

## Day 6 – Nutrition

We will be covering a lot with nutrition so please let us know if you need a few days to digest the information. As we have mentioned previously the mind, body and spirit are one. You cannot work on one element and not the other if you want your change to have a lasting effect.

We all know that having a healthy diet helps not only to regulate our weight but also helps maintain a balance in our mind (your mood and wellbeing). There is a great deal of study that has taken place linking a typical Western diet (red meat, take away, pre-processed food, sugar, fizzy drinks) to a number of mental health illnesses (ADHD, IBS, Alzheimer's).

As with everything, things in moderation are best. We are not saying you should not have a little of what you fancy, but moderate it and most important of all, think about it.

We know that finding time to make sure you have a healthy diet is a difficult area for some people; due to lack of time, lack of budget, and lack of knowledge. This doesn't have to be the case for you!

We have gathered some tips for you which will help you make the right choices where your diet is concerned. We can guarantee you that if you follow a healthy diet you will feel the benefits not only in your body image but also in your mind.

### Tip 1: Set yourself up for success

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps - like adding an apple and removing a packet of crisps - rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices. This way your changes will be long lasting.

- **Prepare more of your own meals.** Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food.
- **Make the right changes.** When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives.
- **Simplify.** Instead of being overly concerned with counting calories, think of your diet in terms of colour, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.

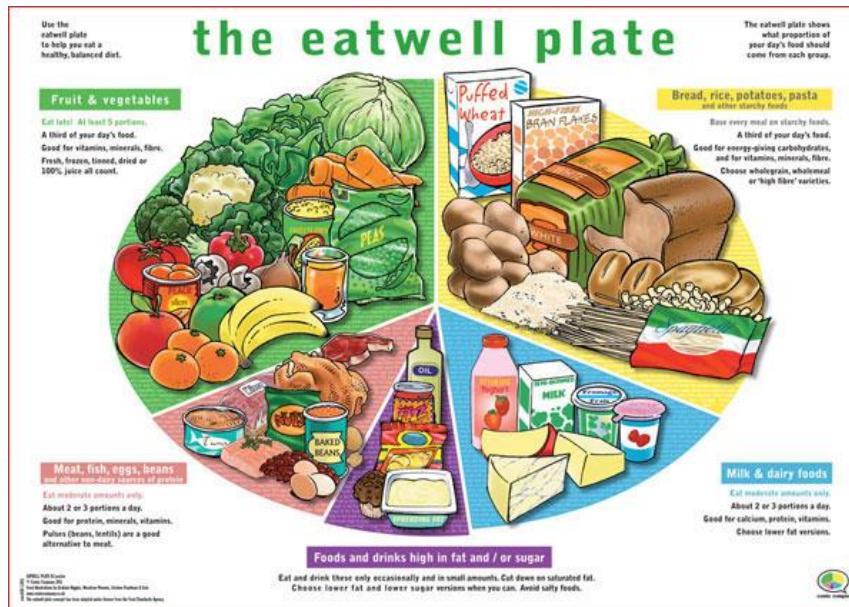
- **Read the labels.** It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar and salt in packaged food, even food claiming to be healthy.
- **Focus on how you feel after eating.** This will help foster healthy new habits and tastes. The more healthy food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.
- **Drink plenty of water.** Water helps flush our systems of waste products and toxins. Dehydration causes tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.
- **Use Mindfulness (being present)** whilst eating. Concentrate on the food and eating, enjoy every mouthful as it can help you recognise when you are full and what you do and do not enjoy eating.

### Tip 2: Moderation is key

Key to any healthy diet is moderation. But what is moderation? In essence, it means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. Despite what fad diets would have you believe, we all need a balance of carbohydrates, protein, fat, fibre, vitamins, and minerals to sustain a healthy body. For most of us, moderation also means eating less than we do now. But it doesn't mean eliminating the foods you love. Eating bacon for breakfast once a week, for example, could be considered moderation if you follow it with a healthy lunch and dinner—but not if you follow it with a box of donuts and a pizza. If you eat 100 calories of chocolate one afternoon, balance it out by deducting 100 calories from your evening meal (or even doing some exercise). If you're still hungry, fill up with extra vegetables. Also try to eat more slowly; chewing your food a few more times before swallowing will help.

Use the 'Eatwell Plate' to help with your food choices:

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It's not just what you eat, but when you eat:

- **Eat breakfast, and eat smaller meals throughout the day.** A healthy breakfast can jumpstart your metabolism, while eating small, healthy meals (rather than the standard three large meals) keeps your energy up.
- **Avoid eating at night.** Try to eat dinner earlier and fast for 12-14 hours until breakfast the next morning. Studies suggest that eating only when you're most active and giving your digestive system a long break each day may help to regulate weight.

## Tip 3: Fill up on colourful fruits and vegetables

Fruits and vegetables are low in calories and nutrient dense, which means they are packed with vitamins, minerals, antioxidants, and fibre. Focus on eating the recommended daily minimum of five servings of fruit and vegetables and it will naturally fill you up and help you cut back on unhealthy foods.

## Tip 4: Eat more healthy carbs and whole grains

Choose healthy carbohydrates and fibre sources, especially whole grains, for long-lasting energy. Whole grains are rich in phytochemicals and antioxidants, which help to protect against coronary heart disease, certain cancers, and diabetes.

**Healthy carbs** (or good carbs) include whole grains, beans, fruits, and vegetables. Healthy carbs are digested slowly, helping you feel full longer and keeping blood sugar and insulin levels stable.

**Unhealthy carbs** (or bad carbs) are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fibre, and nutrients. They digest quickly and cause spikes in blood sugar levels and energy.

Try to avoid refined foods such as breads, pastas, and breakfast cereals that are not whole grain.

### **Tip 5: Enjoy healthy fats and avoid unhealthy fats**

Good sources of healthy fat are needed to nourish your brain, heart, and cells, as well as your hair, skin, and nails. Foods rich in certain omega-3 fats can reduce cardiovascular disease, improve your mood, and help prevent dementia.

#### **Add to your healthy diet:**

- **Monounsaturated fats**, from plant oils like canola oil, peanut oil, and olive oil, as well as avocados, nuts (like almonds, hazelnuts, and pecans), and seeds (such as pumpkin, sesame).
- **Polyunsaturated fats, including Omega-3 and Omega-6** fatty acids, found in fatty fish such as salmon, herring, mackerel, anchovies, sardines, and some cold water fish oil supplements. Other sources of polyunsaturated fats are unheated sunflower, corn, soybean, flaxseed oils, and walnuts.

#### **Reduce from your diet:**

- **Saturated fats**, found primarily in animal sources including red meat and whole milk dairy products.
- **Trans fats**, found in vegetable shortenings, some margarines, crackers, candies, cookies, snack foods, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

### **Tip 6: Reduce sugar and salt**

As well as creating weight problems, too much sugar causes energy spikes and has been linked to diabetes and depression. Sugar is hidden in foods such as bread, cereals, canned soups and vegetables, pasta sauce, margarine, instant mashed potatoes, frozen dinners, low-fat meals, fast food, and ketchup. It all adds up to a lot of empty calories since your body gets all it needs from sugar naturally occurring in food.

Sodium (salt) is another ingredient that is frequently added to food to improve taste, even though your body needs less than one gram of sodium a day (about half a teaspoon of table salt). Eating too much salt can cause high blood pressure and lead to an increased risk of stroke, heart disease, kidney disease, memory loss, and erectile dysfunction. It may also worsen symptoms of bipolar disorder.

### **How sugar is hidden in food labels:**

Aside from the obvious ones—**sugar, honey, molasses**—added sugar can appear as **agave nectar, cane crystals, corn sweetener, crystalline fructose, dextrose, evaporated cane juice, fructose, high-fructose corn syrup, invert sugar, lactose, maltose, malt syrup**, and more.

### **Tip 7: Add calcium for bone health**

Your body uses calcium to build healthy bones and teeth, keep them strong as you age, send messages through the nervous system, and regulate the heart's rhythm. If you don't get enough calcium in your diet, your body will take calcium from your bones to ensure normal cell function, which can lead to osteoporosis.

Recommended calcium levels are 1000 mg per day, 1200 mg if you are over 50 years old. Try to get as much from food as possible and use only low-dose calcium supplements to make up any shortfall. Limit foods that deplete your body's calcium stores (caffeine, alcohol, sugary drinks), do weight-bearing exercise, and get a daily dose of magnesium and vitamins D and K—nutrients that help calcium do its job.

### **Good sources of calcium include:**

- **Dairy:** Dairy products are rich in calcium in a form that is easily digested and absorbed by the body. Sources include low-fat milk, yogurt, and cheese.
- **Vegetables and greens:** Many vegetables, especially leafy green ones, are rich sources of calcium. Try collard greens, kale, romaine lettuce, celery, broccoli, fennel, cabbage, summer squash, green beans, Brussels sprouts, asparagus, and crimini mushrooms.
- **Beans:** such as black beans, pinto beans, kidney beans, white beans, black-eyed peas, or baked beans.

### **Tip 8: Put protein in perspective**

Protein gives us the energy to get up and go—and keep going. While too much protein can be harmful to people with kidney disease, the latest research suggests that most of us need more high-quality protein from sources other than red meat and dairy, especially as we age.

### **How to add high-quality protein to your diet:**

- Replace red meat with fish, chicken, or plant-based protein such as beans, nuts, and soy.
- Replace processed carbohydrates from pastries, cakes, pizza, cookies and chips with fish, beans, nuts, seeds, peas, tofu, chicken, low-fat dairy, and soy products.
- Snack on nuts and seeds instead of chips, replace baked dessert with Greek yogurt, or swap out slices of pizza for a grilled chicken breast and a side of beans.

### **Tip 9: Bulk up on fibre**

Eating foods high in dietary fibre can help you stay regular, lower your risk for heart disease, stroke, and diabetes, and help you lose weight. Depending on your age and gender, nutrition experts recommend you eat at least 21 to 38 grams of fibre per day for optimal health. Many of us aren't eating half that amount.

- In general, the more natural and unprocessed the food, the higher it is in fibre.
- Good sources of fibre include whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables such as carrots, celery, and tomatoes, and fruits such as apples, berries, citrus fruits, and pears.
- There is no fibre in meat, dairy, or sugar. Refined or “white” foods, such as white bread, white rice, and pastries, have had all or most of their fiber removed.
- An easy way to add more fibre to your diet is to start your day with a whole grain cereal or add unprocessed wheat bran to your favourite cereal.

### **How fibre can help you lose weight:**

Since fibre stays in the stomach longer than other foods, the feeling of fullness will stay with you much longer, helping you eat less. Fibre also moves fat



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through your digestive system quicker so less of it is absorbed. And when you fill up on fibre, you'll also have more energy for exercising.

### Tip 10: Learn your recommended daily amounts

Recommended Daily Amounts	
<b>Fruits and vegetables</b>	At least five ½ cup servings
<b>Calcium</b>	1,000mg or 1,200mg if over 50
<b>Fibre</b>	21g to 38g
<b>Protein</b>	0.8g to 1.5g of high-quality protein per kilogram (2.2lb) of body weight
<b>Saturated fat</b>	No more than 16g
<b>Trans fat</b>	No more than 2g
<b>Sugar</b>	Keep calories from added sugars under 100 (24g or 6 teaspoons) for women and under 150 (36g or 9 teaspoons) for men
<b>Sodium</b>	No more than 1,500 to 2,300 mg (one teaspoon of salt)

Start to think about what you eat, when you eat (breakfast, lunch, dinner, snack, snack, snack etc) why you eat (hungry, bored, stressed, upset, happy etc) and how it makes you feel (upset, happy, bloated, sick, too full, not full enough etc). If you begin writing this down in your notebook it will help you understand your eating habits and change them for the better. This is another thing that we know won't happen overnight, so make small changes so you can record the positive progress. Make the right choices!



Do you have any helpful tips you can share with others on our Facebook page?

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Today we would like you to start completing the food and exercise log. This will enable you to see what foods and exercises you enjoy, when you feel you are overeating (and why) and how you feel after you have eaten or exercised.

We would also like you to fill out the body measurement chart. We will not ask you to weigh yourself on the Think Yourself Slim programme as we believe body image is about how you feel you look.

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Try the body image meditation:

<http://www.yourwellbeinguk.com/#!/meditation/cjw7>

You will need to continue to complete these charts (and all other logs issued during the course of our 10 day programme) until you reach your happy body image.

Today we would like to introduce the body image meditation hypnosis. We would like you to continue logging and reframing those unhelpful thoughts, so that practice becomes perfect.

Today we would like you to:

- Start using the body image meditation
- Keep logging and re-framing those unhelpful thoughts. Practice, practice, practice your re-framed thinking. The changes will not happen overnight, you need to keep on catching each negative thought and re-framing it
- Start using the 'Body Measurement Chart'
- Start using the 'Food and Exercise Log'

With Love xxxx