



Robinson Fitness Healthy Eating!

To help the body maintain and function optimally, the body requires a variety of nutrients and energy so that vital functions such as energy production and the immune system are able to perform their functions.

Without essential energy sources such as carbohydrates, fats, protein, fibre, vitamins and minerals, plus water the body will slow down and fail to function. So many diets which have famously restricted food types are often doomed to failure from the beginning, as they simply leave the body unable to cope in the medium to long term.

A brief overview of the body's main energy sources

Fats

Good Fats	Bad Fats
<ul style="list-style-type: none"> • Unsaturated fats: polyunsaturated oils and fats and monounsaturated oils and fats. • The body needs fats as a source of energy, energy production, speed up metabolism, strengthen immune system and fight heart disease. • Eg – olive oil, nuts, eggs, linseed oil, sunflower seeds and oily fish. Mackerel, tuna, salmon and sardines 	<ul style="list-style-type: none"> • Saturated fats – used in processed foods. • They help to thicken/ clog our arteries • Bad fats slow down the metabolism and encourage the build up of cholesterol in the body. • Eg – fatty meat, butter, hard margarine, cheese and pastries.
<p>What can you do?</p> <p>Use lower fat dairy products, reduced fat cheese use fewer full fat products.</p> <p>Meats low in fat, or cut off visible fat and skin.</p> <p>Grill and bake foods</p> <p>Use less fat in cooking, low fat spreads.</p>	



Carbohydrates

Simple Carbohydrates	Complex Carbohydrates
<ul style="list-style-type: none"> • Sweet tasting carbohydrates such as fruit, vegetables, milk and sugar. • Added to a lot of food such as cookies and cakes. • They provide quick release energy, which help to ensure a quick energy fix! 	<ul style="list-style-type: none"> • Starchy and dietary fibre. • The body takes longer to break these carbohydrates down. • The energy fix is slower and longer lasting! • Wholemeal bread, brown rice, vegetables, pulses and grains.

Protein

Protein
<ul style="list-style-type: none"> • Protein provides the building blocks for the body, it aids continuous rebuilding, growth and repair. • Chicken and fish are very rich sources of protein containing a low fat level, where as lamb and duck are high in protein but unwanted saturated fat. • Vegetarians can eat soya, tofu, beans and pulses which all contain a rich source of protein and are low in fat.

Now we have an understanding of the body's energy sources, we are going to look into a meal plan and food options available to you, to turn your body into a fat burning machine.

Healthy Eating

The main thing I would like my clients to get out of this is that they can still enjoy food! It is important to change your attitude towards food, make more time for yourself to prepare meals instead of going for the processed food that is so widely available. Through keeping to the glycaemic index it allows your body to have a constant fix of energy and stop the frequent crashes of energy and sugar cravings!

I would like you now to start controlling the level of fat within your diet, leaning away from the saturated fats and moving towards the unsaturated fats!

Carbohydrates provide your body with energy so we are now looking at the majority of your food 50% becoming Low GI carbohydrates, Proteins such as Skinless chicken, fish, nuts and beans becoming 35% of your daily intake and 15% saturated fats!



Shopping

- 1 Gram of fat = 9 calories
- 1 Gram of Carbohydrates= 4 Calories
- 1 Gram of Protein= 4 Calories

Now we know this information we are able to look at and understand what we are putting into our bodies.

EG

- A can of tuna has 25g of protein = 100 calories (Protein)
- A 45g of Porridge oats = 180 calories (Carbohydrates)

Food labels often hide the truth behind the 'weight' of a product rather than the truth about its calories, a 100g product is 300 calories of energy in total, and its fat level is 10g, it can be advertised as '10% fat' or low fat as a product.

However if you use the value of calories per gram of fat (9 calories per gram) and multiply it by the grams in the product (10g x 9) you'll see that there are 90 calories of fat in the product, and as we know the product is 300 calories in total it actually means the product is 30% fat not 10%.

The Glycaemic Index

Low glycaemic foods provide a slow release of energy and help prevent sugar cravings!

Breakfast	Dairy Food	Bread	Grains/ Pasta	Vegetables	Fruit	Legumes
Porridge Low 42	Milk full fat Low 27	Grainy Bread Low 47	Pasta Shells Low 38	Carrots Low 49	Apple Low 38	Lentils Low 29
Muesli Low 47	Milk semi skimmer Low 30	Pitta Bread Medium 57	Spaghetti Low 39	Potatoe High 88	Banana Low 52	Baked Beans Low 49
Cornflakes High 77	Yogurt Low 35	Croissant High 71	Taliatelle Low 38	Sweet Potatoe Low 54	Pineapple Med 62	Kidney Beans Low 28
Coco Pops High 77	Ice Cream Medium 65	Bagel High 72	Rice instant High 87	Spinach Low 46	Watermelon High 72	Broad Beans High 78
Special K Low 54				Broccoli Low 52	Grapes Med 62	

For the complete Glycaemic Index, email Tom at tom@robinsonfitness.co.uk



Daily Eating Planner Example

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast Wheat free muesli or Porridge	Breakfast Wholemeal toast +2 Poached eggs	Breakfast Muesli	Breakfast Fresh fruit and low fat yoghurt	Breakfast Muesli	Breakfast Porridge	Breakfast Whole wheat pancakes
Lunch Salade Nicoise	Lunch Wild rice salad	Lunch Greek Salad	Lunch Sweet potatoes and tuna	Lunch Tuna Sandwich	Lunch Greek Salad	Lunch Quinoa Salad
Dinner Asian Stir Fry	Dinner Brown pasta and tomato and chicken	Dinner Chicken with cous cous	Dinner Fish cakes and salad	Dinner Grilled tuna and brown rice	Dinner CHEAT MEAL	Dinner Chicken salad
Snacks Banana Mixed Seeds 3 litres of water. No alcohol	Snacks Pear Apple Raisins 3 litres of water No alcohol	Snacks Dried apricots Mixed seeds 3 litres of water. No alcohol	Snacks Banana Almonds 3 litres of water No alcohol	Snacks Apricots Pears Mixed seeds 3 litres of water No alcohol	Snacks Apples Pears 3 litres of water.	Snacks Mixed seeds Almonds Dried Apricots 3 litres of water. No alcohol

The next step....

1. Calculate your daily calorie demands.

*If you are highly active, exercising more than 4 hours a week. Multiply your body weight by 38 calories

*If you are highly active, and want to maintain good health. Multiply your bodyweight by 42 calories.

*If you are moderately active and exercising 2-3 times a week, and want to lose weight. Multiply your bodyweight by 25 calories.

*if you are moderately active with no weight loss goals multiply your body weight by 27 calories

From this Calories per day ____ X 20%

= _____ Calories from fat

2. Plan your meals and snacks ahead, using food charts or daily meal planners
3. Use a diet diary, measure out if possible your daily calorie consumption and fat consumption



A high GI value is 70 or more

A medium GI value is 56-69

A low GI value is less than 55

* = These foods have a high fat content and should be eaten only occasionally

LOW	MEDIUM	HIGH
Cereals		
AllBran, Fruit 'n oats, Toasted muesli*, Frosties, rolled oats, porridge, Guardian, oat bran, Komplete oven baked muesli, oat/rice bran, Special K,	Special K, untoasted muesli, Bran Buds, Just Right, Mini Wheats, Vitabrits, Nutrigrain, Sustain, Weetbix, Honey Smacks, untoasted muesli, shredded wheat, , .	Cornflakes, Sultana Bran, Branflakes, Cocopops, Puffed Wheat, Rice Bubbles, Rice Chex, Wheat bites, Breakfast bars, Oat in honey bake, Team, Total, wheat bites, corn bran
Breads		
Burgen Oat bran bread (31) or multigrain bread or soy-linseed bread (19) or fruit bread, kibbled barley, Holsom's wholemeal, 9 grain mutigrain, fruit loaf, pumpernickel, sourdough rye, stoneground wholemeal, Ploughman's loaf, Vogel Honey & Oat.	Pita bread, croissant*, crumpet, white bread, hamburger bun, light rye bread, sourdough, rye, wholemeal bread, pizza.	White, Bagels, waffles Wonderwhite, Dark Rye bread, French baguette, melba toast, Gluten-free bread.
Crackers/Crispbreads/Biscuits/Cakes		
Jatz*, oatmeal, rich tea biscuits, banana cake, pound cake, apple muffin, sponge cake.	Ryvita, Saos, Jatz, Breton wheat, stoned wheat thins, digestives, oatmeal, milk arrowroot, shredded wheatmeals, shortbread, flans, angel food cake* muesli bars with fruit, bran muffins, Blueberry muffin, flaky pastry.	Kavli, water crackers, rice cakes, pretzels, crackerbread, puffed crispbread, morning coffee, vanilla wafer, donuts (cinnamon).



Grains/Pasta		
Wheat pasta, noodles, egg fettucine, vermicelli, meat ravioli, macaroni, tortellini, spaghetti, long grain white rice, pearl barley, buckwheat, bulgur, semolina, cracked wheat, popcorn.	Buckwheat, brown rice, Doongara, Basmati rice, taco shells, gnocchi, couscous, maize cornmeal, macaroni cheese (packet).	Sunbrow quick rice, Calrose shortgrain rice, Instant cooked, tapioca, Corn chips, millet, rice pasta.
Legumes/nuts		
Soya beans, kidney beans, lentils, butter beans, chick peas, haricot beans, lentils, baked beans, bengal gram, blackeyed beans all nuts	Green gram dahl, green pea soup, split pea soup.	Broad beans, lima beans, pinto beans.
Vegetables		
Green peas, sweet corn, sweet potato, carrots. potato crisps*	New canned potatoes, new potatoes, beetroot.	French fries*, baked potatoes, pumpkin, parsnip, potatoes (Pontiac, Sebago, Desiree, instant).
Fruit		
Cherries, plums, grapefruit, peaches, apples, pears, dried apricots, grapes, kiwi fruit, oranges, jam.	Mango, paw paw, sultanas, bananas (just ripe), raisins, rockmelon, pineapple, fresh apricots, canned fruit in syrup.	watermelon, very ripe "medium fruits". dates
Dairy Foods		
Whole milk, skim milk, chocolate milk, low fat flavoured yoghurt, artificially sweetened yoghurt, low fat ice-cream*, custard, soy milk	Icecream (full fat).	Tofu frozen dessert Vitari frozen fruit



Sugars		
Fructose (fruit sugar). Nutella	Lactose (milk sugar), Sucrose, honey.	Glucose, Glucodin, jellybeans, lifesavers, maltose.
Beverages		
Apple juice, grapefruit juice, orange juice, Sustagen.	Cordial, Fanta.	Lucozade, Gatorade, Sports Plus.