

NUTRITIONAL GUIDELINES FOR A HEALTHY LIFESTYLE

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This is how it works:

Before you make any changes to the way you eat please consult with your doctor.

The guidelines are based on eating nutritionally balanced meals which have been put together with the consultation of nutritional therapists.



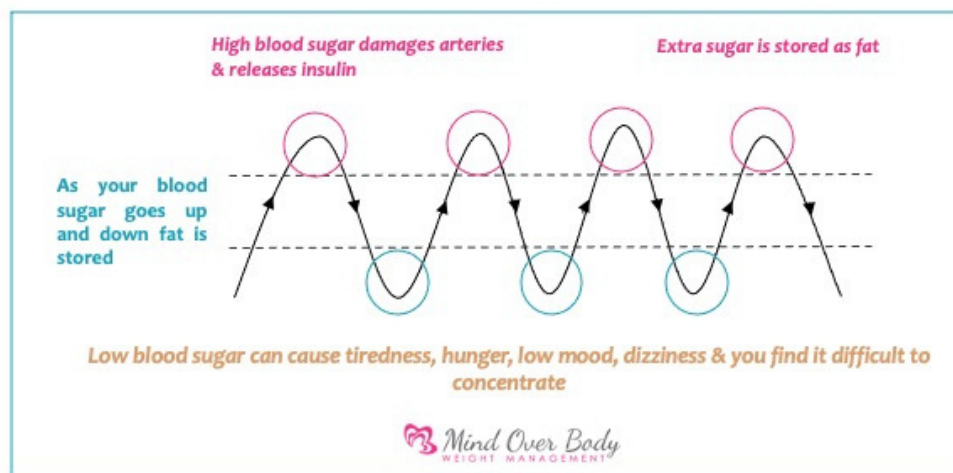
Why is it important to keep your blood sugar balanced?

Balanced blood sugar helps keep our brain healthy, our energy levels stable and our mood balanced and helps to reduce cravings.

Blood sugar spikes occur when your blood sugar rises and then falls sharply after you eat. In the short term, they can cause lethargy and hunger. In the long term, your body may not be able to lower blood sugar effectively, which can lead to type 2 diabetes.

The more your blood sugar goes up and down, the more fat your body stores!

Balanced blood sugar is the secret to weight loss
Balanced blood sugar = less hunger & more energy



YOUR HEALTHY EATING GUIDELINES HELPING YOU TO BALANCE BLOOD SUGARS

- 1.EAT 3 MAIN MEALS AND 2 SNACKS PER DAY
 - 2.EAT EVERY 3 HOURS (approx.)
 - 3.DRINK 2l of WATER PER DAY
 - 4.ADD A SOURCE OF PROTEIN TO EVERY MEAL
& SNACK
 - 5.EAT MOSTLY FRESH PRODUCTS
 - 6.REDUCE THE PORTION SIZE OF STARCHY
FOODS AND AIM FOR BROWN VARIETIES
(Bread, pasta, rice, potatoes etc.,)
 - 7.LIMIT ALCOHOL TO EVERY SECOND WEEK
 - 8.SET ASIDE TIME TO PREPARE FOR THE WEEK
 - 9.FOLLOW THE GUIDELINES 90% OF THE TIME
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EAT 3 MAIN MEALS AND 2 SNACKS PER DAY

BREAKFAST



MAIN MEAL



MID MORNING & MID AFTERNOON SNACKS



MAIN MEAL



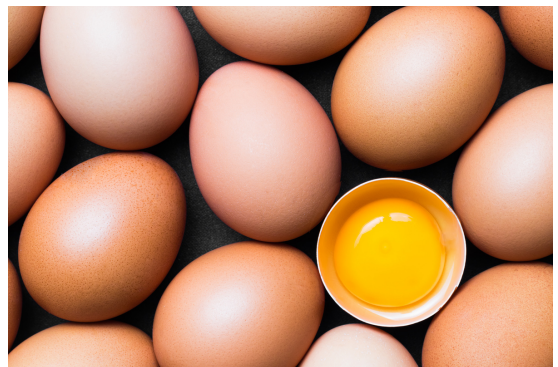
DRINK 2L WATER DAILY



EXAMPLES OF MAIN MEALS AND SNACKS

ADD A SOURCE OF PROTEIN TO EVERY MEAL & SNACK

Adding protein to your meals will keep you
full longer



Chose brown starchy carbohydrates
when possible to increase fibre



PORTION SIZES

You can use the guidelines below to work out average portion sizes.

However, please bear in mind that sometimes you will be more hungry and sometimes less.

For example, if you are exercising, you might need more food than when you are sitting in the office all day.

On the programme you will learn how to tune in to your body and recognise your hunger signals. It is important that you do not go hungry, as this can lead to overeating later on in the day.



PROTEIN

A portion of protein is your palm.



VEGETABLES

A portion of vegetables is your fist.



CARBS

A portion of carbs is your cupped hand.



FAT

A portion of fat is your thumb.

YOUR MAIN MEALS



CHOOSE YOUR PROTEIN

Chicken, Fish, Pork, Beef,
Fish, Eggs, Pulses



CHOOSE YOUR VEGETABLES

Fill half your plate with a
variety of vegetables



CHOOSE SOME SALAD

Add salad if you wish

Prepare your meals with coconut oil, olive
oil, grill, bake, boil

YOUR SNACKS



CHOOSE YOUR FRUIT

1 PIECE OF FRUIT, OR
HANDFUL OF BERRIES



GREEK STYLE FULL FAT PLAIN YOGHURT OR QUARK

2 - 3 tablespoons



ADD SOME NUTS

ADD 5 - 8 UNSALTED,
UNROASTED NUTS
or
1 tablespoon Peanut
Butter

PREPARE PREPARE PREPARE

