



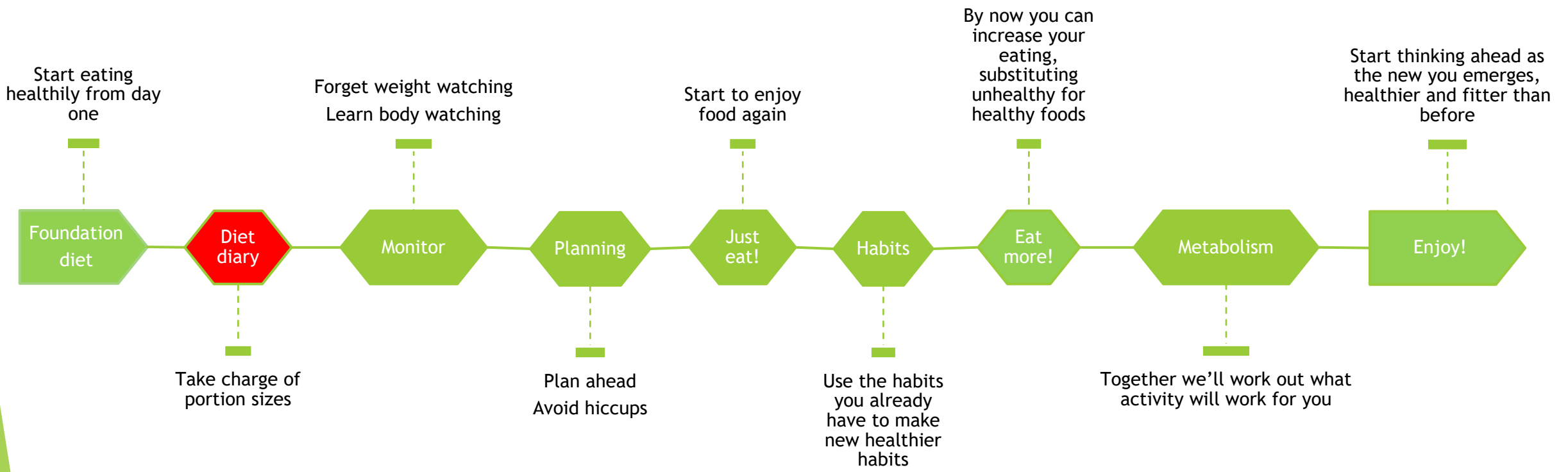
Weight loss diet for women

A plan for life – Take charge of portion sizes



The programme

1 2 3 4 5 6 7 8 9





Session 2 – Recording what you eat

Know what you eat

- How to monitor for yourself

Define your food

- Using the point system

Outcome 1

- Make better choices

Outcome 2

- Change your body

Outcome 3

- Feel confident

How do you define foods

- ▶ Fattening or slimming
- ▶ Calories
- ▶ Carbs, fats or protein
- ▶ Healthy or unhealthy
- ▶ Processed or fresh
- ▶ Naughty but nice?



The five food groups

- ▶ Protein
- ▶ Grains
- ▶ Vegetables
- ▶ Fruit
- ▶ Dairy
- ▶ The rest



Food group 1 - Protein

Protein

- Plant or animal source
- High in
 - Protein
 - Bio-active ingredients
 - Vitamins and minerals
- Can also be high in fats
- Can cause irritation and allergies

Healthy protein*

- Eggs
- Fish
- Lean meat
- Soy and tofu
- Quorn
- Lentils
- Beans
- Nuts and seeds

Less healthy protein

- Fatty meat
- Processed meats
- Pates and spreads
- Ready meals
- Processed veggie burgers/sausages

Food group 2 - Grains

Grains

- Plant based
- High in
 - Fibre
 - Energy
 - Vitamins and minerals
- Can also be high in sugars

Healthy grains

- Cereals
 - Wholemeal bread
 - Oats (porridge)
 - Brown rice
 - Wholegrain couscous, quinoa

Less healthy grains

- Packaged breakfast cereals
- White bread
- Refined pasta
- White rice

Food group 4 - Vegetables

Vegetables

- Plant based
- High in
 - Fibre
 - Folate
 - Vitamins and minerals
- Low in fat (usually)

Healthy vegetables

- All

Less healthy

- Potatoes (high in starch)
- Avocados (high in fat)

*Eat as much
salad and fresh
leaves as you
like!*



Food group 5 - Fruits

Fruit

- Berries
- Tree fruit
- Tomatoes
- Citrus
- Exotic fruit

- High in Vitamins especially C
- High in fibre
- Can be high in sugar

Healthy fruit

- Fresh
- Tinned
- Dried

Less healthy

- Processed fruit deserts
- Jellies and fools
- Fruit juices
- Cordials
- Alcohol

Food group 3 - Dairy

Dairy

- Animal source
- High in
 - Protein
 - Healthy carbohydrates
 - Healthy fats
 - Calcium*
 - Iodine*
 - Protein +

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Healthy dairy

- Whole milk
- Yoghurt
- Cheese

[Learn more about milk here](#)

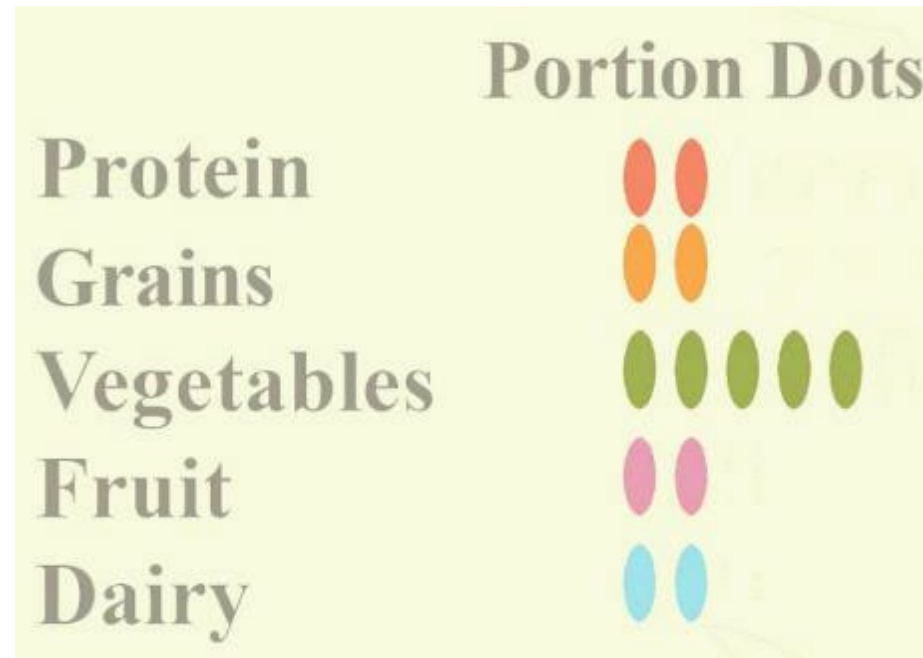
Less healthy

- Ice cream
- Fruit yoghurts
- Processed milk shakes (more sugar than Cola)



Counting portions not calories

	Portions
▶ Protein	2
▶ Grains	2
▶ Vegetables	5
▶ Fruits	2
▶ Dairy	2



[Learn more about counting dots here](#)

Don't be fooled!

Nature Valley Oat and Honey Slice
Sold in 'health food shops'.

Ingredients -	grammes		
	Nature Valley	Brown bread	
Fats	3.6		1.0
Carbohydrate	13.5		18.8
. Inc added sugar	6.0		0.5
Fibre	2.4		3.9
Protein	1.7		5.0
Cost	20p	10p	





The rest - count these **MOST** carefully

Fats

- All fats are fine in small quantities, but not in large quantities.

Sugar

- Learn to distinguish between intrinsic sugar and added sugar.

Refined grains

- White rice
- White bread

Packets

- Processed and packaged foods can not be relied upon for good nutrition.



Check the label

1. Fewer = better
2. Avoid the unrecognisable
3. Protein is queen
4. Fresh is healthy



Session 1 – Recap

Name the five food groups?

Which foods should you count most carefully?

Name one of the shoppers four rules of thumb

Which food group doesn't need to be limited?

Name the most important nutrient?

Answers

Name the five food groups?

- Protein, Carbs, Dairy, Vegetables, Fruits

Which foods should you count most carefully?

- Fats, Added sugars, Refined, Packaged

Name one of the shoppers four rules of thumb

- 1. Fewer = better
- 2. Avoid the unrecognisable
- 3. Protein is queen
- 4. Fresh is healthy

Which food group doesn't need to be limited?

- Vegetables, especially leaves and salads

Name the most important nutrient?

- Protein

Homework

- ▶ Start using the dotty record system to record your daily eating [You can download a record sheet here:](#)
- ▶ Read the blog, [The Good Life, Go Dotty!](#) These will give you more information about healthy foods and portion sizes
- ▶ Use accurate kitchen scales
- ▶ Record your thoughts and feelings. Make a list of what new foods you are enjoying

Why record what I eat and drink?

- ▶ You are becoming more conscious of your eating habits
- ▶ Your tastes will be changing
- ▶ You can spot the habits that need to change





Weight loss diet for women Session 2

Safety considerations ✓

- ▶ If you are finding the diet difficult, or you feel you are losing weight too quickly, or you are feeling lethargic, cold or dizzy, then add the optional 1 portion of protein per day
- ▶ If you have current health problems or you are at all concerned you can check with me at any time
Email wendy@wendyshillam.co.uk or phone the helpline [07957 438 666](tel:07957438666)
- ▶ This diet is for women 40+ who are overweight or obese that is 30-45kg/m² BMI (body mass index)
- ▶ The foundation diet may only be followed for 4 weeks maximum



Personal healthy eating plan

Part 2 – completed ✓

- ▶ If you have not already done so, purchase a body composition analyser. I recommend the Tanita BC 401. [There's a review page here](#), which explains the pros and cons of different body measurements. We'll be using the monitor in workshop three.
- ▶ Any questions?
Email wendy@wendyshillam.co.uk