

50 Health TIPS



Health Warning: Make small changes. Do not attempt all of these at once.

- 1 **Rise Early** – Exercise before food uses up fat stores
- 2 **Eat Soup** – Soup as a starter reduces fat cravings + reduces by 25% the calorie intake for the rest of the meal
- 3 **Slow Down** – Slower Eating means More Taste, Better Digestion and Better Body Fat Burning.
The brain needs 20 minutes to receive the signal “I am full up”.
- 4 **Turn Down The Volume** – Loud Music increases the speed of eating and the amount of food consumed.
- 5 **Eat Fat-Burning Foods** – These foods teach your body to burn fat and lose weight:
apples/bananas/beans/bread/broccoli/cabbage/cauliflower/celery/citrus fruit/corn/
air-popped popcorn/courgettes/cranberries/grains & grain products/grapes/sugar-free, low calorie jam/leeks/lettuce/melon/mushrooms/pancakes & waffles(low fat)
low fat whole grain pasta/pears/peas/peppers/pineapple/potatoes/root vegetables/
spinach/tomatoes.
- 6 **Add A Little Extra** – Add a little extra time or distance to your workout.
- 7 **Do Not Skip Meals** – If you don’t eat enough, the body’s natural response is to slow down your metabolism and hang on to its fat stores. In fact eating frequent, small, low-fat meals and snacks helps burn more fat than eating large meals, keeps up energy levels and keeps the metabolism functioning at top speed.
- 8 **Divide Exercise Into Chunks** – eg 30 mins per day (3 x 10 mins even)
- 9 **Stand When You Can** – One extra hour standing per day burns 50 more calories (eg stand when on phone)
- 10 **Snack Wisely** – Snacking (on fat-burning not fat-laden food) 90 mins. before a meal reduces appetite ie
Instead of chocolate biscuits.....dry, unsweetened cereal
“ nuts.....popcorn without butter
“ a chocolate bar.....low-fat vanilla yoghurt or a banana
“ a cheese sandwich....cottage cheese roll
“ a Danish pastry....a cinnamon bagel, low-fat cheese triangle + 3 dried apricots
“ 50g(2oz)bag tortilla chips..30g(1oz)pkt low-fat crisps + an apple
- 11 **Walk Fit** – Slow, sustained walking after meals is a great fat burning exercise (15% better than on an empty stomach).
- 12 **Do Not Eat Late At Night** – This is nothing to do with the metabolism. It is rather because we are more likely to overeat if we save our main meal until late in the day.
- 13 **Skip** – You can burn more fat by skipping than by any other exercise – up to 1,000 calories per hour. It is good for arms, legs, improves cardiovascular fitness, balance, agility and gentler on knees than running.
- 14 **Don’t Overdo It** – some fat is needed in our nerves, spinal cord, brain, body cells, to pad the internal organs (eg kidneys). Fat protects against cold weather. Men need a minimum of 7% body fat, women 14%.
The most dangerous fat is around the tummy and has a higher risk of heart disease.
- 15 **Keep A Food/Drink Diary** – Record what you eat + why you eat (eg stress, boredom, hunger) + exercise
Look for fattening habits (eg skipping meals, nibbling, over-eating at night). Learn your food psychology.
- 16 **Become Aware Of Meal Timing** – Eating earlier in the day prevents getting too hungry/over-eating later.
- 17 **Low-Fat Cooking Tips** –
 - Instead of frying, steam, poach, roast, braise, bake vegetables, meat and fish
 - Use non-stick pans...they help to keep oil to the minimum
 - Trim off meat fat before cooking
 - Replace some or all the meat in casseroles, stews, lasagne with beans or lentils.
 - Drain off excess fat before serving
 - Serve main courses with salad or vegetables cooked without fat
 - Use a strong flavoured mature cheese because you will only need half the amount of cheese
 - Use flavourings to boost taste eg instead of butter use fresh herbs, lemon juice, fat free veg stock

- 18 **Count Calories** – eat less and exercise more till you are burning off more calories than you consume
To count calories: you need roughly 13 times your weight in pounds (eg 9st is 126lbs = 1,638 cals pd)
- 19 **Distract Yourself** – When bored, tired or nervous, instead of eating, write a letter, read a magazine, knit a jumper, walk the dog, phone a friend...anything.
- 20 **Know The Low Fat Alternatives** – Eat a wide variety of foods to maximise nutrients. Semi-skimmed milk, low-fat yoghurt, lean meat, white fish, tuna, spread banana/fruits instead of butter or margarine.
- 21 **Eat Your Favourite Foods Regularly** – occasional treats save periodic binges. Don't be too strict too long.
- 22 **Do Not Rely On Sit-Ups** – We can't focus on just one bit of the body – fat/fat reduction is an all-over thing.
- 23 **Think Slim** – visualise yourself as being slimmer; and aim for it...or as fatter (ie use negative motivation).
- 24 **Beat Those Diet Excuses** – “I don't want to overdo it”.....well take small steps, have realistic goals
“I'm too tired to cook”.....eat healthily and you will have the energy
“It's too expensive”.....good food is often cheap (rice, pasta, beans, fish)
“My old gran didn't eat healthily”....she was more active and ate fresher food
- 25 **Do Not Weigh Yourself** – just go by your shape, how you feel and how your clothes fit
- 26 **Ditch Very Low-Calorie Diets** – They don't work, are counter-productive and do more harm than good.
- 27 **Eat High-Fibre Foods** – Eat 24g (1oz) per day fibre: All-Bran, porridge, fresh fruit/veg, nuts, seeds, grain.
- 28 **Do Aerobic Exercise** – ie cycling, running, swimming, walking (raising heart beat and out of breath a bit)
- 29 **Dampen Your Appetite** – don't wait till too hungry; fruit or fruit juice 30 min before meals; salad 15 min before eating; iced water just before eating; start meal with a cup of low-calorie soup.
- 30 **Recognise Real Hunger** – Stress, boredom, loneliness, fatigue trigger snacking. Avoid high-fat comfort food
- 31 **Order Wisely When Eating Out** – cut a course, choose pasta or rice, fruit and veg, skip extras, avoid frying
- 32 **Lift Weights** – They build muscles and every pound of muscle burns 50 calories just to sustain itself.
- 33 **Grab A Sandwich** – Beware of hidden fats, mayonnaise, butter. Choose wholemeal, granary or rye bread.
- 34 **Go Uphill** – raise incline of treadmill and don't lean on it – this burns up to 40% more calories than flat.
- 35 **Know Your Dairy Products** – eat skimmed/semi-skimmed milk, cottage cheese, low-fat yoghurt
- 36 **Enjoy Good Fats** – eg oily fish, salmon, mackerel, sardines, pilchards, herrings, kippers, uncanned tuna, olive oil, rapeseed oil, avocado, nuts. Their Omega-3 fatty acids are good for us, keeping blood healthy, reducing fat levels. Avoid saturates.
- 37 **Know Your Meat** – Bacon is the fattiest pork. Turkey is the leanest poultry. Cook less meat, add more veg.
- 38 **Avoid Buffet Blunders** – Variety of tastes fools us we are still hungry. Enjoy: salad, lean meats, fruit. Avoid: crisps, quiche, peanuts, mayonnaise, vol-au-vents, garlic bread, butter, cream, dips, sauces, desserts, chocs
- 39 **Be Wary Of Alcohol** – it reduces inhibitions and encourages over-eating + fast eating. Fizzy water fills us.
- 40 **Read the Labels** – always check the fat and calorie content and the percentage of calories from fat.
- 41 **Wise Up To Not-So-Healthy Health Foods** – dried fruit, flapjacks, posh crisps, nuts, Greek yoghurt – these are all very healthy but also very fatty.
- 42 **Calm Down At Work** – Avoid stress and high-fat comfort eating; try soothing chamomile tea, bread/bananas
- 43 **Drink Plenty of Water** – Drink plenty water ie over 2 litres per day (before feeling thirsty).
- 44 **Breakfast is Vital** – eg High fibre cereal, semi-skimmed milk, fruit juice, fruit, toast no butter.
- 45 **Salads are Good** – but beware of adding fatty sauces/ingredients
- 46 **Plan Ahead** – Plan your next meal in advance, cut fats wherever possible. Think about what you eat.
- 47 **Do It Together** – Good habits are easier to start and maintain if we help each other
- 48 **Be A Better Shopper** – Tips: don't shop on an empty stomach; go for fat reduced versions; read labels; oven chips are better; don't buy ready meals; buy beans, pasta, grains.
- 49 **Go Stir Crazy** – Stir-frying is one of the healthiest ways to prepare food ie small amount fat, heated to high temp. sealing the food quickly in it. It absorbs little fat because sealed at the start. It loses few vitamins.
- 50 **Remember You Are Only Human!** One day of over-eating will not waste all your hard work over a period.

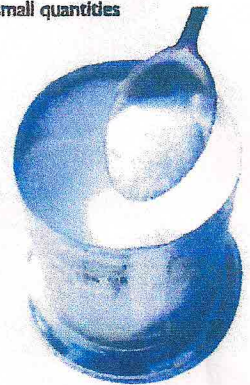
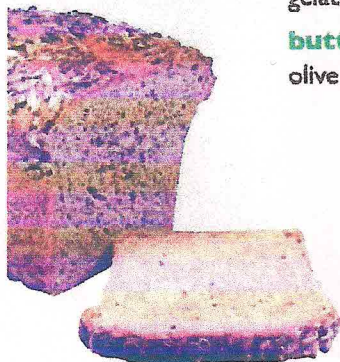
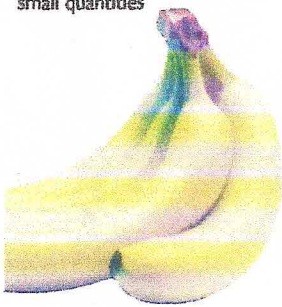
The Ideal Diet (from the World Health Organization):-

- * 24g (1oz) fibre per day from cereals, brown rice, cooked lentils, apples
- * Get half your calories from starchy foods such as bread, potatoes, pasta, rice, breakfast cereals
- * Maximum of 6g (1 teaspoon) salt per day
- * Limit fat to no more than a third of your daily calorie intake (and saturates no more than a third of that).
- * Eat at least five portions of fruit and/or vegetables per day.

A GOOD EATING PLAN FOR IRRITABLE BOWEL SYNDROME

Foods suitable on a low-fodmap diet

fruit	vegetables	grain foods	milk products	other
fruit banana, blueberry, boysenberry, canteloupe, cranberry, durian, grape, grapefruit, honeydew melon, kiwifruit, lemon, lime, mandarin, orange, passionfruit, pawpaw, raspberry, rhubarb, rockmelon, star anise, strawberry, tangelo Note: if fruit is dried, eat in small quantities	vegetables alfalfa, bamboo shoots, bean shoots, bok choy, carrot, celery, choko, choy sum, endive, ginger, green beans, lettuce, olives, parsnip, potato, pumpkin, red capsicum (bell pepper), silver beet, spinach, squash, swede, sweet potato, taro, tomato, turnip, yam, zucchini herbs basil, chili, coriander, ginger, lemongrass, marjoram, mint, oregano, parsley, rosemary, thyme	cereals gluten-free bread or cereal products bread 100% spelt bread rice oats polenta other arrowroot, millet, psyllium, quinoa, sorgum, tapioca	milk lactose-free milk*, oat milk*, rice milk*, soy milk* *check for additives cheeses hard cheeses, and brie and camembert yoghurt lactose-free varieties ice-cream substitutes gelati, sorbet butter substitutes olive oil	tofu sweeteners sugar* (sucrose), glucose, artificial sweeteners not ending in '-ol' honey substitutes golden syrup*, maple syrup*, molasses, treacle *small quantities



Eliminate foods containing fodmaps

excess fructose	lactose	fructans	galactans	polyols
fruit apple, mango, nashi, pear, tinned fruit in natural juice, watermelon sweeteners fructose, high fructose corn syrup large total fructose dose concentrated fruit sources, large serves of fruit, dried fruit, fruit juice honey corn syrup, fruisana	milk milk from cows, goats or sheep, custard, ice cream, yoghurt cheeses soft unripened cheeses eg. cottage, cream, mascarpone, ricotta	vegetables artichoke, asparagus, beetroot, broccoli, brussels sprouts, cabbage, eggplant, fennel, garlic, leek, okra, onion (all), shallots, spring onion cereals wheat and rye, in large amounts eg. bread, crackers, cookies, couscous, pasta fruit custard apple, persimmon, watermelon miscellaneous chicory, dandelion, inulin, pistachio	legumes baked beans, chickpeas, kidney beans, lentils, soy beans	fruit apple, apricot, avocado, blackberry, cherry, longon, lychee, nashi, nectarine, peach, pear, plum, prune, watermelon vegetables cauliflower, green capsicum (bell pepper), mushroom, sweet corn sweeteners sorbitol (420), mannitol (421), isomalt (953), maltitol (965), xylitol (967)

