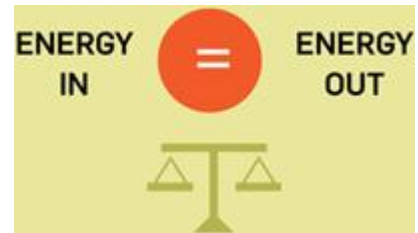


Weight-Loss through Diet

The weight scale:

If energy in (food and drinks) equal energy out (exercise and metabolism) weight will remain the same.



Reducing energy intake OR increasing energy expended can result in weight loss.

5 Easy Tips

1. **Eat smaller/consistent meals more often**
This is an effective method of increasing metabolic rate through diet.
Eating smaller portions throughout the day, rather than eating large portions infrequently.
2. **High protein meals**
Portion should consist of roughly 50% Protein, 40% Low GI Carbohydrates & 10% Fat
3. **Drink more water and less coffee**
Drinking 2-3L of water per day as often thirst can be mistaken for hunger.
Drinking coffee can suppress appetite which can lead to periods of fasting.
4. **Keep your stomach topped up**
Don't let yourself get to the point of feeling hungry.
5. **Avoid processed foods** and foods high in sugar.

Example Eating Guide

Breakfast

2 Poached Eggs, 1 piece Whole meal toast, 1 Rash of Bacon, ¼ Avocado

Mid-Morning

Piece of fruit, 10 almonds, coffee

Lunch

150-200g lean meat, 1 cup vegetables, ½ cup of brown rice

Mid afternoon

Boiled egg, Muesli bar

Dinner

Chicken breast/250g steak, 1 cup of veggies or salad

2-3 Litres of water throughout the day



Good	Bad
Protein <ul style="list-style-type: none"> ▪ Chicken ▪ Turkey ▪ Lean Beef ▪ Fish ▪ Ham ▪ Beans/Lentils ▪ Eggs/Low Fat Dairy 	Protein <ul style="list-style-type: none"> ▪ Processed Meats – Sausages, Salami etc. ▪ Pork ▪ Duck
Carbohydrates <ul style="list-style-type: none"> ▪ Sweet Potato ▪ Broccoli ▪ Spinach ▪ Kale ▪ Cabbage ▪ Nuts & Grains ▪ Whole Meal/Gluten Free Bread 	Carbohydrates <ul style="list-style-type: none"> ▪ White Breads ▪ Sugars ▪ Soft Drinks (Even Sugar Free) ▪ White Potatoes Pasta etc.
Fats <ul style="list-style-type: none"> ▪ Avocado ▪ Almonds (Most Nuts) ▪ Natural Peanut Butter ▪ Olive Oil 	Fats <ul style="list-style-type: none"> ▪ Deep Fried ▪ Vegetable Oil ▪ Canola Oil ▪ Animal Fats



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