

Fat Loss Eating Rules

RULE # 1—Be strict. Avoid nasty fats, excessive salt and simple sugars. This eliminates ninety-nine percent of the fast foods, junk snacks and soft drinks. You don't need them.

RULE # 2—Never skip breakfast. Eat a basic breakfast of complex carbohydrates, protein and fat to establish your metabolism for the day. This will help provide your body's fuel and muscle sustaining blocks. If you don't feed yourself a wholesome meal in the morning, your body will draw on your muscle stores as a source of energy, putting you in a slump and muscle deficit, which in turn affects your metabolism. It is recommended to take a good multivitamin and one tablespoon of flaxseed oil (essential fatty acid) each morning to protect your system and put order and efficiency in your body chemistry.

RULE # 3—You must eat to lose weight. Feed yourself every 2.5 to 3 hours throughout the day amounting to five per day; again, each meal consisting of lean protein, starchy and fibrous carbs. To gain weight, eat more. To lose weight, just eat less, yet maintaining meal frequency (5-6/day). Don't starve the muscle.

RULE # 4—Eliminate Snacking. If you do, snack on only the nutritious to keep your energy levels high and mind alert. Don't let snacks be a substitute for a complete meal or become a weak habit. Good snacks are fruits or vegetables, high fibre and wholegrain foods, as well as low fat dairy foods such as yogurt. SAY NO to chips, pastries and sweets.

RULE # 5—Minimize simple carbohydrates (sugar). Simple carbs intake, e.g. Honey, ice cream, soft drinks, cakes and candies can lead to erratic energy levels, food cravings, and sudden fatigue due to insulin spikes and residual blood sugar drops. Refined carbs which include white flour and bleached and processed grains have very little actual nutritional value. These carbs are rapidly broken down into glucose which brings on the simple sugar effect. Moreover, they are most likely to convert into triglycerides and store as fats.

RULE # 6 —"All natural", "Pure" or "Low fat" doesn't necessarily mean that it's nutritious. For example, "all natural" juice drinks or sodas could be filled with sugar (which is, after all, a natural ingredient), which means high in calories with little nutrition. Read the food label.

RULE # 7 —Fuel up before & after your workout. Eat a small, easily digested meal about an hour before you train. With protein and complex carbohydrates in your system, you'll be able to maximize your workout performance, while avoiding low blood sugar jitters or dizziness. Similarly, you need to eat a hearty protein meal with sufficient carbs within 45 minutes of the completion of your workout. This is necessary to provide the muscle-building materials to repair depleted tissue and support the process of building new muscle, and also replenish muscle glycogen.

RULE # 8 —Drink water throughout the day. The quality of your body tissues, their performance and their resistance to failure is absolutely dependent on the quality and quantity of the water you drink. Detoxify. Keep yourself hydrated throughout the day, especially during exercise.

Food Diary

Use this log to track what you are eating throughout the day.

Tracking your meals is one of the best ways to determine where your calories come from, thus gives you a way to determine where you could cut back or exchange lower calorie foods for some higher calorie foods in your diet.

After a few days, review what you are eating and decide how you could make changes for fat loss and a healthier overall diet.

Date— Type of Meal or Snack	Time Of Day	Food Eaten— <i>Amount (i.e. 1 bowl of rice, 2 apples, 1 chicken breast)</i> <i>Type of food and how it was prepared (i.e grilled chicken, French fries, fresh lettuce)</i> <i>Any drinks, Oils, Butter, Sauces, and Dressings</i>	Notes Or Feelings after Eating

HOW TO WRITE A FOOD DIARY

The following information can be used as a tool in describing your food intake when filling out your food diary. The more complete your food diary is the better your diet can be analyzed. These are questions you should be asking yourself when filing out your food diary.

Beverages

Instant or regular
Caffeinated or decaffeinated
Sweetener---- sugar or artificial sweetener
Creamer---- milk or cream or artificial creamer---- low fat (light) or regular
Alcohol-type

Bread and grains

Homemade or store bought or bakery
Added fat or toppings

Cereals

Ready to eat---- name brand---- added sweetener
Cooked---- instant or regular---- added fat or sweetener

Dairy products

Acidophilus
Percent fat---- whole or 1/2% or 1 % or 2 % or skim (nonfat)
Flavoring fruit or plain or chocolate or sugar-free
Condensed
Evaporated
Dry (type and dilution)

Fats

Butter---- whipped or stick or light
Margarine---- fat free or reduced calorie (light) or regular---- stick or tub
Oil---- type
Mayonnaise/salad dressing---- regular or fat free or cholesterol free or reduced calorie (light) or flavor

Fruit

Dried
Fresh
Frozen
Canned---- water packed or juice packed or light---- syrup or medium---- syrup or heavy---- syrup

Juice

Fresh

Frozen----- added sweetener

Canned----- added sweetener or fortified (i.e., with calcium or vitamins)

Drink----- flavor

Meat

Type---- fish or pork or poultry or beef or lamb or other Cut
(i.e., Thigh, chop, sirloin)

Percent fat---- regular or lean or extra lean

Skin---- eaten or removed

Preparation method---- breaded or fried or grilled, etc)

Sweets & desserts

Cakes---- flavor---- iced or not

iced Candy---- sugar or chocolate

Cookies---- description (i.e., fruit, nuts, icing)

Pies---- description (i.e., fruit, nuts, icing)

Doughnuts---- description (i.e., fruit, nuts, icing)

Brownies---- description (i.e., fruit, nuts, icing)

Store---- bought or homemade

Vegetables

Fresh

Frozen---- added fat

Canned---- added fat

Skin---- eaten or removed

Preparation method

Prepared foods

Label Name

brand

Description

Preparation method