



Weight Loss School

Look Great in 8

8 Week Weight Loss Programme devised by both Nutritionist & Health Professional

So the first few months of the year have just flown by and now is the time to refocus on your plans and aims for 2013. If one of your aims is to tone up or just lose those extra few pounds - now is the time. We have teamed up with **Dietitian Dr. Edel Duffy** and are excited to bring you our tailor made diet and fitness program to make sure you meet your fitness and health goals.

The trained fitness professionals at the Athlone Sports Centre will develop a tailored fitness programme for you. In addition Dr. Duffy has trained the team to then calculate your energy requirements based on your age, weight and exercise programme. Your energy requirements are also based on whether you want to lose weight or just shape up.

The second element of the program is the diet plan. Dr. Duffy has developed healthy menus, low calorie snack lists and information on the foods and portion sizes you need for a balanced diet. This will help you reach your healthy weight.

If you are not overweight, but wish to use the menus simply to eat healthy meals or prevent weight gain, the team will choose the correct diet plan for you based on your current energy needs.

These meal plans are nutritionally complete and meet the guidelines set out by the food pyramid for each of the food groups. It is well recognised that fad diets don't work. They may help you lose weight to start with but are usually hard to follow in the long term. The best approach to stimulate your metabolism is to eat and exercise regularly.

Become a healthier, fitter, happier you!

Join with the team at the Athlone Regional Sports Centre today to start your new dietary and exercise plan.

Step 1: Weight and Energy Targets

Weight _____

Height _____

BMI: _____ weight (kg) / height (m)²

BMI Categories

18.5 or less Underweight

18.5 to 24.99 Normal Weight

25 to 29.99 Overweight

> 30 Obese

Estimated Energy Requirements: _____

Overall Target Weight (5-10% Body Weight): _____

Overall Target Weight (1-2lbs/week) : _____

HOT TIP –

What exactly are calories? Calories are the unit of energy contained in food and drink. Calories are either burned to provide energy or, if excess to requirements, stored as fat.

Calories versus Kilocalories (kcal) It's easy to get confused about calories and kilocalories since, in a nutrition context, values are actually given for the number of kilocalories in a food, but referred to simply as calories.

Step 2: Healthy Eating Plan

A balanced diet

The different foods we eat can be categorised into food groups. It is important to eat the recommended number of portions from each of the food groups per day. The food groups are as follows:

Food Group Portions per day

Starchy foods 6 - more if you are very active

Fruits and vegetables 5 or more

Milk and other dairy foods 3

Meat, fish, eggs and other protein foods 2

Fats, Spreads and Oils - All types are high in calories – use sparingly.

Other foods that are not necessary for healthy eating. These foods are high in calories, fat, sugar and salt, and need to be limited.

When losing weight we need to focus on the following:

- Getting the right balance of foods
- Not eating portions that are too big
- Watch the fats – make healthier choices

KNOW YOUR FOOD GROUPS

STARCHY FOODS

Healthy choices

The healthiest kinds of starchy foods are those that are high in fibre. Remember that for most starchy foods, there is a higher-fibre version you can get instead of the white versions. Good choices include

- Wholegrain breakfast cereals, e.g. porridge
- Wholegrain pasta
- Brown and wholegrain breads
- Potatoes with the skin on
- Brown rice

What is a portion?

6 portions a day. A portion is:

- 1 small bowl of breakfast cereal
- 1 slice of bread
- 3 dessertspoons/2 tablespoons of cooked rice
- 1 medium potato (boiled or baked is healthiest)
- 3 dessertspoons/2 tablespoons of cooked pasta

HOT TIP –

CHOOSE BETTER! Choose wholegrain or brown versions of starchy foods where possible.

Not all foods in this group have the same calories

Lowest 100 – 135 kcals	1/3 cup raw porridge oats	1 slice soda bread 1 slice batch loaf 1 medium bread roll	3 scoops mashed potato 1 cup cooked pasta
Low to MiD 135 – 160 kcals	2 whole-wheat breakfast cereal biscuits	2 regular slices pan bread 1 oval pitta bread 6 wholemeal crackers	1 cup sweet potatoes 1 cup cooked Basmati Rice
MiD to HiGH 160 – 190 kcals	½ cup muesli	1 tortilla bread ½ lunch size baguette roll ½ Panini bread	8 baby potatoes 1 cup cooked white rice 1 cup cooked brown spaghetti 1 cup cous cous / quinoa
Highest 190 – 220 kcals	1½ cups cereal flakes	2 'thick cut' slices pan bread 1 bagel 2 round pitta bread	1 cup cooked brown rice 1½ cup wholewheat noodles

Adopted from the Healthy Eating and Active Living for Adults, Teenagers and Children over 5 Years Booklet

HOT TIP –NEVER SKIP BREAKFAST. It has been shown in studies in Ireland that people who skip breakfast are more likely to be overweight.

FRUITS AND VEGETABLES

Healthy choices

All types of fruit and vegetables are good for you. They can be fresh, frozen, tinned, dried or juiced.

What is a portion?

5 portions a day. A portion is:

Fruit

- 1 handful of grapes or berries
- 1 slice of a large fruit, e.g. melon or pineapple
- 1 heaped tablespoon of dried fruit
- 2 small fruits, e.g. plums
- 3 heaped tablespoons of fruit salad or apple stewed fruit
- 1 medium size fruit, e.g. banana
- ½ grapefruit or avocado
- 1 small glass (150ml) of fruit juice*

Vegetables

- 1 dessert bowl of salad
- 3 heaped tablespoons of vegetables
- 1 small bowl of homemade vegetable soup (raw, cooked, frozen or tinned)
- 3 heaped tablespoons of beans and pulses*

* Fruit juice only counts as one portion of fruit no matter how much you drink so it's best to get your '5 a day' from whole fruit and vegetables. The same goes for beans and pulses.



MILK AND DAIRY FOODS

Healthy choices

The healthiest dairy products are the lower-fat versions. Full-fat dairy products contain saturated fat. So keep your heart healthy by only eating a few of these. Lower-fat milk, cheese and yoghurt are just as nutritious as the full-fat versions, and have all of their goodness – all that is missing is some fat.

What is a portion?

3 portions a day. A portion is:

- a small glass of milk (200 ml)
- 1 125g pot of yoghurt
- 1 oz (30g) of cheese (a matchbox-sized piece)

MEAT, FISH, EGGS AND ALTERNATIVES

Foods in this group include meat, fish, eggs, beans and pulses. These foods are not only a great source of protein but also provide us with important vitamins and minerals. For example, meat is a good source of iron: It keeps your blood healthy and prevents anaemia. It is also a great source of vitamin B12, which can only be found in foods from animals, like meat or milk. White fish is low in fat while oily fish is a good source of healthy fats. So it is advised to eat 2 portions of fish a week.

What is a portion?

2 portions a day

Main meal

Lean cooked meat e.g. beef, pork, lamb, chicken: the size of the palm of your hand is more than enough

Fish: the size of the palm of your hand is more than enough

Cooked peas, beans, lentils – 3/4 cup

2 eggs

Light meal

Lean cooked meat e.g. beef, pork, lamb, chicken, turkey: 1 small slice

Fish – small portion cooked or tinned the size of half of the palm of your hand

1 egg

Cooked peas, beans, lentils – 1/2 cup

Nuts – a handful of unsalted nuts or

1 – 2 teaspoons of peanut butter

HOT TIP –EAT MORE OF THESE! Fruit and veg are high in water and low in calories, or energy. You can fill up on these without ruining your weight loss plans. Check out the calories in fruit later in this booklet.

FOODS HIGH IN FAT & SUGAR

Spreads, oils and dressings

- Use only about 1oz (30g) low-fat spread or low-fat butter (i.e. enough to spread thickly on two slices of bread) or a half oz (15g) ordinary margarine or butter (enough to spread thickly on one slice of bread) each day.
- Use oils sparingly in cooking
- Choose low-fat dressings and serve on the side. Just add what you need.

Sugars, confectionery, cakes and high fat snack foods These foods should only make up a small part of what you eat. There is no need to cut them out completely but do keep them as occasional treats (but not as rewards). Focus on the healthier foods that will help to keep your weight healthy. Only eat small amounts of high-fat or high-sugar snacks, and not too often. Choose lower-fat and sugar-free alternatives where you can.

Portion Size Reference Guide

Go to page 38 to see the full Portion Size Reference Guide



Palm of the hand

The width and depth of your palm (without fingers and thumb) shows how much meat, poultry or fish you need in a day. Most of this can be used for your main meal, with the remainder for your light meal.



200ml

Disposable Cup

Use a disposable plastic cup to guide portion sizes of cereals, cooked rice and pasta, and even vegetables, salad and fruit.

5ml teaspoon

This can guide your portion size for peanut butter.



HOT TIP – CUT THE FAT! Watch your portion sizes. Go for the leanest meat that you can afford, always cut the visible fat off your meat and limit the amount of processed meats. Use cooking methods where you don't need to add fat, such as grilling, steaming or baking.

Healthy Menus

Healthy Balanced Meal Plan

These meal plans provide 1500kcal (or 1800kcal). Choose from the low calorie snack list or the fruit list to add additional calories to meet your estimated energy requirements if needed.

Menu 1: 1500kcal  1800kcal 

Breakfast

Small bowl of porridge with low-fat milk
Piece of fruit – whole or chopped on cereal
Glass of unsweetened fruit juice
Tea or coffee with low-fat milk

Mid morning

Tea or coffee with low-fat milk
1 slice of brown bread toasted with low-fat margarine lightly spread

Lunch

Chicken salad (lettuce and tomato) sandwich (2 for the 1800kcal diet) on 2 slices of wholemeal bread with low-fat spread, Piece of fruit, low-fat yoghurt and water

Mid afternoon

Tea or coffee with low-fat milk and a small chocolate bar

Dinner

Beef stew, 4 tablespoons vegetables (2 types) and 2 medium potatoes (3 for the 1800kcal diet)
Glass of low-fat milk or yoghurt

Your Current calorie (kcal) allowance:

Additional Calories Allowance _____ Date:

Additional Calories Allowance _____ Date:

Healthy Menus

Menu 2 1500kcal  1800kcal 

Breakfast

2 slices of pan bread or 1 slice of soda bread toasted with low-fat spread
Banana with low-fat yoghurt
Glass of unsweetened fruit juice
Tea or coffee with low-fat milk

Mid morning

Tea or coffee with low-fat milk and chocolate biscuit
Piece of fruit
Crispbread

Lunch

1 medium baked potato (2 for the 1800kcal diet) with a small tin of tuna and 15g of low-fat mayo served with salad or vegetables
Piece of fruit

Mid afternoon

Tea or coffee with low-fat milk
Plain biscuit (slice of fruit cake for 1800kcal diet)

Dinner

Fillet of fish, 2 tablespoons of salsa(mango, red onion, tomatoes, lime juice, coriander mixed), 2 tablespoons peas, serving of rice equivalent to the size of a tennis ball
Yoghurt or glass of milk

Your Current calorie (kcal) allowance:

Additional Calories Allowance _____ **Date:**

Additional Calories Allowance _____ **Date:**

Healthy Menus

Menu 3 1500kcal 

Breakfast

All Bran / Porridge with low fat milk
Piece of fruit / Glass of Juice

Mid morning

Coffee / Tea with low fat milk
Low fat diet yogurt / Fruit

Lunch

Crackers / Whole meal bread (2 Slices) / 1 large pitta bread Low fat cheese or lean meat or
chicken Salad (tomato, lettuce, spring onion etc) and low fat dressing
Piece of fruit - Low fat yogurt / Snack that is approx 100kcal

Afternoon snack

Fruit or 100kcal snack

Dinner

Steamed fish / grilled chicken (i.e. not fried) / 1 portion lean beef 2 potato / 3 dessertspoons of rice / 3
dessertspoons pasta Sauce – tomato based sauce only (no cream based sauce)
Portion of vegetables (boiled / steamed)

Supper (not after 8pm)

Low fat yogurt / 2 rice cakes / Piece of fruit / or other treat that is approx 100kcal

Your Current calorie (kcal) allowance:

Additional Calories Allowance _____ **Date:**

Additional Calories Allowance _____ **Date:**

Alcohol and Calories

It is always recommended to drink in moderation. The Department of Health and Children advises that up to 14 standard drinks a week for women and up to 21 standard drinks a week for men is considered low risk. It is important that they are spread out over the week and not saved for one session or big night out. Check out www.drinkaware.ie if you want more information on what a standard drink is.

From a calorie and weight loss perspective going on a diet does not mean that you have to give up alcohol, you just need to include the calories into your daily allowance.

Make Allowance in Your Calorie Quota

- Plan your alcohol into your daily calorie quota so you can enjoy a glass or two. If you know you will be drinking at the weekend, try to save some calories each day in advance, so you can eat normally before you go out.

The table below shows the calories per serving of various types of alcoholic drinks:

Alcoholic Drink	Serving	Kcals	Rum	Single Measure (35.5ml)	79
Champagne	Glass (100ml)	76	Stout	Pint (568ml)	182
Cider	Pint (568ml)	216	Sweet Sherry	Double Measure (71ml)	96
Cream Liqueur	Served Measure (50ml)	175	Vodka	Single Measure (35.5ml)	77
Gin	Single Measure (35.5ml)	79	Whiskey	Single Measure (35.5ml)	79
Lager/Ale	Pint (568ml)	210	Wine - Red	Quarter Bottle (187.5ml)	133
Lager/Ale	Bottle (330ml)	136	Wine - White	Quarter Bottle (187.5ml)	127
RTDs*	Bottle (275ml)	203			

'Ready to Drinks' - bottled spirit and soft drink combinations. This information is from www.drinkaware.ie

Ways to Reduce the Calories

- Try alternating alcoholic drinks with low calorie non-alcoholic drinks or water.
- Ask for low calorie / diet mixers where possible.
- Make your wine into a spritzer (a longer drink), or your lager into a shandy - both have fewer calories.
- Substitute your "alcopop" for a shot of spirit and a low calorie mixer - about a quarter of the calories!

Low Calorie Snacks

25 kcals snacks:

Sweet

- 2 apricots
- 1 plum
- 1 melba toast with low sugar jam
- 1 tub sugar free jelly (ready made)

Crunchy

- 1 dark ryvita
- 2 fresh carrots
- 2 pieces melba toast

Savoury

- Spring onions dipped in low fat salsa dressing.
- 2 tablespoons of baked beans.
- 1 slice melba toast with 1 teaspoon low fat soft spreadable cheese or marmite.

50 kcals snacks:

Sweet

- 1 jaffa cake
- 1 piece of fruit (peach,pear,orange)
- 1 instant low fat hot chocolate
- 1 ryvita with nutella

Crunchy

- 1 crisp apple

Savoury

- Babybel light individual cheese
- 1 cheestring
- Carrot sticks dipped in low fat mayonnaise.
- 1 ryvita with low fat cheese

100 kcals snacks:

Sweet

- 1 shape twinpot yoghurt
- 1 low fat rice pudding
- 1 apple and raisan cereal bar

Crunchy

- 1 pack Tayto Snax
- 23g pack popcorn.

Savoury

- 100g cold cooked potatoes sprinkled with sea salt
- 25g bag of twiglets
- Mini white pitta bread with 1 tsp low sugar jam.
- Medium sliced malt loaf with low fat

Calorie Content of Fruit Below is a list of average calories per portion of fruit. Use this list when planning your daily diet. A piece of fruit makes an excellent low calorie low fat snack.

	Amount	Calories		Amount	Calories
Apple	1	47	Grapes	1	3
Apricot	1	12	Kiwi	1	30
Banana	1	95	Mango	1	86
Cherry	1	2	Melon -Cantaloupe - Honeydew	1 slice 1 slice	30 56
Clementine	1	22	Nectarine	1	60
Fruit salad	1 portion	84	Orange	1	60
Grapefruit	1	100	Plum	1	20
Peach	1	50	Satsuma	1	25
Pear	1	53	Strawberries	1	5
Pineapple	1 ring	20			
Watermelon	1 slice	60			

Now **GO** for it!

This is an eight week programme so just go for it. If you have you some “bad days”, no worries, the next day is a new day – don’t let a bad day determine your outcome. If you don’t have success with these changes, please speak to one of the team or book in for a session with our Dietitian Dr. Edel Duffy.