



HEALTH MATTERS!



WITH GARY BAVERSTOCK
NUTRITIONAL THERAPIST

Plan your summer body NOW with Gary Baverstock's 5-point food plan

Focus on trying to eat plenty of the right foods, not just trying to avoid your favourite treats. Managing your blood sugar and stress levels, plus adhering to these diet tips, coupled with some regular exercise and you can expect to achieve your summer body sooner rather than later. Page two also contains tips on how to improve your metabolism. So read on!

Tip One: Load up on Vegetables & Some Fruits

Filling your diet with fresh, nutritious, and low-calorie foods is the best way to start shedding the kilos. Eating at least 5 portions of vegetables and fruits daily is essential, try for more if you can with a ratio of 75% vegetables to 25% fruits that are either low / medium GI like: Apples, pears, stone fruits, grapefruit and berries. Reach for an apple or some carrot sticks instead of a cookie for an afternoon snack. Be strong! Think of it as having to fill your daily fruit and vegetable quota. Try to plan when you will eat your 5+ a day to stay on track.

Tip Two: Eat a High-Fibre Lunch

Eat plenty of foods that are high in indigestible insoluble fibre – containing zero calories. High fibre foods take longer to chew, helping you to feel more satiated. This slows down the speed at which you eat, giving your brain time to register feelings of fullness so that you're less likely to overeat. So, no more empty calories at lunch and don't go hungry! You'll be much less prone to snack if you eat a lunch that is filled with fibre. Try our **N&D** vegetable chilli with a portion of brown basmati rice and you'll be amazed at how many hours you can go without a snack. Fibre also helps to keep you regular and it helps to bind and remove unwanted fat in the body. Choose highly fibrous foods like: Wholegrains, quinoa, oats, brown & wild rice, rye, pulses, chia seeds and plenty of vegetables & fruit.

Tip Three: Eat Protein with Every Meal

Stabilise your blood sugar and reduce the cravings by increasing the protein content of your diet – in fact eat it with every meal! Proteins are made from amino acids, which are responsible for providing the neurotransmitters that control appetite. Protein takes longer to break down so it should keep you fuller for longer and will suppress appetite, much more so than carbohydrates and fat. Protein requires 25-30% of the energy it provides just for digestion, absorption, and assimilation while carbs require 6-8% and fat 2-3%, which could lead to a higher metabolic rate. Choose lean & low fat and remember that higher quality proteins found in meat, fish, eggs, dairy (whey) and soy, quell hunger more than veggie proteins like legumes and seeds.

Tip Four: Cut Back on Sweets & Simple Carbs

You can't expect to lose the weight if you continue to eat lots of refined sugars. Sugar (as glucose) just turns to fat if the body does not need it immediately. This means you need to cut back significantly if you want real results (see below). However, that's not to say that you can't still enjoy the occasional treat – it just needs to be done in strict moderation. There are a couple of ways to cut back. One way is to enjoy something small every day, like a few small pieces of very dark chocolate (70-85%), this way you won't feel deprived if you still treat yourself. The other way is to enjoy one large treat every week, like a shared dessert if you'd prefer quality to quantity.

Tip Five: Count Your Calories!

Contrary to popular opinion, if you want drastic results then you really need to understand where the calories are coming from and this can be achieved by looking at food labels. **Try some shock therapy!** Ask yourself 'how many calories does this contain, where are they coming from i.e. carbs or saturated fats?' Avoid red traffic lighted foods, except oily fish. Plus, the only way to lose weight is to burn more calories than you're taking in. An online calorie calculator / app can estimate how many calories you need to maintain or lose weight. Keeping a food journal can help you keep track of every bite you take.



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Increasing your Metabolism

The key to increasing your metabolism is to understand how it works. Metabolism is a complex biochemical process composed of two components: **anabolism** and **catabolism**, which work in conjunction to make metabolism take place. As they work together constructing cell tissues for growth and repair in the **anabolism phase**, as well as destroying or breaking down complex substances into simpler compounds for proper assimilation during the **catabolism phase**, they aid the process of distributing nutrients which are absorbed into the blood after being digested.

The **metabolic rate** is the amount of energy, or calories which the body uses every day, even when you are resting to maintain the vital body processes. The rate at which the body burns energy during physical activity and the rate at which the body spends energy to digest the food that you eat, are the two very important factors which determine your total metabolic rate. Therefore, to improve the efficiency of your metabolic rate, it is important to not just pay attention to the physical activity you do, but also to the food which you eat every day.

Our metabolism increases with food intake. Eating frequent, small healthy meals helps to keep metabolism raised for a longer duration, and your body from running out of fuel. Conversely, if the body does not get enough food, it starts to function less efficiently and will tend to store more fat during these periods. Avoid eating late in the night as your metabolic rate decreases in the evening. Also, drink at least 1.5 litres of water every day!

Foods that may increase your metabolism

Asparagus, Broccoli, Cauliflower, Celery, Lettuce, Courgettes & Dark Green Leafy Veg are often referred to as being metabolism-boosting (negative calorie) foods. Although no food is actually "negative calorie", these foods contain so few calories that the mere act of digestion will burn more calories than it contains, creating a negative calorie balance. For example, a 25 calorie 100g of broccoli requires 80 calories to digest it, resulting in a net loss of 55 calories! Steaming, boiling or eating them raw and avoid cooking in oil is best to prevent an increase in calories.

Complex Carbohydrates – Oats, Quinoa, Buckwheat, Brown Rice, Amaranth, Rye, Millet etc.

Secret Ingredients: Complex carbohydrates, and dietary fibre. **How they work:** They raise your metabolism by keeping insulin levels low after you eat. That's good, because spikes in the production of insulin send a signal to the body that it's time to start storing fat. And in order to stockpile fat, your body has to slow down your metabolism, causing you to burn fewer calories. Eating a high fibre at breakfast, lunch and dinner can help keep insulin production down and also help promote calorie loss.

Oily Fish – Salmon, Mackerel, Fresh Tuna, Sardines, Anchovies, Herrings (or Fish Oils), Flax, Chia & Walnuts.

Secret Ingredient: Omega 3 fatty acids. **How they work:** They increase your sensitivity to a hormone leptin, making it more receptive. Leptin's main function in the body is in regulating, both hunger, food intake and energy expenditure (metabolism). Higher levels help you burn calories rather than storing them as fat.

Lean Beef, Pork, Chicken & Turkey etc. **Secret Ingredient:** Protein. **How it works:** It takes more energy for your body to digest the protein than it does for it to digest carbohydrates or fat. The more protein you eat, the harder your body has to work to digest it, and the more calories you'll burn in the process.

Chillies - Jalapeno, Habanero, & Cayenne Peppers etc. **Secret Ingredient:** Capsaicin - the chemical in peppers that gives them their bite. **How it works:** It increases your heart rate. Eating a single spicy meal may raise your metabolism by up to 25%, with the spike in calorie burning lasting for up to 3 hours after you finish eating.