

Clean Eating



"Life is delicious"

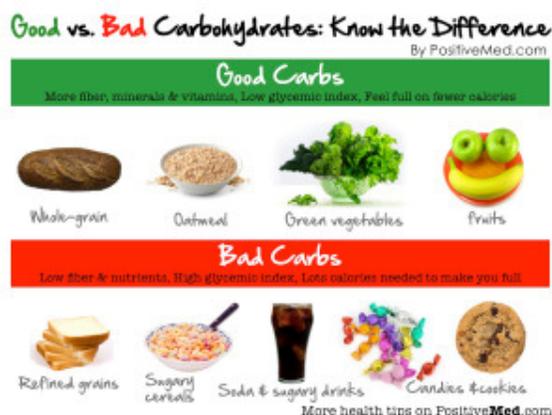
Carbohydrates

Carbohydrates are an important source of energy & our bodies cannot operate properly without them.

Carbs contain vitamins & minerals, and can be found in grains, milk, yoghurt, fruit, vegetables, and beans.

If we eat too many carbohydrates, more specifically, if we eat them at times when our body is less likely to convert them to energy (ie. with dinner), this is when they are stored as fat.

The **carbohydrates to avoid are simple sugars**. These food choices constitute little or no nutritional value, these are often sugar-based, and can be found in biscuits, chocolates, soft drinks, and lollies etc.

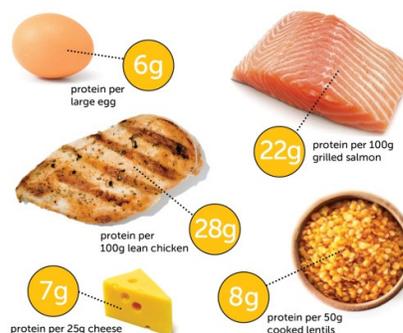


Proteins

Did you know that protein makes up about half of the human body's dry weight? Many of the foods we eat contain protein; particularly flesh foods (chicken, beef, lamb and fish) and legumes. Proteins are digested to release amino acids. In the body, amino acids are used to make new proteins, converted into hormones such as adrenalin or may be used as an energy source.⁽¹⁾

Benefits of protein;

- Growth development
- Muscle growth
- Hair, skin and nail growth
- Muscle repair
- Aid in healing wounds and scars
- Replenishment of lost blood



Eating a protein-rich breakfast has been proven to increase metabolism by up to 30% over 12 hours, and also helps in reducing fluid retention.

Not only does it also help us feel fuller for longer, it ensures that our body is using energy from our food to build muscle, & therefore encourages the body to seek energy from our fat-storage centres.

Sugar

Sugar contains no essential vitamins or minerals to help break down the substance this inhibits our body's ability to breakdown fats and build muscle.

Not only does **sugar contain no nutritional value** for us, it also causes our blood sugar levels to rise drastically, followed by a sudden drop in insulin, which then leaves us feeling low & lethargic. We also feel hungry (often for something more sweet) to accommodate for the loss in energy, which then drives us to eat more than what we need but without the energy or motivation to burn it off.

The body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.

Most processed sugars are often hidden under different terms on packaging. Sugar can be identified as: maltose, glucose, dextrose, fructose, sucrose, molasses and even honey.



With no value to us nutritionally, sugar is basically an empty calorie.

Should you wish to conduct further research the below link is a great article written by Kristin Kirkpatrick, M.S., R.D., L.D.. Manager of Wellness Nutrition Services at Cleveland Clinic Wellness Institute is a great summary of the effects of sugar.

http://www.huffingtonpost.com/kristin-kirkpatrick-ms-rd-ld/dangers-of-sugar_b_3658061.html

Fats

Good fats are great sources of Vitamin E and Omega-3's:

- promoting great skin
- assisting in lowering cholesterol levels
- improving memory and concentration
- reducing the risk of heart disease.

These types of fats are unsaturated and can be found in fish such as salmon and tuna, as well as nuts such as flaxseeds, pumpkin seeds, almonds, and brazil nuts as well as avocado and olives.



Fats to avoid are saturated & often labelled as 'trans-fats' and are known to contribute to clogged arteries and high cholesterol levels.

Saturated fats can be found in abundance in things such as:

- packaged chips
- icings

- fried food
- buttery popcorn
- some margarine

When to Eat?

It is a common misconception that our largest meal should be dinner. This is when our bodies are slowing down and food begins to 'sit' in our bodies, rather than being transformed into the energy it needs.

When our bodies are most active is when we should be feeding them with the highest amounts of nutrients, before we start the day.

This is one of the best secrets in maintaining and losing weight.

What to Eat?

It is recommended to base meals on 40% protein, 30% carbs, 30% fat.

A good main meal suggestion would be lean meat the size of your palm, 2-3 cups of salad or vegetables, 1 small serve of brown rice and some salad dressing or olive oil on the vegetables.

Supplements can also benefit and contribute to fulfilling your daily vitamin and mineral requirements.

For meal suggestions refer to www.thefoodlife.org

Free ebooks containing meal plans and healthy recipes can be found at <http://thefoodlife.org/healthandfitness/>

Tips & Facts for Clean eating and weight management

1. Fresh lemon water as soon as you wake up to kick start your metabolism & hydrate you.
2. Drink 3 litres of water per day
3. Breakfast should be your biggest meal of the day
4. eat 4-6 times per day
5. Eat prior to working out such as a banana
6. If your aim is to lose weight eliminate sugar from your diet and keep your fruit intake to 1 piece per day in the morning
7. Dried fruit is processed and refined
8. Choose Brown RYE bread over white bread
9. When eating nuts only have enough to cover three fingers
10. Almonds, walnuts and Brazil nuts are your best options.
11. Stay away from cashews and macadamias.
12. Sometimes we confuse hunger with dehydration, drink water!
13. Eat slowly
14. Do not skip meals
15. Keep portion sizes reasonable
16. Meat servings should be the size of the palm of your hand

17. We need to eat good fats such as avocado, nuts and oily fish to give our bodies access to vital Omega acids and essential vitamins
18. Olive oil is also a great fat when used cold, but steer clear of vegetable oil.
19. The ideal way to cook your vegetables is by steaming them.
20. Where possible, choose organic food. The health benefits are fantastic, & because organic food is free from nasty toxins such as chemicals, pesticides, preservatives and additives, our bodies are able to break it down at a much faster and more efficient rate.
21. Mustards are great for you- they contain omega 3 fatty acids also magnesium and they are very low in calories. Makes a great sauce over your meat!
22. An alternative to sausages when eating clean is Kangaroo sausages. They are lean and high in protein.

If weight loss is your goal stay away from

1. Sauces: As an alternative you can use lemon, healthy spices mixed with olive or coconut oil
2. Cheeses, Custard & Creams
3. Dried Fruit
4. Take away & processed fast food
5. Flavoured Drinks: Many flavoured drinks are packed full of sugar, and not to mention other nasty chemicals.
6. Pasta: White, starchy, unnecessary carbohydrates, and often contains processed sugar
7. Processed mince and sausages: are made up of low quality off cuts and left-over fatty surplus, that doesn't really constitute meat at all.
8. Alcohol: The main concern is the high sugar content contained in beers, wines and mixers.

Reference;

- 1) <http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/protein?open>