to contain any of that ingredient e.g. “smoky bacon flavour crisps”. However, a food labelled “Cheese and onion pasty” must contain cheese and onion.

It is very important that nutrition information is clear and easy to understand. It is also important that consumers are able to use the labels to compare the nutritional content of different food products. This is easier to do if the information on different products is shown in the same way. The European Directive on nutrition labelling recently introduced a standard format for nutrition labelling in the UK.

The information can be in one of two formats:

'Big 4' (information on: energy (kJ and kcals), protein, carbohydrate and fat) or:

'Big 4' plus the 'Little 4' (+ information on: saturates, sugars, fibre and sodium).



The amounts of each nutrient must be shown per 100g or per 100ml. Information can additionally be shown 'per serving' if the number of servings in the whole packet is given on the label.

Vitamins and minerals, such as vitamin C or calcium, can also be listed if the product contains at least 15% (i.e. a significant amount) of the recommended daily amount (RDA) for that nutrient.

Date marking

The dates marked on food labels are an important safeguard against food that may be unfit to eat. They help us to maintain food safety and hygiene. The Use by date mark is for highly perishable goods, which would become a severe health risk if eaten after the recommended date.

The Best before date mark means exactly that. It would not be dangerous to eat that food after this date, but it would indicate that the food would not be at its best.

Preparation Instructions on how to prepare and cook the food must be given on the label if they are needed. If the food has to be heated, the temperature of the oven and the cooking time will usually be stated. These instructions should make sure that the food tastes its best and that it will be thoroughly heated to a core temperature of 72°C, which will help to minimise the risk of food poisoning. Instructions may also be given for heating in a microwave oven but this is not statutory.

The producer.

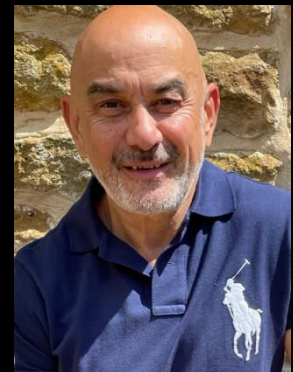
Every food label states the name of the manufacturer and if you are concerned or dissatisfied with the product then they should be contacted. If you do not get a response or if you get an unsatisfactory response, you can contact the supermarket (if that's where you purchased it) most of whom have a buying policy that states that the producer must release full details on the product to the consumer on request. Some supermarket chains will remove the brands of producers who refuse to do this.

Ingredients

Ingredients are listed in order by weight, according to the amounts that were used to make the food. The list starts with the greatest and ends with the least. Food additives and water must also be included in the list if they have been added. Sometimes a particular ingredient is highlighted in the name, e.g. 'Prawn Curry: now with extra prawns'. If so, the "minimum amount" of the named ingredient must be included in the ingredients list, or next to the name of the food.

Additives

Additives must be listed, stating what their job is i.e. flavouring, colouring, stabiliser etc. Artificial flavourings will be listed by name, as they do not have E numbers.





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Place of origin

The label must show clearly the place the food has come from if it would be misleading not to show it, for example, a tub of 'Greek Yoghurt', which was made in France.

Food claims.

Where nutritional claims are made the food must comply to the following:

Claim	Low fat	Fat free	
Fat	No more than 5g per 100mg or 100ml. Low fat foods are those with less than 30% of calories coming from fat For a food that is naturally low in fat, the claim must be made in the form 'a low fat food'.	No more than 0.15g per 100g or 100ml	
Claim	Fibre as a Source	Increased	Rich
Fibre	Either 3g per 100g or 100ml or at least 3g in the expected daily intake of the food. For a food that naturally high in fibre, the claim must be made in the form of "a high fibre food".	At least 25% more than a similar food for which no claim is made and at least 3g in expected daily intake of a food.	Either at least 6g per 100g or at least 6g in the expected daily intake of the food.

The fat formula

It is vital when on a weight loss programme that you are able to recognise the fat content of foods. Is it, or is it not low fat?

Remember **1 gram fat** = **9 calories**

1 gram CHO = **4 calories**

1 gram protein = **4 calories**

1 gram alcohol = **7 calories**





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If a food label does not give you the calorific value of the fat content as displayed in the chicken korma example, then you should make the following calculations:

- Multiply the number of grams of fat in 100g by 9
- Divide by the total calories in 100g
- Multiply by 100

Therefore in our ASDA Korma SAUCE:

$$\begin{aligned} 18\text{g of fat} \times 9 &= 162 \\ \text{Divided by } 194 \text{ calories} &= 0.835 \\ \text{Multiplied by } 100 &= 84\% \text{ of calories comes from fat} \end{aligned}$$

What to look out for

- Foods that have lots of artificial ingredients such as artificial flavours, sweeteners, colours, stabilisers and preservatives.
- Foods that have a lot of sugar fat and salt.
- Foods containing very few or little natural foods, or natural foods that have been altered: "Modified", "Hydrogenated", "Reconstituted", etc.
- Watch out for ingredients that you do not recognise - If in doubt leave them on the shelf.

ASDA smartprice
Bolognese Sauce £0.42
Cost per 100g = 9.5p

440g Suitable for vegetarians

	Per 100g
Energy	39 Calories
Protein	0.9g
Carbohydrate	7.0g
Of which sugar	2.6g
Fat	0.8g
Of which saturated	0.1g
Fibre	0.6g
Sodium	1.2g
Calories from fat	18%

Loyd Grossman
Bolognese sauce £1.14
Cost per 100g = 32.5p

350g Suitable for vegetarians

	Per 100g
Energy	88 Calories
Protein	1.7g
Carbohydrate	7.3g
Of which sugar	6.7g
Fat	5.7g
Of which saturated	0.7g
Fibre	0.9g
Sodium	0.7g
Calories from fat	58%

Same food - different values

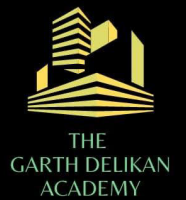
From the example (left), we can see that that two apparently similar foods "Bolognese sauce" have wildly differing nutritional properties. This is why it is important to start to read labels, and become aware of what to look out for, particularly if you eat packaged foods regularly.

Homework:

Examine one food label every day next week. Consider all of the ingredients, and if the product does not list the calories provided by fat, use the calculation provided earlier to work it out. Note any examples of things that surprise you or that you did not previously know.



WEEK SEVEN INSTRUCTIONS



POWER PRINCIPLES:

Start to exercise EVERYDAY for 30 x minutes, walking, swimming, walking the dog, brisk walking, or whatever it is that you enjoy. The important thing is to get your body moving.

Eat breakfast everyday along with lunch and dinner and a mid morning and mid afternoon snack. Fill in your

Daily Truth Diary. You should STILL be monitoring your changes.

If possible get your bodyfat percentage measured?

HEALTHY HABITS:

By now you should be eating 5 x meals a day on a regular basis including a mid morning and a mid afternoon snack to ensure you have adequate energy for your daily tasks and for ramping up your metabolism and for ensuring a constant insulin level.

There is no such thing as a “slow metabolism” just inactive people.

If you have gained weight you are simply taking in more calories that you are burning.

Most people regain weight after a diet because they haven't considered the “ecology” of the diet and it's long term impact. They should have concentrated on weight maintenance as a Lifestyle change.

You must make plans to maintain your weight, it's an ongoing process.

Stay positive. Keep exercising. Constantly keep a record for at least six months.

WEIGHT MAINTENANCE IS THE KEY TO SUCCESS!!

Establish from the start the importance of weight maintenance.

Differentiate between weight loss and weight maintenance.

Set out your strategy for weight maintenance. Celebrate and encourage weight maintenance. Set out the next phase for weight loss and then decide on your strategy for energy deficit.

Set a time scale for the next weight maintenance phase.

THOSE WHO FAIL TO PLAN, PLAN TO FAIL!!!





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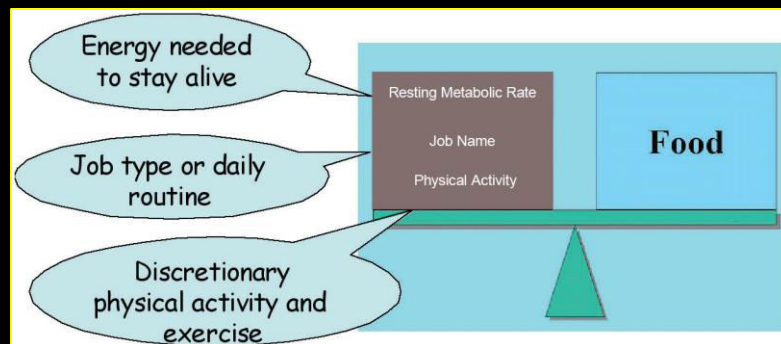
Week 7 - Energy Balance & Weight Maintenance

ACTION PLAN FOR LIFE

Calories still count

Energy balance is the number one principle of weight management; it is entirely calories in versus

calories out. There are three components of energy use:



*How might you
impact these?*

To lose weight you need to use up more energy than you are consuming – the body will then reach into its long term energy reserves – the fat stores - to make up the difference.

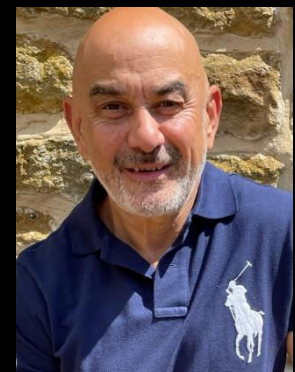
You can change the balance by consuming fewer calories, or by expending more energy. The best way to approach this is a combination of the two.

Metabolism myths

Metabolism is the rate at which your body burns calories and is largely determined by the amount of lean tissue in your body – it is different for everyone because we have different “body compositions”. Dieting slows your metabolism, but this returns to normal when the diet ends (providing your lean tissues return to previous levels) although there may be a slight delay.

Getting active

Exercise is the best way to strengthen your metabolism. Adding 15 minutes of light activity to your day, including walking or climbing an extra flight of stairs once or twice a day, can be enough to get the metabolism back in weight-loss mode. You should be doing something all or most days of the week, even if it's only 20 minutes a day.



Eye-mouth Gap

To gain weight you need to take on board more calories that you are using. The mythical overweight person with a slow metabolism is just that – a myth – people are simply overeating in relation to their needs. A famous study proved that when asked to record food eaten, overweight and obese subjects recorded only half of what they ate compared to lean subjects – this was termed the “Eye mouth gap” and is a serious barrier to weight management.

Weight Regain

Most people put on weight after a diet because the diet was unrealistic in terms of longevity.

They have focussed entirely on weight loss and not stopped to think about weight maintenance. When weight loss does eventually stop, they are bewildered and disappointed – they think that they have failed and they give up.

Weight Maintenance

If you have not made plans to maintain the weight that you lose, do not attempt to lose it!

In other words if the mechanism for losing your weight is simply not a realistic long term proposition – you must accept that you are defeated before you start, as it will only be a matter of time before you are back to your existing weight – or even heavier.

Indeed failed weight loss may prove to be entirely counterproductive and may have a more negative impact on self esteem having not attempted weight loss in the first place. When weight loss slows or stops, people believe they have failed, and a progressive decrease in belief that they can control their weight to a worthwhile ensues. As a result they abandon their striving for further weight loss as they feel it's not worth the considerable effort to continue.

Long term weight loss can only come from long term changes – make sure the changes that you make are permanent – or don't even make them! Make a commitment to weight maintenance, and think about how you will maintain weight that you lose. All weight loss should be celebrated no matter how small.

Weight loss plateau

A weight loss plateau often occurs because the difference between energy intake and energy expenditure gradually balances. Our body has physiological mechanisms in place which help maintain energy balance relatively quickly.

Weight-loss plateaus (the point at which dieters are still eating less and exercising but don't see the pounds dropping) are something almost every dieter experiences at some point on the weight-loss journey – be prepared.

This is the point that you need to celebrate the weight that you have lost, and put in place your weight maintenance plan. If you can maintain the weight you have lost for 6 weeks, you will be able to start the weight loss phase again. Think ahead and be patient – you are in it for the long haul.



Spice up your fitness routine!

Changing the type of exercise can also jumpstart one's weight-loss efforts. If you do the same kind of exercise for a long period of time, the body gets more efficient at it and you're not going to burn as many calories. Spice up your fitness routine by swimming laps, walking or taking a yoga or Pilates class -- anything fun to change your routine and work different muscle groups. Changing your routine will also prevent boredom and help motivate you to get active and stay active.

Keep a record

Keep a food and exercise diary. Honestly write down what you're eating for a week as a lot of the time, we think we're eating less than we are, or we do well Monday through Friday but not Saturday and Sunday. The same would go for exercise. Consistency is really important.

Psychological Barriers

Impatience is a huge barrier to success. We are a society that wants things right this minute and until we understand that weight can only come off at the same rate that it went on we are going to be continually disappointed. People often become complacent about their regime and as weight loss slows motivation drops. Waning motivation is another emotional problem during what has to be a major overhaul of one's lifestyle and habits.

Don't give up!

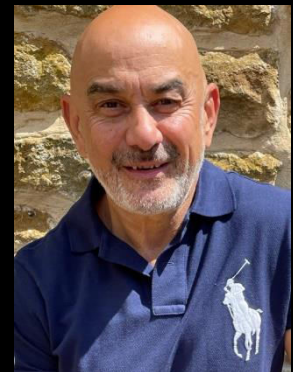
The weight loss plateau is often the point when people give up and go back to the old eating habits the body shoots back into a positive energy balance, which causes many dieters to GAIN BACK FURTHER WEIGHT!

Don't get discouraged by the weight loss plateau, it's very common. ... Don't give up."

Weight maintenance is the key to success

How to help you keep the pounds off forever.....

- Establish from the start the paramount importance of weight maintenance as a goal.
- De-lineate between weight loss and weight maintenance phase
- Set out your strategy for weight maintenance
- Celebrate and encourage weight maintenance
- Set out the next phase for weight loss, and decide upon the strategy for creating a further energy deficit
- Set a time scale for the next maintenance phase



Optimum nutrition - Choose fresh not processed

The essence of optimum nutrition lies in the ability to eliminate bad foods and to introduce good foods, as well as regulating volume of consumption and ensuring variety.

Consider our evolution

We have evolved over one million years on foods that provide a slow release of energy and bring with them lots of vitamins minerals and fibre. Our digestive systems are simply not equipped to deal with the highly refined and processed foods of today, most of which are absorbed rapidly into the blood stream and come in calorie dense forms. Furthermore, processed foods are often deficient in vitamins, minerals and fibre.

Vitamins

Most vitamins cannot be made by the body, and therefore must come from the food that we eat. Vitamins have a multitude of functions including enzyme & hormone activity, and as antioxidants. Lack of vitamins will lead to deficiency diseases such as scurvy and beriberi which ultimately lead to death. All food processing techniques have a detrimental effect on vitamin content.

Fibre

The beneficial effects of fibre have been known for many years:

"To the human body it makes a great difference whether the bread be made of fine flour or coarse - whether of the wheat with the bran or the wheat without the bran. Eat unbolted bread for it's salutary effects on the bowels " Hippocrates 450 BC

Fibre is a type of carbohydrate that is classified as being "foodstuffs that remain undigested as they enter the large intestine". Fibre is found in plants such as fruits, vegetables, pulses and grains and is also referred to as NSP (Non Starch Polysaccharide). The part of the plant fibre that is eaten is called dietary fibre, and it is an important part of a healthy diet. The recommended daily amount is 12 –24 grams of fibre per day. The UK diet currently provides around 12 grams of fibre per day.

Soluble fibre

Mixes with water to form a "gel" which allows the stomach to empty slowly, and provides a lower glycaemic effect. It also reduces LDL cholesterol by binding to the cholesterol present in bile, and carrying it out through the intestines

Insoluble Fibre

Does not dissolve, and passes through the digestive tract, largely in tact. It has a binding effect increasing bulk in the colon, absorbing and removing toxins and putrefying food residues throughout the colon. This inhibits the build up of waste products and carcinogens & prevents potential dangerous illness developing such as colorectal disease and cancer of the colon.



How to get more fibre into your diet

- Try to eat at least one thick slice of wholemeal bread each day
- Always use Wholegrain foods (brown rice, brown pasta, wholemeal bread etc)
- Use more peas lentils and beans
- Eat vegetables in their skins where much of the fibre is contained (scrub first)
- Try cassava, plantain and yams (High fibre low GI alternatives to potatoes)
- Eat more unsalted nuts, seeds and dried fruit, ideal for snacks and adding to cereals

Getting more vitamins, minerals & fibre into your diet

- ❖ Eat plenty of fruits & vegetables preferably in their skins where much of the fibre is contained (scrub first)
- ❖ Eat more unsalted nuts, seeds and dried fruit, ideal for snacks and adding to cereals
- ❖ Always use wholegrain foods (brown rice, brown pasta, wholemeal bread etc)
- ❖ Use more peas lentils and beans

Designer foods

Food manufacturers know that first time purchases rely on advertising, but repeat purchases rely on taste. Many foods are now designed by adding components that specifically hit all the right taste receptors in the right proportions!

Designing food in a way and stripping out much of the goodness in the food (vitamins, minerals and fibre), is this taking the concept too far?

Manufactures addicted to salt?

There is strong evidence linking high salt intake to increased blood pressure (a major cause of strokes & heart attack). Yet the high levels of salt in processed foods accounts for over three-quarters of our salt intake. The current government recommendation is to eat a maximum of 6 grams a day, which is equivalent to one teaspoon of salt, but we can survive on much less. Currently most of us are eating between 10g and 12g of salt everyday.

Read the labels

To convert sodium to salt, you need to multiply the amount by 2.5

- $0 < 0.1\text{g}/100\text{g}$ sodium – low
- $0.2\text{-}0.4\text{g}/100\text{g}$ sodium-medium
- $0.5\text{g}/100\text{g}$ sodium- high



The current scenario

Snacking, eating out, and reliance on convenience food have all increased dramatically. Britain consumes the highest number of ready-made meals in Europe. The average time spent preparing a meal has decreased drastically in the last 20 years from approximately 1 hour to a mere 13 minutes!

The need for change

- The process of returning back to eating natural foods and a healthy and nutritious diet will mean different things to different people. For some this will simply mean a few additional adjustments that will be accommodated with relative ease. For others it is likely to mean a radical overhaul of the entire approach to food, purchase, storage, preparation and consumption. Identify your particular barriers to consuming more fresh food and plan how you can overcome these.

Lack of cooking skills

This dependence on ready-made meals means a growing number of British people lack the basic skills and the confidence to prepare a healthy meal. For the first time, the current generation of children are being raised by parents, whose main experience of cooking is preparing convenience foods.

Eat fresh and natural

As a general rule of thumb, the bulk of your daily intake should comprise natural fresh foods that have not undergone any processing. It is essential that you limit the amounts of some foods:

- Plan your eating to reduce the amount of pre packaged, or “ready made” foods that you eat.
- Cut down on refined carbohydrates and introduce more whole grains.
- Cut down on those foods that are high in salt.



Bonus section: (1) FACTSHEET. LIQUIDS

Liquids for life

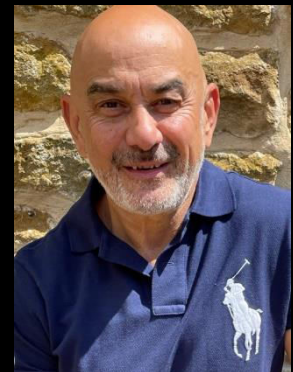
Although it is not a nutrient, human beings would be unable to survive without it. Over half the human body consists of it and it is essential for the correct functioning of virtually all living cells. For most of us it is as simple as turning on a tap – Water! Fluids have many functions in the body. They act as a lubricant for joints and eyes, help you swallow, provide the medium in which most reactions in the body occur, act as a cushion for the nervous system and help get rid of waste.

On top of that, water helps to regulate body temperature.

But how much do we need? The amount lost (as urine, sweat and in the breath) will vary from person to person because we are all different – it will depend on your age, the time of year, climatic conditions, your diet and how much physical activity you do. Dehydration can be very serious, and 15-20 % of body weight lost as water is fatal. According to a review published in the Journal of the American Dietetic Association, the average man should consume 2.9 litres of water a day and the average woman at least 2.2 litres a day. Health professionals recommend at least 1.5 to 2 litres of liquids a day in temperate climates and this includes many other drinks like squash, fruit juices, tea and coffee. The basic point is that you should drink enough to replace what is lost.

Fluid Facts

- We can obtain our fluid requirements from a number of sources. It is not necessary to only drink 'pure' water, although this is a good choice. Like everything else we consume selection depends on personal preference and availability.
- People often forget that some of our fluid requirement comes from the food we eat, not just drinks. Roughly a third of an adult's daily fluid intake is supplied by what is eaten rather than what is drunk. Fruit and vegetables provide most of this additional fluid but small amounts come from bread and dairy products.
- Although caffeine is a mild diuretic (ie it increases urine output to a small extent) drinks that contain it provide fluids of course. You do not need to drink more water to compensate for consuming these drinks.
- With alcoholic drinks the dehydrating effect can be greater, depending on the type of drink consumed (esp spirits). Remember also the guidelines for safe drinking.
- The sensation of thirst is not triggered until there is already a water deficit so drink before you get thirsty and pay particular attention to children and the elderly who do not recognise the signals of thirst so readily
- Dehydration is common amongst athletes, as little as 2% of body weight lost as water impairs performance. Research has demonstrated that water alone is not the best solution for fluid replacement during or after vigorous exercise. Try isotonic drinks.
- Keep up your fluid levels when you're on holiday too, e.g. in hot/humid countries.
- Bottled water is recommended where a clean, safe water supply cannot be guaranteed.
- Drinking excessive amounts of water will not lead to better skin, hair and nails.
- Levels of minerals vary in bottled water and ideally minerals should be supplied through a healthy, balanced diet.



Bonus section: (2) FACTSHEET. HEALTHY SNACKS

Healthy snacks

Aim to keep the calorie content of each snack to under 150kcal and try a new snack each week.

Snacks for those with a sweet tooth

Try eating lots of fresh fruit which is naturally sweet, and by including protein with each snack you can help stabilise blood sugar levels. Try:

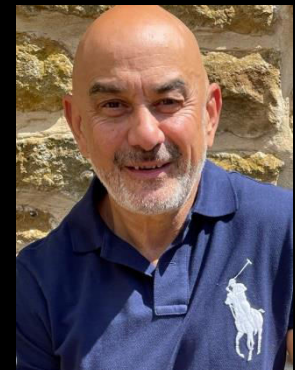


- An oatcake on its own or with peanut butter
- A yoghurt, topped with flaked coconut and chopped dried apricots
- Cheese cubes with grapes
- Strips of ham wrapped around pitted prunes
- Cottage Cheese and Apples
- A handful of shelled peas
- A mashed banana piled on some rye toast and sprinkled with cinnamon

Snacks for those with a savoury tooth

Aim to satisfy it with lean protein sources and eat snacks full of flavour from herbs and spices instead of from salt. Try:

- Half an avocado with a few prawns
- Vegetable sticks or breadsticks with dips such as hummus, guacamole, mushroom pate, tzatziki, or mackerel pate
- A cup of warming soup (fresh soups are available in cartons)
- Bruschetta - toasted bread (ciabatta is best) brushed with olive oil and garlic and topped with chopped fresh tomato and shredded basil leaf or spread with tapenade (olive or sun-dried tomato paste available from supermarkets)
- Parmesan Pita Crisps (Sprinkle 2 tablespoons of grated Parmesan and a 1/4 teaspoon dried oregano over a wholemeal pitta bread and grill and cheese begins to brown).
- Rye cracker with cottage cheese or hummus



Easy snacks to take to work

Have something easily to hand in your desk drawer, it helps to reduce the urge to buy something unhealthy on the run. Try:



- Dried fruit or raisins with a few unsalted nuts
- A small packet of low-salt corn chips with salsa dip
- Mini rice cakes and 25g cheese
- Biscuits with high fruit content such as fig rolls and Garibaldi
- A fruit scone or banana muffin

Powers of prevention Score 1 point for each yes answer.

Symptom analysis

- | | | |
|--|-----|----|
| • Do you frequently suffer from minor infections (coughs colds)? | Yes | No |
| • Do you find it hard to shift an infection | Yes | No |
| • Do you have a recurrent infection (cystitis, thrush, earache etc) | Yes | No |
| • Do you bruise easily | Yes | No |
| • Have you ever suffered from any of the ailments listed above | Yes | No |
| • Have your parents collectively suffered from two or more of these | Yes | No |
| • Do you easily get exhausted after physical exertion | Yes | No |
| • Does your skin take a long time to heal | Yes | No |
| • Do you suffer from acne, dry skin or excessive wrinkles for your age | Yes | No |
| • Are you overweight | Yes | No |

Score _____

Lifestyle analysis

- | | | |
|--|-----|----|
| • Have you smoked (for more than 5 years) within the last 5 years. | Yes | No |
| • Do you smoke now | Yes | No |





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- | | | |
|--|-----|----|
| • Do you smoke more than ten cigarettes a day | Yes | No |
| • Do you spend time most days in a Smokey atmosphere | Yes | No |
| • Do you have an alcoholic drink each day | Yes | No |
| • Do you live in a polluted city or by a busy road | Yes | No |
| • Do you spend more than two hours in traffic each day | Yes | No |
| • Are you quite often exposed to strong sunlight | Yes | No |
| • Do you consider yourself unfit | Yes | No |
| • During exercise do you get easily burnt out | Yes | No |

Score _____

Diet analysis

- | | | |
|---|-----|----|
| • Do you eat fried food most days | Yes | No |
| • Do you eat less than a serving of fresh fruit and raw veg each day | Yes | No |
| • Do you eat less than two pieces of fresh fruit a day | Yes | No |
| • Do you rarely eat nuts, seeds or whole grains each day | Yes | No |
| • Do you eat smoked or barbecued food or grill cheese on your food | Yes | No |
| • Do you supplement less than 500mg of vitamin C each day | Yes | No |
| • Do you supplement less than 100iu of vitamin E each day | Yes | No |
| • Do you supplement less than 10,000iu of vitamin A or beta-carotene each day | Yes | No |

Score _____

Total Score _____

0 – 10 *This is an ideal score, indicating that your health, diet and lifestyle are consistent with a high level of antioxidant protection. Keep up the good work.*

11 – 15 *This is a reasonable score, although you can increase your power of prevention by converting yes answers into no.*

16 – 20 *This is a poor score, indicating plenty of room for improvement. Look hard and consider changes*

21+ *This is a bad score, putting you in the high risk group for aging rapidly. You need to make lots of changes to your diet and lifestyle in order to slow the aging process.*



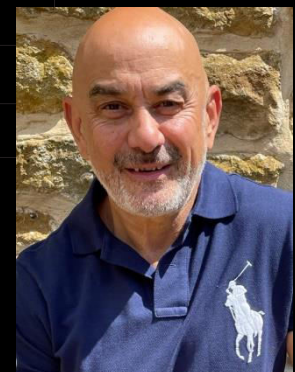
45 positive weekly changes to help you become slimmer

Answer yes each week and put each change in the bank. The last few boxes have been left blank for you to think of other things that you will do to become more slim and healthy.

WK	Every week I will make the following change:	Yes
1	I will fill in my diary every day "truthfully"	
2	I will set myself daily targets, and weekly and monthly goals	
3	I will think and plan before I buy, I will stick to my shopping list	
4	I will think before I eat – am I really hungry?	
5	I will check my hunger scale before I eat	
6	I will think of one bad eating habit and turn it into a good eating habit	
7	I will leave food on my plate rather than overeat	
8	I will learn by my mistakes and go on to be stronger by growing from them	
9	I will be patient and look forward to gradual changes	
10	I will become more active, and work towards a minimum of five sessions per week	
11	I will eat my food slowly and savour and enjoy each mouthful	
12	I will enlist help from family and friends to help me stay on course	
13	I will eat my meals without distractions	
14	I will review my truth diary every week	
15	I will drink 4 glasses of water every day	
16	I will revisit my reasons for wanting to lose weight when I feel under pressure	
17	I will take up an activity that I have always wanted to do	
18	I will check food labels for fat and sugar content before buying	
19	I will try to get a minimum of 5 portions of fruit and veg each day	
20	I will ensure my diet is high in fibre	
21	I will keep a positive mental picture in my mind of the new person I will be	
22	I will celebrate the successes that I have no matter how small	
23	I will develop a method of portion control that suits my requirements	



WK	Every week I will make the following change:	Yes
24	I will do something creative, relaxing or active when I am stressed rather than eat	
25	I will start to see housework as calorie burning and not a chore	
26	I will put time aside for planning, preparation and review	
27	I will start to eat a balanced diet	
28	I will maintain a positive mental attitude	
29	I will not be deterred by lapses or relapses but will learn from them	
30	I will experiment with lots of new types of food that I haven't eaten before	
31	I will buy a pushbike and cycle regularly - one that moves or one that doesn't	
32	I will practice relaxation techniques to avoid stress induced eating	
33	I will join a dance class or take up dancing lessons of something similar	
34	I will limit the number of stimulants I take in (tea, coffee, alcohol etc)	
35	I will start to cut out sugary foods from my diet altogether	
36	I will never have a sedentary day	
37	I will reduce my "added" salt intake completely	
38	I will take control of my weakness foods and not let them control me	
39	I will	
40	I will	
41	I will	
42	I will	
43	I will	
44	I will	
45	I will	



Bonus section: (3) FACTSHEET. SANTA'S COMING

Top tips for avoiding the Xmas splurge

As Christmas approaches, and we all adopt "frantic mode", when even the most basic principles of looking after oneself take a back seat in favour of shopping, eating out and arranging get togethers with people that we only ever see at Xmas. The tendency is to think to hell with healthy living, there's plenty of time for that in the New Year. However when the New Year comes, most of us find that it's just as hectic, simply underpinning the fact that our lives are just too busy. Take time out to make a plan now for the forthcoming festive season and have a look at some of these ideas to help keep you on good form.

1.Think Positive. If you consider that Xmas is going to be a calorific disaster, then it will be! If however, you think in a positive way and put in place strategies for a healthy Xmas, then there's a good chance that that's how it will turn out. What's more, it won't make it any less enjoyable; in fact you may just find that you enjoyed it more than the usual three weeks of excess.

2.Stay Active. Most of us take time off at Xmas, so make sure you plan to have time out to relax and re-energize. Take advantage of any crisp, bright, frosty days to take an invigorating walk out in the fresh air, and seek out tranquillity, peace and quiet - time to reflect and get some perspective back into your life. Swimming pools and leisure centres are usually deserted, so if they're open you could have the place to yourself.

3.Don't be a glutton. Most of us have lots of social events to go to and we feel compelled to meet over a meal. It's not compulsory, and why not meet for coffee, or just a drink instead. If you do go out for a meal, ensure that you have something small to eat around 5.00pm, so that by 7.30pm you're not ravenous, and end up ordering everything on the menu. Stay in control and order sensibly. A good idea is to get hold of the menu before hand (most have web sites etc) and decide what to eat before you arrive at the restaurant - this way you are more likely to make better choices.

4.Break with tradition. It's customary when we have visitors at Xmas to ply people with food that they don't want (Lets get rid of those wretched mince pies). Don't be a "pusher", and never fall into the trap of eating just to be sociable. Above all be prepared when out visiting. "Go on just another quality street, you know you want to!!"

5.Be kind to your digestive system. The barrage of abuse that our digestive tracts have to put up with at Xmas is scary. The stomach, intestines, liver, and kidneys are all under huge stress in order to process the inordinate amounts of food and alcohol that we invariably consume. Take time out to allow your system to recuperate, and drink lots of water to assist the liver and kidneys in the detox process. Always plan at least 2 or 3 days together when you will have no alcohol at all, and try to combine this with a few days of healthy eating (doing this between Xmas and New Year is a good time).

6.Don't procrastinate. "I will start a healthy regime in January"! Start now, and build up to January. You can make a lot of positive progress before the New Year, and even if it is damage limitation, you are likely to do yourself a lot of favours by taking time to make a few plans and strategies before it's all too late, and a depressingly familiar scenario. Take control now!!



The Lifestyle Guy 7 day (meat) healthy eating plan 1,500 Kcals / day

Values

Contains energy in the following proportions: **Fat 25%** (4% saturates) **Carbs: 55%** **Protein 20%** Fibre 20g day (min). The approximate calorie values per day are 1,500 Kcals. Examine your reduction value, and if you feel the need then make minor adjustments as appropriate. This plan is an example of how a healthy eating and slimming regime should look.

Shopping.

In order to comply with this plan you will need to plan, and to change your shopping regime. For a start, you are likely to have to add a lot more fruit and veg to your list, as well as some unusual items such as seeds and dried fruit. Add the following to your next shopping list: Different fruits, kiwis, strawberries, cherries, mango, and plums. Leafy veg, beans (tinned and uncooked) pulses and legumes, lentils barley etc. Lots of varieties of salad foods. Flax seeds and pine nuts. Sunflower and pumpkin seeds. Olive oil, Rye crisp bread, wholemeal bread, porridge, brown or wild rice, wholemeal pasta, fresh or frozen chicken and fish fillets. (coriander plant & sweet basil - plant them out, they will last all summer)

Extras

- Drink plenty of fluid every day, a min of four glasses of water and six if possible. Green tea, herbal and fruit teas are unlimited. Limit tea and coffee to total of 3–4 cups per day, and don't count this towards your fluid intake. You have a daily allowance of 300ml (? pint) skimmed milk per day, either with cereal or in drinks, or drunk on its own.
- Unlimited green salad items, leafy green vegetables, fresh or dried herbs and spices, vinegar, balsamic vinegar, lemon juice etc.
- Where vegetables are listed, have large portions.

Day 1

Breakfast: 125ml tub of natural low fat bio yoghurt topped with 1 segmented Satsuma, 1 level tbsp pumpkin seeds, 15g (? oz) Muesli oats and 50g (1? oz) dried apricots.

Snack 1 small banana

Lunch 1 whole wheat pitta, 100g (3? oz) tuna (in brine). Mixed tomato and lettuce salad dressed with ? tablespoon of olive oil. 1 apple

Snack 1 tbsp sunflower seeds

Evening 60g (2 oz dry weight) whole wheat pasta topped with 4 tbsp tomato based sauce simmered with chopped courgette and green pepper until cooked, plus 1 tbsp grated parmesan. 1 medium glass white or red wine, or 1 glass 50/50 fruit juice and water.



Day 2

- Breakfast** 50g (1? oz) Muesli topped with 1 sliced kiwi fruit, 1 tbsp flaxseeds, and 100 ml skimmed milk (extra allowance)
- Snack** 1 apple
- Lunch** 200g three bean salad with onion, tomatoes, cucumber and green leaves, ? tbsp olive oil dressing or vinaigrette. 1 small tub of low fat fruit fromage frais.
- Snack** 1 tbsp pumpkin seeds
- Evening** 100g (3? oz) lean fillet of pork thinly sliced and stir fried in 1? tbsp sesame oil with 250g mixed stir fry vegetables (carrots, broccoli, mangetout, spring onions, baby sweetcorn, served on 40g whole wheat egg thread noodles. 25g (? oz) chocolate

Day 3

- Breakfast** 1 medium bowl of porridge made with equal parts skimmed milk and water, and topped with a little extra milk. 1 tsp of runny honey, and 1 level tsp of flaxseeds.
- Snack** 20g dried apricots & 1 orange
- Lunch** 45g (1? oz) (dry weight) pasta shapes cooked and mixed with 50g (1? oz) crumbled Feta cheese, 2 medium tomatoes (chopped) chopped cucumber and spring onions and 1 tbsp pesto dressing
- Snack** 1 plum, 1 tbsp sunflower seeds
- Evening** 200g (7 oz) white fish fillets lightly baked or grilled with lemon juice, for sauce use 7g (? oz) butter melted until just turning brown and mixing with a few rinsed capers and a dash of balsamic or white wine vinegar, serve with a portion of mangetout, broccoli and 200g (7 oz) new potatoes. 1 medium glass wine or 50/50 juice and 1 small banana

Day 4

- Breakfast** 1 med slice wholemeal bread, scrape of low fat spread, 1 teaspoon of low fat marmalade or peanut butter, 125ml tub of natural low fat bio yoghurt topped with 1 level tbsp sunflower seeds
- Snack** 1 apple (or mixed fruit)
- Lunch** 250ml fresh soup (vegetable, carrot & coriander, red pepper & basil etc) 25g (? oz) cheese with 1 dark rye crispbread, 1 small banana
- Snack** 1 pear, 20g (? oz) mixed nuts
- Evening** Breast of chicken fillet (no skin) coated in a mix of low fat bio yoghurt and mild curry powder & baked in foil. Served with 50g (1?oz) dry weight wild or brown rice. A dark green leaf & herb salad and a side dish of bio yoghurt and chopped cucumber. 1 medium glass of wine or 50/50 fruit juice.



Day 5

- Breakfast** Medium portion (50g 1?oz) Muesli topped with 20g chopped dried apricots, 1 level spoon of flaxseeds, and 1 segmented orange plus skimmed milk from allowance.
- Snack** Apple
- Lunch** 1 Med hard boiled egg 30g (1oz) extra lean ham in two slices of wholemeal bread, spread with low fat mayonnaise and unlimited salad. Mixed side salad of red onions and tomatoes and fresh basil leaves, 1tsp of olive oil. 1 tub of diet fruit fromage frais.
- 1 med banana (or mixed fruit)
- Snack** Starter 1 dark rye cracker with 1 tbsp low fat cottage cheese. 250g (9oz) new potatoes and ratatouille made with
- Evening** courgettes, aubergine, red onion, tomatoes and garlic and black pepper.

Day 6

- Breakfast** Pre-prepared mixed fruit salad with 2 tbsp low fat bio yoghurt. 1 dark rye
- Snack** crispbread with marmite
- Lunch** 85g (3oz) mackerel fillets (canned or packet or fresh) 1 tbsp homemade mayo/mustard dressing, large mixed salad of leaves herbs tomato cucumber onion etc. 1 med wholemeal roll, 1 satsuma or mixed fruit. 20g mixed seeds
- Snack** 100g (3?oz) meat or chicken fillets, 50g shredded spring greens, sliced tomatoes and mushrooms, all stir fried in one tbsp olive oil,
- Evening** served with 50G tagiatelle (stir to combine) 1 med glass of wine or 50/50 fruit juice.

Day 7

- Breakfast** ? pink grapefruit, 1 small bowl of porridge made with 50/50 skimmed milk/water topped with tbsp raisins & sultanas
- Kiwi fruit
- Snack** 40g (1?oz) dry weight wild or brown rice, served with 100g cooked chicken or meat strips, 1 small segmented orange
- Lunch** chopped cucumber, ? tbsp pine nuts tossed in oil free French dressing.
- 2 dark rye crispbread topped with marmite and 1 tsp cottage cheese.
- Snack** 100g salmon fillet topped with a mixture of 1 ? tsp olive oil and crushed garlic clove, handful of fresh coriander leaves, served
- Evening** with 200g (7oz) new or mashed potatoes, peas and spinach. 1 med glass wine or 50/50 fruit juice.

Keep active and ensure you get your 30 mins of moderate activity each day, call The Lifestyle Guy if you need any help or encouragement.



The Lifestyle Guy 7 day vegetarian healthy eating plan 1,500 Kcals / day

Values

The approximate calorie values per day are 1,500 Kcals and the plan is generally within the total fat guidelines for such a diet (containing around 25% of its total calories as fat).

Examine your reduction value, and if you feel the need then make minor adjustments as appropriate. This plan is an example of how a healthy eating and slimming regime should look.

Instructions: Every day have 250ml (9fl oz) skimmed milk or soya milk for use in drinks or as a drink on its own. Also have 2 small daily snacks of a small palmful of shelled pumpkin, sesame, sunflower seeds or walnuts, cashews, almonds (unsalted), plus a daily piece of fresh fruit of choice OR a few dried peaches or apricots. Vary these snack choices as much as possible. Unlimited on the plan are leafy greens, salad greens, tomatoes, onions, fresh and dried herbs and spices, vinegars, lemon juice, oil-free/calorie-free dressings.

Breakfast serve 1; lunches and main meals serve either 1 or 2 (explained in text). Vegans

can substitute soya milk and yoghurt for dairy versions throughout.

Day 1

Breakfast	150ml tub of natural low fat bio yoghurt topped with 1 segmented Satsuma and 1 small sliced banana, 1 tsp of runny honey and 1 level dsp flaxseeds.
Lunch	400ml (14fl oz) portion of ready-made, chilled counter mushroom and garlic soup (or homemade using field mushrooms, vegetable stock, garlic, onions and seasoning to taste) – simmer for 30 mins and blend in a blender, served with 50g wholemeal bread.
Evening	Baked Aubergines (to serve 2): slice 1 large aubergine, brush slices with 2 tbsps olive oil, season and bake at 190°C/375°F/ Gas 5 until soft and golden (approx 20 mins). Arrange the slices in gratin dish and top with 75g (2 1/2 oz) sliced mozzarella cheese (or marinated tofu slices). Pour over 250ml (9fl oz) ready-made tomato sauce (or home made recipe), top with wholemeal breadcrumbs and 1 dsp grated Parmesan (or chopped nuts) and bake for 30 minutes. Serve with 25g (3/4 oz) crusty bread each and a dark green side salad.



Day 2

- Breakfast** ? grapefruit, 1 medium slice of wholemeal bread with low fat spread and 1 medium boiled egg (or 150ml/1/4 pint low fat bio yoghurt, if not having the egg)
- Lunch** Baked potato with peanut butter, bake or microwave one 225g (8oz) baking potato until cooked through, then serve with 1 tbsp crunchy organic peanut butter (unsweetened variety) warmed slightly in a pan or in the microwave and beaten with 1 tbsp natural bio yoghurt and seasoning. Serve garnished with bean sprouts or fresh herbs; mixed salad.
- Evening** Chilli beans and tortilla (to serve 2): heat ? tbsp corn oil in a non-stick frying pan and sauté 1 chopped onion and 1 chopped green pepper until turning golden: add a crushed garlic clove, 1 level dsp paprika, 1 tsp ground cumin and 1 red chilli, chopped; stir and add one 400g (14 oz) can of chopped tomatoes with chilli (or plain), and seasoning to taste. Simmer for 20-30 minutes, stirring occasionally, then crush 40g (1 1/3oz) tortilla crisps and sprinkle over the beans; top with 25g (3/4 oz) grated mozzarella and flash under the grill. Serve with a large green salad.

Day 3

- Breakfast** 1 medium bowl of good quality Muesli with skimmed milk to cover, 1 portion of chopped fruit or berries and 1 level dsp flaxseeds.
- Lunch** Homemade pizza (to serve 2): spread a ready-made good quality 2 portion pizza base with ready-made tomato sauce (or homemade using own recipe), and plenty of chopped or sliced vegetables of choice (e.g. red peppers, mushrooms, artichoke, red onion, olives) and some chopped fresh herbs of choice (e.g. basil, parsley). Finish with 50g (1 2/3oz) grated mozzarella or marinated tofu slices and bake at 200°C/400°F/Gas 6 for 15-20 mins until bubbling. Serve with dark green side salad.
- Evening** Vegetable pasta gratin (to serve 2): parboil, steam or microwave a selection of 450g (1lb) mixed vegetables (e.g. broccoli, carrots, peas, mangetout, green beans, sweetcorn), cut or sliced as necessary, until just tender; drain and tip into a gratin dish. Meanwhile, cook 75g (2 3/4oz) wholewheat pasta shapes in salted water, drain and mix with the vegetables. Make a white sauce by mixing 20g (1/3oz) olive oil margarine with 25g (3/4oz) sauce flour in a saucepan over medium heat until you have a roux, add 350ml (12fl oz) skimmed milk and 1 tsp mustard powder, and stir until you have a sauce. Add 40g (1 1/3oz) grated mozzarella cheese and seasoning to taste, and pour over the pasta and vegetables. Top with 1 dsp grated Parmesan cheese and brown under the grill for a few minutes to heat through until the top is bubbling and golden. Serve with a dark –green side salad. If vegan, use 30g (1oz) chopped nuts in the sauce instead of the cheese.





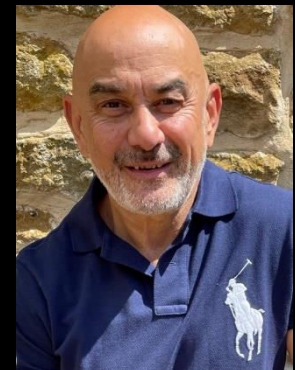
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Day 4

- Breakfast** 150ml tub of natural low fat bio yoghurt topped with 1 segmented Satsuma and 1 small sliced banana, 1 tsp of runny honey and 1 level dsp flaxseeds.
- Lunch** Sandwich of 2 medium slices of wholewheat or dark rye bread, spread lightly with low-fat spread and fill with 50g (1 2/3oz) Brie and plenty of slices of tomato.
Vegan alternative: fill with 50g (1 2/3oz) marinated grilled tofu and 1 field mushroom brushed with olive oil, grilled and seasoned to taste. 1 portion of fresh fruit.
- Evening** Spiced lentils and sweet potatoes (to serve 2): heat 1 tbsp groundnut oil in a non stick frying pan and sauté 400g (14oz) peeled sweet potato chunks for 1 minute; add 1 chopped onion and sauté for a few more minutes, then add 1 crushed garlic clove, 1 deseeded and chopped fresh chilli, 1 tsp cumin seeds, 1 tsp chopped fresh ginger and 1 tsp of ground coriander seed. Stir for 1 minute or two, then add 200g (7oz) cooked or canned brown or Puy lentils and 150ml (1/4 pint) vegetable stock; bring to a simmer and cook uncovered for 30 minutes, adding extra stock if the mixture gets too dry. Season to taste and stir in 2 tbsp natural yoghurt before serving. Serve with broccoli or pak choi.

Day 5

- Breakfast** One medium bowlful of good quality museli with skimmed milk to cover, 1 piece of chopped fruit or berries and 1 dsp flaxseeds.
- Lunch** One 400ml (14fl oz) bowlful of ready made chilled lentil soup (or homemade using own recipe) served with 1 large slice of wholemeal or dark rye bread; 1 orange.
- Evening** Wholewheat tagliatelle (or other pasta) cooked in boiling salted water until barely tender. Toss with olive oil, rocket or baby spinach leaves and 10g (2tsp) freshly grated parmesan or 50g (1 2/3oz) diced firm tofu



Day 6

- Breakfast** 1 large slice of wholemeal bread with a little low-fat spread topped with 150g (5oz) baked beans in tomato sauce; ? grapefruit
- Lunch** Fruit and Nut Rice (to serve 2) cook 100g (3 ? oz) brown basmati rice until tender and leave to cool a little before combining it with 50g (1 2/3oz) fresh beansprouts, 25g (3/4oz) chopped pecan or cashew nuts, 1 dsp sunflower seeds, 4 chopped dried apricot halves, 1 small chopped banana and a dressing made of 2 tbsp low-fat bio yoghurt mixed with 1 tbsp hummus, a little lemon juice, and season to taste. Follow with 1 portion fruit for choice.
- Evening** Vegetable and Quorn Hotpot (to serve 2): heat 1 tbsp olive oil in a flameproof casserole and sauté 1 thinly sliced onion for 5-10 minutes until soft and just turning golden. Meanwhile, cut 200g (7oz) new potatoes into bite sized chunks. Add 1 crushed garlic clove and 1 tsp each ground paprika, cumin and coriander to the pan with a pinch of saffron strands and stir well. Add the potato chunks with 175g (6oz) Quorn chunks, 75g 2 3/4oz) spring greens, 200g (5oz) canned chopped tomatoes, 5 tbsp vegetable stock and season to taste. Stir again, cover and cook in the oven preheated to 180°C/350°F/Gas 4, or on the hob, for about 45 minutes or until all is tender. Serve with 25g (3/4 oz) crusty bread each.

Day 7

- Breakfast** Medium portion (50g 1?oz) Muesli topped with 20g chopped dried apricots, 1 level spoon of flaxseeds, and 1 segmented orange plus skimmed milk .
- Lunch** 1 Med hard boiled egg in two slices of wholemeal bread, spread with low fat mayonnaise and unlimited salad. Mixed side salad of red onions and tomatoes and fresh basil leaves, 1tsp of olive oil. 1 tub of diet fruit fromage frais.
- Evening** Starter 1 dark rye cracker with 1 tbsp low fat cottage cheese. 250g (9oz) new potatoes and ratatouille made with courgettes, aubergine, red onion, tomatoes and garlic and black pepper.



Bonus section: (4) Delicious and easy recipes

Cod Creole with Wild Rice

A protein packed low fat dish

Serves 4

Ingredients

450g cod fillets skinned	10	15ml lime or lemon juice
ml olive oil		1 Med onion finely chopped
1 green pepper sliced	2	2.5g (? tsp) cayenne pepper
garlic cloves crushed		400g chopped tomatoes
Crushed black pepper		

**Serve with wild or brown rice as a healthier option to white rice*

Cooking Instructions

- 1 Cut the cod fillets into bite-sized chunks and sprinkle with the lime or lemon juice.
- 2 In a large non-stick pan, heat the olive oil and fry the onion and the pepper gently until softened. Add the cayenne pepper and garlic.
- 3 Stir in the cod with the chopped tomatoes. Bring to the boil, then cover and simmer for about 5 minutes or until the fish flakes easily.

Nutrition notes per serving

Energy	345 kcals
Fat	5.61g
Of which saturates	0.75g
Carbohydrates	34g
Protein	35g
Glycaemic Rating	Low (with white rice - moderate)
Fibre rating	Moderate
Salt	Zero
Vitamins & minerals	High
Health rating	Excellent



Greek Chicken Pasta

Serves 4

Ingredients

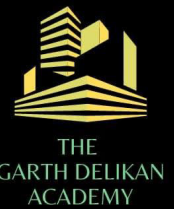
8 ounces wholemeal pasta or mixed 50/ 50 with white.
1/2 tablespoon extra virgin olive oil
4 boneless chicken fillets (4 oz each)
1/2 teaspoon coarsely ground black pepper
1/2 cup chicken stock
1 teaspoon dried oregano
1 teaspoon crushed garlic
1 large tin tomatoes
4 oz low fat feta cheese
1/2 cup pitted black olives
1/2 cup finely chopped onions

Cooking Instructions

Cook the pasta al-dante, drain and add 1 table spoon of olive oil. Sprinkle the chicken with the black pepper both sides. Put 1/2 spoon of olive oil into a large skillet and cook the chicken for 2 mins either side (browned). Mix 1/2 cup of stock with the oregano and garlic in a bowl, and mix well before pouring around chicken. Cover and cook on medium heat for ten minutes. If the skillet becomes too dry, add a little more stock. Remove the chicken and keep warm. Add the tomatoes and the remaining broth and cook for 5 minutes. Add the pasta and toss for 2 mins or until heated through. Serve and sprinkle the onion, feta and olives over each plate.

Nutrition notes per serving

Kcals	430,
Carbs	52g,
Protein,	38g,
Fat Fibre	6.5g
GI rating	2.6g
(Calories from fat 14%)	low



Healthy Hummus

Ingredients

150g Chick peas (pre soaked or tinned) 2 cloves of crushed garlic
125g ground sesame seed paste (Tahini) 100ml (100g) olive oil
? lemon juice
pinch paprika
salt and pepper to taste

Cooking Instructions

Place cooked chick peas in a blender with the garlic sesame paste and olive and blend thoroughly. Start adding water or the cooking liquor from the chick peas until a thick consistency is achieved.

Season with the salt and pepper, and only use minimum salt. Add the lemon juice. Spoon into a serving dish and sprinkle with paprika to serve.

Nutrition notes per serving



Lemon and Ginger Spicy Beans

Serves 4

Ingredients

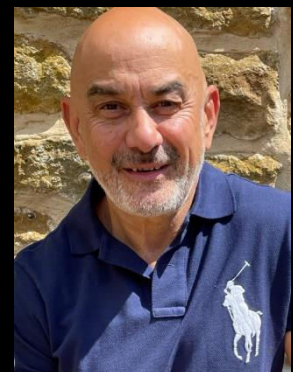
2 tbsp roughly chopped fresh root ginger 3 garlic cloves,
250 ml cold water
1 tbsp sunflower oil, 1 large onion sliced 1 red chilli,
seeded and finely sliced
? tsp ground turmeric, 1 tsp ground cumin, 1 tsp ground coriander 2 tbsp freshly
squeezed lemon juice
75g (3 cups) freshly chopped coriander 400g black eyed
beans (tinned or cooked) 400g adzuki beans (tinned or
cooked) 400g Haricot beans (tinned or cooked)
Pepper and crusty wholemeal bread to serve

Cooking Instructions

Place ginger, garlic and 4 tbsp of cold water in a blender and process until smooth. Heat the oil in a saucepan. Add the onion, and chilli, and cook gently for about 5 minutes until softened. Add the cayenne pepper, cumin ground coriander and turmeric and stir fry for a further 1 minute. Stir in the ginger and garlic paste from the blender and cook for a further minute. Add the remaining water, lemon juice and fresh coriander, stir well and bring to the boil. Cover the pan tightly and cook for about 5 minutes. Add all the beans and cook for a further 5 – 10 minutes. Season with black pepper and serve with crusty bread.

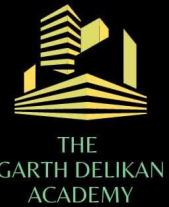
Nutrition notes per serving

Energy Fat	281 Kcals,
(saturated)	4g
Fibre	0.5g
	11g



Minestrone Soup

Spill-the-Beans Minestrone



Ingredients (6 servings)

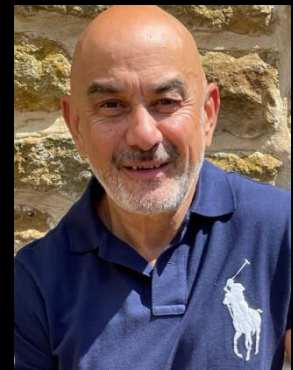
1tablespoon olive oil, 1 medium onion, chopped 2 cloves
garlic, finely chopped
2 cans (14 1/2 ounces each) reduced-sodium chicken or vegetable broth
3can (15 1/2 ounces) reduced-sodium garbanzo beans, rinsed and drained 1
can (15 1/4 ounces) reduced-sodium red kidney beans, rinsed and drained 1
can (14 1/2 ounces) Italian-style stewed tomatoes
4cups chopped kale or Swiss chard (optional) 1/2 cup
uncooked small shell-shaped pasta
1/4 teaspoon Italian seasoning, 1/4 teaspoon crushed red pepper
grated Parmesan cheese (optional)

Cooking Instructions

In medium saucepan, heat oil over medium high heat until hot. Cook and stir onion and garlic 3 to 5 minutes or until onion is translucent. Add broth, beans, tomatoes, kale (if desired), pasta and seasonings; bring to a boil. Reduce heat; cover and simmer 10 to 12 minutes or until pasta is tender. Serve with Parmesan cheese, if desired.

Nutrition notes per serving

Calories	203
Fat	4g
Cholesterol	0 mg
Sodium	745 mg
Carbohydrate	37 g
Fibre	8 g
Protein.	11 g



Sanoma Chicken with Wild Rice

Serves 4

Ingredients

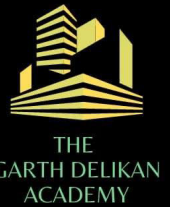
1 pound boneless chicken fillets
? cup wild or brown rice
1 teaspoon dried rosemary
2 cloves garlic finely chopped
? teaspoon ground black pepper 1?
tablespoon olive oil
1 medium onion cut into ? inch rings 1?
cups sliced fresh mushrooms
1 cup chicken stock
? cup dry white wine
3 tablespoons chopped sun dried tomatoes
? cup finely chopped parsley

Cooking Instructions

Cook rice during preparation. Cut the chicken into 8 pieces and sprinkle with some rosemary, garlic and black pepper. Coat a large skillet with olive oil add the chicken and cook for 2 –3 minutes on each side until browned –remove and set aside. Add the onion rings, mushroom and one tablespoon of the stock, cover and cook for a couple of minutes stirring frequently, add more stock if required. Add the remaining broth wine and tomatoes and cook for a further 5 minutes to reduce. Serve and sprinkle with parsley.

Nutrition notes per serving

Kcals	289,
Carbs	22g,
Protein	27g,
Fat	5g,
Fibre	1.2g
GI rating	low
(Calories from fat 14%)	



Spicy Chicken with Rice

Serves 2

Ingredients

1 – 2 tbsp curry powder
2 tbsp (10 ml) sunflower oil
2 chicken breasts approx 6 oz (175g)
each 6 oz (175 g) brown rice
1 onion chopped
2 cloves garlic crushed
1 tbsp tomato puree
3 tbsp water

Cooking Instructions

1. Cook the chicken breasts under a hot grill for 10 – 15 minutes, turning a few times.
2. Boil rice for 20 – 25 minutes
3. Meanwhile, heat oil in a large non-stick frying pan and cook onion for 5 minutes, until golden.
4. Add garlic and curry powder and cook for a further 2 minutes
5. Cut chicken into chunks and add to pan with tomato puree and water
6. Cover and cook for a further 5 – 10 minutes
7. Serve with rice and garnish with salad or green vegetables

Nutrition notes per serving

Calories	457
Protein	38g
Carbohydrate	54g
Fat	16.1g
Fibre	2.2g
(22% Kcals from fat)	
GI rating: moderate / low	



Three Bean Tuscan Tuna Salad

Serves 6

Ingredients

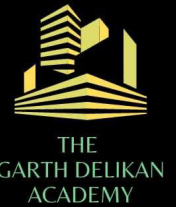
1 can (15 to 16 ounces) fava or lima beans, rinsed and drained
1 can (15 to 16 ounces) cranberry (Roman) beans or cannelloni beans, rinsed and drained One
can (8 ounces) cut green beans, drained
1 medium red onion, diced (about 1-1/2 cups)
1/2 cup bottled Italian red wine or balsamic vinaigrette
Freshly ground black pepper
1 can (12 ounces) solid pack white tuna in water or oil, drained

Cooking Instructions

In a mixing bowl, combine three beans and onion. Add vinaigrette and toss to blend. Season with pepper. Add tuna and toss gently, but without breaking up pieces of tuna too much.

Nutrition notes per serving

Calories:	230
Protein:	21g
Carbohydrates:	30g
Fat:	2g
Saturated fat:	1g
Cholesterol:	25mg
Fibre:	9g
Sodium:	720mg





THE
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ACADEMY

Tuscan Chicken

Traditional peasant casserole

Serves 4

Ingredients

8 Chicken Thighs skinned	1	5ml (1 tsp) olive oil
med onion thinly sliced	1	2 red peppers sliced
Garlic clove crushed	150ml	300ml passata (tomato base)
dry white wine	400g can	Large sprig fresh oregano
cannelloni beans	Black pepper	45g fresh breadcrumbs

Cooking Instructions

1. Fry the chicken in the oil in a non-stick or heavy pan until golden brown. Remove and keep hot. Add the onion and peppers to the pan and gently sauté until softened but not brown. Stir in the garlic.
2. Add the chicken, passata, wine and oregano. Season well, bring to the boil then cover the pan tightly.
3. Lower the heat and simmer gently, stirring occasionally for 30-35 mins or until the chicken is tender and the juices run clear, no pink, when pierced with the point of a knife.
4. Stir in the cannelloni beans and simmer for a further 5 mins until heated through. Sprinkle with the breadcrumbs and cook under a hot grill until golden brown.

Nutrition notes per serving

Energy	320 kcals
Fat	8.8g
Of which saturates	2.9g
Carbohydrates	42.5g
Protein	31.5g
Glycaemic Rating	Low
Fibre rating	Moderate
Salt	Zero
Vitamins & minerals	Mod / High
Health rating	Excellent





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ACADEMY

Curried Lamb and lentils

Serves 4

Ingredients

8 Lean boneless Lamb leg steaks –500g total
Weight 1 medium onion, medium carrots diced
1 celery stick chopped
1 tbsp hot curry paste, 2 tbsp tomato
puree 475 ml (2 cups)stock, 175g
green lentils
? cup brown rice (to serve)
black pepper, fresh coriander leaves to garnish

Cooking instructions

Fry the lamb in a non stick pan without fat until browned, turning once. Add the vegetables and cook for 2 minutes, then stir in the curry paste, tomato puree, stock and lentils. Bring to the boil, cover and simmer gently for 30 minutes until tender. Add more stock if necessary. Season and serve with coriander and rice

Nutrition notes per serving

Energy	375 Kcals,
Fat	13g
(of which	5g
saturates) Fibre	6g





THE
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ACADEMY

Haddock and Broccoli Chowder

A vitamin and mineral powerhouse

Serves 4

Ingredients

4 Spring onions sliced	450g new potatoes diced
300ml fish stock	300ml skimmed milk
1 bay leaf	225g broccoli florets sliced
450g smoked haddock fillets	200g sweetcorn (frozen or canned)
Crushed black pepper	Chopped spring onions (garnish)

Cooking instructions

Place the spring onions and potatoes in a large saucepan and add the stock, milk and bay leaf. Bring the soup to the boil, then cover the pan and simmer for 10 minutes.

Add the broccoli to the pan. Cut the fish into bite sized chunks and add to the pan with the sweetcorn.

Season the soup with black pepper, then cover the pan and simmer for a further 5 mins, or until the fish is cooked. Remove the bay leaf and scatter over the chopped spring onion.

Serve hot with crusty bread

Nutrition notes per serving

Energy	314 kcals *excluding bread 2.9g
Fat	0.27g
Of which saturates	37g
Carbohydrates	35g
Protein	
Glycaemic Rating	Low / moderate
Fibre rating	Moderate
Salt	Trace
Vitamins & minerals	High
Health rating	Excellent





THE
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ACADEMY

Jamaican Beanpot

A hearty satisfying stew

Serves 4

Ingredients

450g braising steak diced	1	1 small pumpkin / squash	- 450g	1
med onion	diced	green pepper	sliced	
1 tbsp paprika,	2 garlic cloves	400g	2.5cm fresh root ginger	115g
chopped tomatoes	250ml beef		baby sweet corn cobs	
stock		425g cooked or canned chickpeas	425g cooked/canned kidney beans	Black
1 cup cuscus	to serve		crushed pepper	

Cooking Instructions

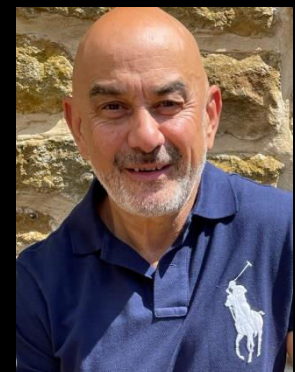
Fry the diced beef without fat in a large flameproof casserole dish, stirring to seal. Stir in the pumpkin, onion and pepper, cook for a further 2 minutes, then add the paprika, garlic and ginger.

Stir in the tomatoes, corn and stock, bring to boil. Cover and simmer for 40 mins or until tender.

Add the chickpeas and beans and heat thoroughly. Add the black pepper to season and serve with cuscus.

Nutrition notes per serving

Energy	387 kcals
Fat	9.0g
Of which saturates	3.8g
Carbohydrates	48g
Protein	29g
Glycaemic Rating	Low
Fibre rating	High
Salt	Nil
Vitamins & minerals	High
Health rating	Excellent





THE
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ACADEMY

Middle Eastern Vegetable Stew

A spiced dish of mixed vegetables (V) suitable for vegetarians

Serves 4

Ingredients

45 ml vegetable stock	1 Green pepper seeded and sliced
2 medium courgettes sliced	2 medium carrots, sliced
celery sticks, sliced	2 medium potatoes diced
400g can chopped tomatoes	5g (1tsp) chilli powder
2tbsp chopped fresh mint	15ml (1tbsp) ground cumin
400g can chick peas drained	Black pepper
Mint sprigs to garnish	

Cooking Instructions

Heat the stock in a large flameproof casserole until boiling then add the sliced pepper, courgettes, carrot and celery. Stir over a high heat for 2–3 minutes until the vegetables are just beginning to soften.

Add the potatoes, tomatoes, chilli powder, mint and cumin. Add the chickpeas and bring to the boil.

Reduce the heat, cover the casserole and simmer for 30 mins or until all the vegetables are tender. Season with black pepper and serve hot garnished with mint leaves

Nutrition notes per serving

Energy	295 kcals
Fat	3.16g
Of which saturates	0.12g
Carbohydrates	57g
Protein	9g

Glycaemic Rating	Very Low
Fibre rating	High Zero
Salt	High
Vitamins & minerals	Excellent
Health rating	





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ACADEMY

Rice 'n' Beans

Serves 2

The beans can be black, red or white, and the dish can be spicy or mild – adapt to taste

Ingredients

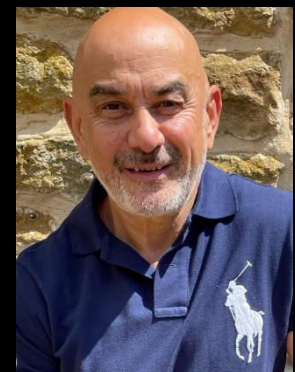
1 tbsp (15 ml) olive or sunflower oil 1 onion, chopped 6
green chilli chopped finely, oz (175g) rice
1 large tomato chopped, 450 ml stock (? pint)
1 tbsp chopped coriander or parsley 15 oz 1 oz (25g) creamed coconut
(400 g) cooked beans
(e.g. red kidney beans, borlotti beans or black beans)

Cooking Instructions

- Heat oil in pan
- Add onion and cook for 5 minutes
- Add chilli and rice and stir well for 2 minutes
- Add tomato and stock
- Bring to the boil, cover and simmer for 15 minutes
- Add cooked beans and cook for a further 5 minutes
- Gradually stir in creamed coconut until it has melted, followed by coriander or parsley.

Nutrition notes per serving

Calories	Protein	437;
Carbohydrate		8g;
Fat		76g;
Fibre		7g;
(20% of Kcals from fat) GI		6.5g
rating:		Moderate/ low





THE
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ACADEMY

Special Fish Pie

Serves 4

Ingredients

350g haddock fillet skinned 2
tbsp corn flour
115g cooked peeled prawns
200g can sweetcorn or frozen
75g frozen peas
150ml skimmed milk 150g
low fat fromage frais
75g fresh wholemeal breadcrumbs
40g grated low fat cheddar Selection
of fresh vegetables Pepper

Cooking Instructions

Preheat the oven to 190 c (gas mark 5). Cut the haddock into bite size pieces and toss in cornflour to coat evenly. Place the fish, prawns, sweetcorn and peas in an ovenproof dish. Beat together the milk, fromage frais and seasonings, then pour into the dish. Mix together the breadcrumbs and grated cheese, then spoon over the top of the fish. Bake for 25 mins until golden brown and serve fresh with hot vegetables

Nutrition notes per serving

Kcals	290
Fat	5g
(of which saturates)	2g
Fibre	3g



Spinach and Hazelnut Lasagne

A hearty vegetarian dish (V) suitable for vegetarians*

Serves 4

Ingredients

900g fresh spinach	75 g hazelnut halves
300ml vegetable or chicken stock	6 sheets lasagne
1 medium onion, finely chopped	200 g low fat fromage frais
1 garlic clove, crushed	30g chopped fresh basil
400g can chopped tomatoes	flaked hazelnuts & parsley

Cooking Instructions

Pre-heat the oven to 200°C. Wash the spinach and place in a pan with just the water that clings to the leaves. Cook the spinach on a fairly high heat for 2 minutes until wilted & drain.

Heat 30ml of the stock in a large pan and simmer on the onion and garlic until soft. Stir in the spinach, hazelnuts and basil.

In a large ovenproof dish, layer the spinach, lasagne and tomatoes. Season well between the layers. Pour over the remaining stock. Spread the fromage frais over the top.

Bake the lasagne for about 45 mins, or until golden brown. Serve hot, sprinkled with lines of flaked hazelnuts and chopped parsley

Nutrition notes per serving

Energy	365 kcals
Fat	15g
Of which saturates	1.2g
Carbohydrates	42g
Protein	15.5g
Glycaemic Rating	Moderate
Fibre rating	Moderate
Salt	Nil
Vitamins & minerals	High
Health rating	Excellent

* Not suitable for vegetarians where chicken stock is used.



Turkey Bean Bake

Serves 4

Ingredients

1 med aubergine, thinly sliced 1 med onion
1 tbsp olive oil 450g turkey breasts
400g chopped tomatoes
425 can red kidney beans (or pre cooked) 1 tbsp paprika,
1 tbsp chopped thyme fresh (or 1 tsp dried) 1 tsp chilli sauce (or 1
med chopped chilli) 350g low fat natural yoghurt
? tsp grated nutmeg black pepper to season

Cooking Instructions

Preheat the oven to 190 c (gas mark 5) Brush a non stick pan with oil and fry the aubergine in batches until golden, turning once. Remove aubergine, add the turkey and onion to the pan, then cook until lightly browned. Stir in the tomatoes, beans, paprika, thyme, chilli and pepper. In a separate bowl, mix together the yoghurt and grated nutmeg. Layer the meat and aubergine in an ovenproof dish, finishing with aubergine. Spread over the yoghurt and bake for 1 hour until golden.

Nutrition notes per serving

Energy	370 Kcals,
Fat	14g
(of which saturates)	6g
Fibre	7g



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ACADEMY



Wild Rice Salad

Serves 4

This salad can be served as a main course. The vegetables can be varied according to what is at hand.

Ingredients

6 oz (175g) brown or wild rice 2 spring onions, chopped
? red pepper, ? green pepper, chopped
4oz (100g) can tuna in brine or water and drained or 2 hard boiled eggs
chopped or:
? 14 oz (400g) red kidney beans or:
2 oz (50g) peanuts with 2 oz raisins or chopped dates

For the dressing:

2 tbsp (30 ml) olive oil 1 tsp wine vinegar
1 tsp orange juice

Cooking Instructions

- Cook rice and mix with vegetables, raisins or dates and tuna
- Shake dressing ingredients together
- Combine with salad

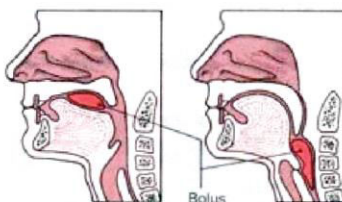
Nutrition notes per serving

Calories per serving 345 Kcals



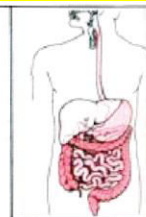
THE DIGESTIVE PROCESS

Digestion starts when food enters the mouth. It continues as the food is propelled through the digestive tract by waves of muscular contractions (peristalsis). The digestive process also involves other organs (the salivary glands, liver, gallbladder, and pancreas), which produce enzymes and acids that help break down the food.



Swallowing

In the mouth, food is cut and ground by the teeth and mixed with saliva, which softens food and breaks down certain carbohydrates. After swallowing, the food mass (bolus) enters the oesophagus.

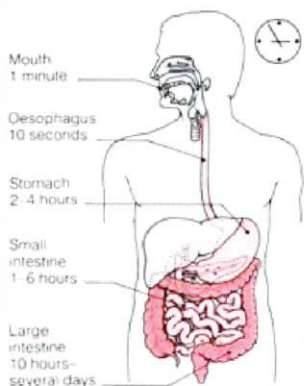


ACTION OF DIGESTIVE AGENTS

Agent or enzyme (where produced)	Digestive action
Amylase (mouth and pancreas)	Converts starch (a form of carbohydrate) to maltose
Sucrase, maltase, and lactase (pancreas and small intestine)	Break down vegetable and milk sugars into glucose, fructose, and galactose
Hydrochloric acid (stomach) Pepsin (stomach) Trypsin (pancreas) Peptidase (small intestine)	Assist in the breakdown of proteins into polypeptides, peptides, and amino acids
Lipase (pancreas) Bile salts and acids (liver — stored in the gallbladder)	Break down fats into glycerol and fatty acids

TIME SCALE

The approximate period food spends in each part of the digestive system is shown below



Oesophagus

Food is carried down the oesophagus by peristaltic action and enters the stomach.

Stomach

Food is broken down further by churning and by the action of hydrochloric acid and digestive enzymes secreted by the stomach lining. Food remains in the stomach until it is reduced to a semi-liquid consistency (chyme), when it passes into the duodenum.

Duodenum

As food travels along the duodenum, it is broken down further by digestive enzymes from the liver, gallbladder, and pancreas. The duodenum leads directly into the small intestine.

Small intestine

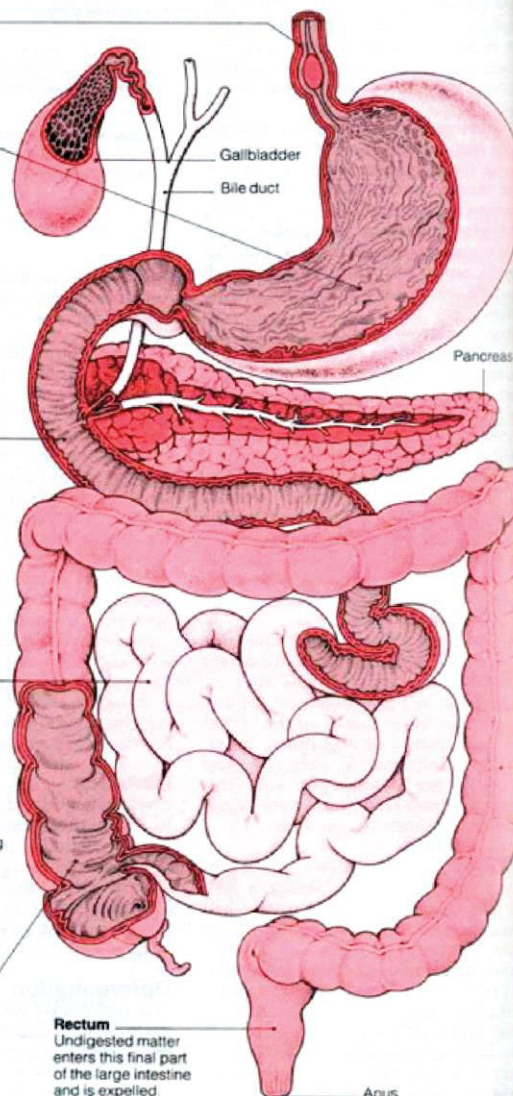
Additional enzymes secreted by glands in the lining of the small intestine complete the digestive process. Nutrients are absorbed through the intestinal lining into the network of blood vessels and lymph vessels supplying the intestine. Undigested matter passes into the large intestine (the colon).

Colon

Water in the undigested matter leaving the small intestine is absorbed through the lining of the colon. The residue passes into the rectum.

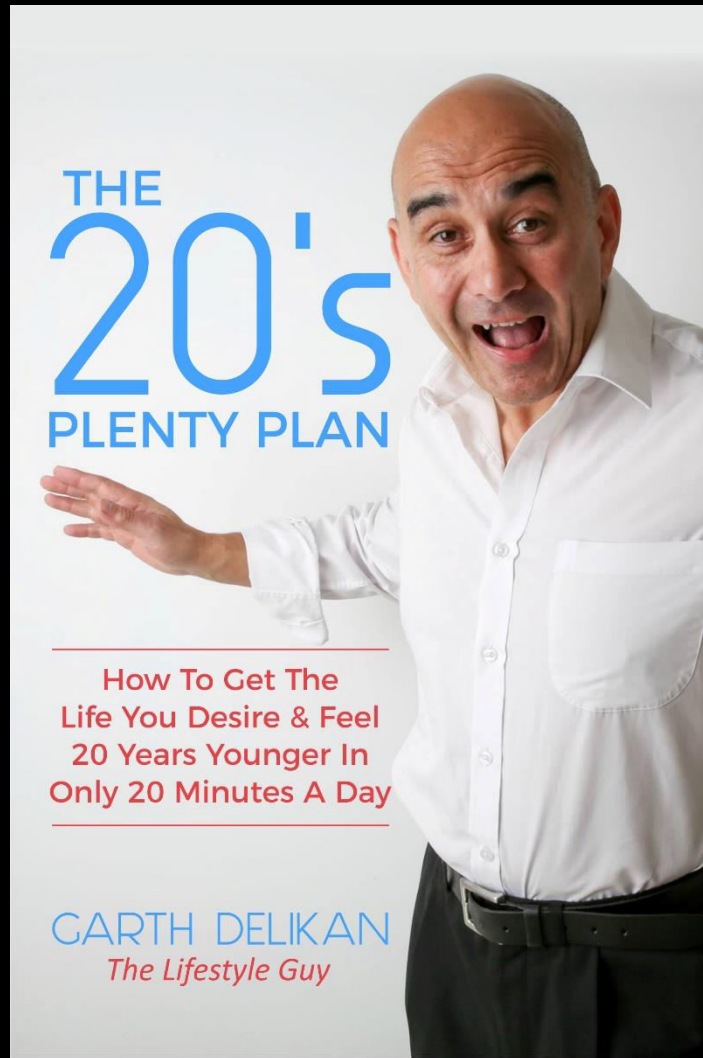
Rectum

Undigested matter enters this final part of the large intestine and is expelled.



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