

Health Mentor Programme

Weight management part 4

MENTOR SESSION 24

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IN THIS SESSION:

- Is the food culture in your home making you fat?
- Do you constantly feel deprived because you're dieting again?

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In the right hand corner..!

What is your food weighing in at?!

Food is always looked at in isolation when it comes to weight-loss. So, I've made a point of first considering several other principles first before getting to the food part! (see principles 1-12)

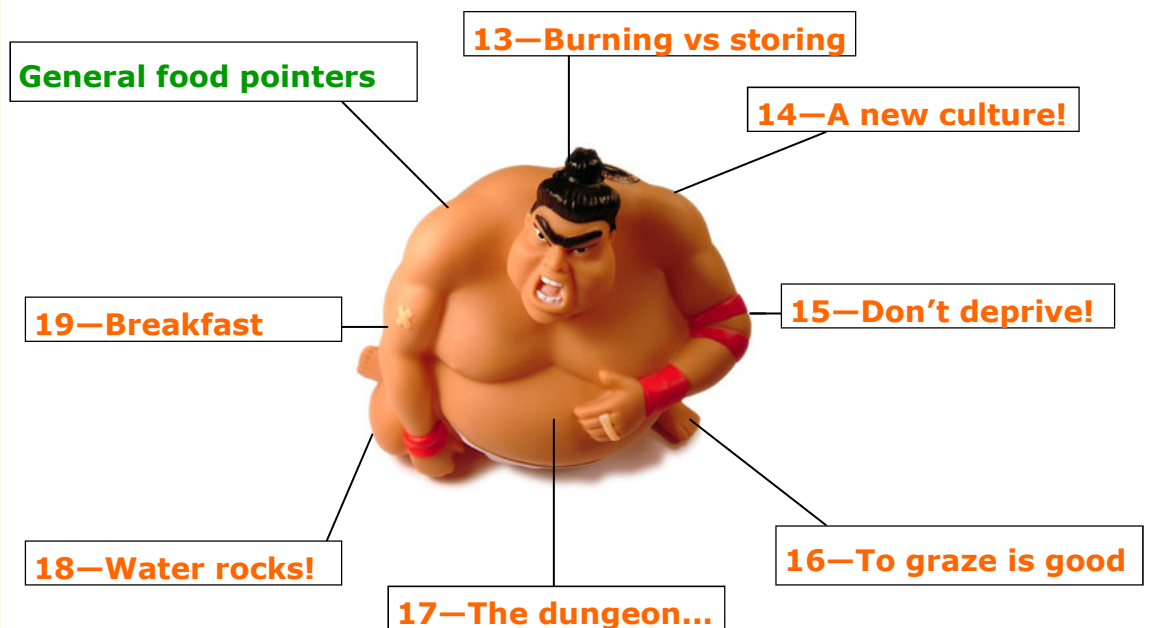
In this session, though, I'll take a look at some important food-related principles. Along with all the other principles, it remains super-important to carefully consider what you put in your mouth!



Not all foods are equal...

Food principles:

Principles 13-19



13 — If you don't burn it you store it!

At the end of the day it's about 'energy in' versus 'energy out'.

In light of this principle, keep the following in mind:

- Energy-dense, empty calories are not cool! (something that has lots of sugar and little nutritional value is an empty calorie, like ice cream)
- Keep sweet treats limited to the weekends and to dark chocolate, if possible.
(Get rid of your dark dungeon of danger! - see principle 17).
- Don't think you'll just exercise off the bad calories you consume. While exercise is super-important, you still need to eat the correct healthy food to begin with.



14 — Start a new culture in your home



Remember, it's all about cultivating new, healthy habits in your life and especially in your home. Your children will be the ones who benefit the most from this because the correct food will be second nature to them and they won't have to contend with too much extra weight.

Studies have shown that children who are overweight have a high probability to become overweight adults! This, in turn, will lead to all kinds of health-related problems.

Thus, every parent has the responsibility to give their children a fair start by teaching them healthful habits from a young age! Don't underestimate how well children can adapt to a healthy diet and lifestyle.

Of course, the whole family benefits from having access to healthy food in the home. ..

Remember the benefits of eating a low GI diet? (See session 5 & 6 about this topic).

- Prevention of heart disease^{1,2,3,4}
- Weight loss and maintenance of weight^{4,5}
- Improved blood glucose control and the prevention of diabetes⁶
- Prevention of stroke¹
- More energy and endurance
- Reduction of cholesterol levels²
- You will feel fuller after meals and stay fuller for longer (quite important if you want to lose weight, don't you think?)

Now prepare yourself for an interesting insert in session 25 about the link between carbohydrates and thyroid hormone!



15 – Health food is NOT deprivation food!

It's time that you delve into the exciting world of healthy living...!

Since I switched to healthier nutritional choices, I've found that I have more variety than ever before on my daily menu! In fact I always feel like I'm eating like a king!

DON'T just remove something from your diet, try to substitute it with a healthy alternative! In that way you won't feel like you're missing out. (Remember, not all substitutes are necessarily healthy, so be sure to read the labels).

Also, apply the advice from the mentor sessions on how to replace the unhealthy foods to with healthy, tasty foods!



16 – Learn to graze...



One of our biggest problems is our love of **LARGE** meals, really large meals!

Studies have shown the following:

-People who eat smaller amounts of food at more intervals during the day manage their weight easier without having to feel hungry.⁷

-When people are given a bigger plate and bigger spoon to dish with they will, firstly, dish more than what they planned to and secondly, finish whatever serving size they dished for themselves. The conclusion from this study is that limiting your a) plate size, b) spoon size and c) overall serving size will definitely help you to eat less!⁸

-People who have underlying heart disease are more likely to get heart attacks after ingesting a large meal because of the increased load on their hearts.⁹

Down with large servings!

(Try to eat six smaller, healthy meals per day).

17 – Dark dungeons of danger...

This refers to the '**sweets cupboard**' that nearly every westernised household has!

This cupboard **WILL** help you fail in your diet, it **WILL** help you pick up weight and it **WILL** make it very hard to manage your weight.

Read the session on healthy treats and then to replace the contents of your cupboard with the good stuff!



18 – Water still rocks!

There is a long list of great reasons to consume enough of this miracle liquid! And here's another interesting one:

Research in Germany found that drinking 500ml of water increased metabolic rate in people by 30%. The increase occurred within 10 minutes after drinking the water and reached a maximum after 30–40 min.¹⁰ What this basically means is that water may assist to some degree with the burning of fat in your body.

Weight loss is based primarily on a healthy, calorie-restricted diet containing mostly raw fruits and vegetables. Exercise is also key. Nonetheless, drinking enough water supports the detoxification processes of the body, it also keeps hunger at bay and it helps you burn some of the unwanted fat.

Drinking 6 – 8 glasses of clean water a day is still the most practical and easy way of boosting your health!



19 – Oh breakfast where art thou?



Take note: here is where most people who want to lose weight usually make their biggest mistake - they skip breakfast!

Skipping breakfast is simply NOT a good idea!

Besides the logical fact that your physical and mental performance will be decreased if you don't eat breakfast, skipping breakfast is **NOT** a good weight management tool because of the following scientifically-proven reason:

- Those with regular breakfast habits have healthier food choices during the day than other people.^{11,12} Breakfast helps you to not get cravings or severe hunger and thus you can make more calculated nutritional choices. Thus people who skip breakfast struggle to maintain a healthful body weight¹³ as they set themselves up to fall prey to cravings for unhealthy food.

Does your TYPE of breakfast make a difference in weight management?

The research seems to say yes, it definitely does!

Here is a list of what certain types of breakfasts do to hunger control and weight management.^{12,13}

Situation A: Bad hunger control and increased body weight.

Occurs with the following types of breakfast: 1) breakfasts containing meat and lots of fat (high fat, thus increased calorie intake) or 2) high GI breakfasts (increased calorie intake and bad blood sugar control) and 3) skipping breakfast altogether (a poor nutritional habit leading to bad nutritional choices later on in the day).

Situation B: Good hunger control and decreased body weight.

Occurs with the following types of breakfast: ready-to-eat or cooked cereals that are low GI, like oats or sugar-free bran (this does NOT include boxed, ready-to-eat cereals with extra sugar). Breakfasts that include eggs also contribute to increased appetite control.

Fruit first: Remember that having some fruit as part of your breakfast is a very healthy habit!



**The bottom line:
Go as low GI as possible and
start your day that way!**

General food-related pointers

Here is a list of some extra pointers that will aid your weight-loss management strategy:

- Try to exclude bovine dairy from your diet. See the mentor session on dairy to decide on suitable replacements. (If you're not lactose intolerant and you have access to safe, unpasteurised milk, then use it in moderation).
- Stick to 6 small meals per day that contain the necessary components of healthy carbs, protein and fat.
- Try to avoid refined starches like potato, rice and pasta that have a high glycaemic index. Experiment with the wide array of starches that have a low GI and that will not make you fat!



- Just making the change of having more fruit in your diet is scientifically associated with better weight management.²² Yes, it's as easy as that!
- Have at least one big salad a day and try to include raw veggies in the salad. Many people have theirs as a starter before their daily main meal. Most of your family members are hungry before the main meal of the day so it's good idea to have a rule that your children are not allowed to have their main meal before finishing their salad. Obviously the salad will satisfy your hunger slightly and help you not to over indulge at the main meal.
- Avoiding the '**buffet binge**'. Buffet meals are a dangerous situation because chances are you'll eat too much! The trick? Walk through the buffet first and see what the whole spread is, then you can carefully select what you want. Remember to dish smaller portions.
- **Don't avoid nuts!** Healthy raw nuts leave you feeling more satisfied and thus you end up avoiding the tons of unhealthy carbs!

Visiting the experts

A visit to a dietician is always a good idea if you are really struggling with this whole weight issue.

'Our minds are like our stomachs; they are whetted by the change of their food, and variety supplies both with fresh appetites'.

Quintilian (Roman rhetorician)



Michelle's soya chicken salad

My wife makes an amazing chicken salad! It's low GI and VERY healthy. Did I mention that it's really tasty...?!

You need:

Organic chicken strips (amount determined by how many people you want to serve)
Lettuce or spinach leaves
Asparagus (green variety)
Mini maize-cobs
Baby sprouts
Tomatoes
Olive oil
Seasoning
Cumin
Fresh crushed garlic/garlic powder
Soya sauce (find a sugar-free brand)

Method:

The chicken is the secret of this salad.

Cook the chicken in a pan, using only soya sauce. Don't be shy here, add enough to keep the process moist. (We've found the 'Kikkoman' variety of soya sauce to be very pure and without preservatives).

Add some cumin and garlic to taste.

Boil/steam the asparagus till soft.

Now make your salad using the ingredients listed above (or whatever you want to add).

Add olive oil as a dressing and extra seasoning to taste.

Enjoy!

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About Dr Anton



Dr Anton Janse van Rensburg is a practising medical doctor who has devoted himself to the study of unique, scientifically sound solutions to modern diseases. He is also a qualified metal toxicologist and has a master's degree in Applied Human Nutrition.

He has written on a variety of wellness topics for numerous South African magazines and newspapers and in 2009 co-authored the book 'Diamonds in the Dust – crafting your future landscape'. Dr Anton is no stranger to radio and has been able to guide scores of listeners with his passion for wellness education.

Dr Anton is an established public speaker and is also a wellness coach to company executives. He specialises in motivating people to adopt healthier habits through well researched lifestyle and food approaches.

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