



## Food Intake

### Eat Three Meals and Two Snacks Each Day

This may seem like strange advice because for many people this involves eating more food than you do at present and if your goal is fat loss, it may be contrary to what you have been told in the past. The fact of the matter is, however, that **regular** food intake (smaller amounts) will help *stimulate* and *maintain* your **metabolic rate**, which is critical to **body fat loss**.

### Breakfast

Breakfast is **the** most important meal of the day. It is crucial for '*kick starting*' your metabolism together with providing energy for the day. For these reasons, it is not only the most important meal of the day but it should also be the biggest meal of the day.

Breakfast options:

- ◆ Cereals, muesli, porridge (\*Note)
- ◆ Toast with toppings such as jam, cottage cheese, and vegemite.
- ◆ Baked beans, spaghetti.
- ◆ Boiled eggs
- ◆ Fruit juice

**\*Note:** Beware of breakfast cereals high in fat and low in nutrition. Read the label!

### Lunch

Whether you are eating lunch at home or at work, some pre-planning will allow you to make nutritious, low fat choices. Pre-prepared meals that you have frozen are perfect for lunches. Make sure that you eat lunch because 'skipping' lunch means that you will be over-hungry later in the day and will **invariably** choose high fat options to quickly satisfy your energy needs.

**Lunch options:**

- ◆ Wholemeal bread, pita bread, crispbreads, crackers, rice cakes.
- ◆ Salads, vegetables, fruit.
- ◆ Ham, chicken, tuna, salmon



## Dinner

For most people, dinner is the biggest meal of the day in terms of the amount eaten and kilojoules consumed. This should not be the case, as most people slow down in the evening and subsequently so does their metabolic rate. Therefore, food consumed that is not required will potentially be stored as fat.

Another problem that has developed in recent times is the extent to which people eat 'fast foods' simply for the convenience. In most cases, this food is high in fat, salt and sugar and therefore supplies a large number of kilojoules per serving with comparatively less nutritional value.

**Planning** your menu and allocating suitable time for meals and their preparation is the answer. The necessary ingredients for preparation of nutritionally balanced meals can then be purchased and the time set aside used to prepare the meal.

## Snack Foods

Much of the excess energy in our diet comes from snack foods such as biscuits, potato chips, chocolate, ice-creams, soft drinks, flavoured milk, alcohol, nuts, confectionary, corn chips, etc. These foods are highly processed and have minimal fibre, are high in fat and / or sugar, and have a low level of complex carbohydrate and protein.

Snack foods are over represented in society in comparison to natural foods such as fruit and vegetables. The easy availability of these foods makes them an easy and convenient but very poor snack option. Be **disciplined** not to buy these foods and eventually you will not miss them.

The best snack options are: fresh fruit, salad, low fat yoghurt, vegetable crudité's, dried fruit and nuts, soup or breakfast cereal.

Snacks are an important part of your food intake as they prevent you from getting hungry between meals and maintain your metabolic rate and blood sugar levels.

Eating three meals plus snacks each day takes some planning to begin with particularly with regard to eating at work but the effort that you make initially will be worth the effort in the long run.

***Perseverance is the key to success!***