

Eat, drink and lose weight... forever!

By MaryRose Spence BHSc
Registered Dietitian



The Promise of Diets

- Large, quick, easy weight loss
- In reality they deliver very little
- 65% of the New Zealand adult population is overweight or obese



The obvious problems with 'diets'

- Temporary changes that don't offer long term results
- Often categorize foods into 'good' or 'bad'
- Success often measured by the number on the scales



Take 2 men ...

- Same age
- Same height
- Both weigh 120kg

However...

- One is an All Black – well muscled and with a low body fat
- The other is a gentleman with a sedentary lifestyle – a lower muscle mass and a higher body fat
- Quite different body makeups – but on paper they are treated the same!



The emphasis with weight loss has always been on how much body fat you have.

However muscle mass is what determines your metabolic rate, or the size of your engine.

A higher muscle mass uses fuel or food faster

A lower muscle mass or a smaller engine means you need to be smart with your portions

- there is no 'one size diet' fits all



Once you understand your body makeup – you can match your food choices to it.

Where do you find the truth about foods for weight loss?

Many of the generalised messages on 'healthy food' choices are not always 'weight loss' food choices.

Strong emphasis on calories and kilojoules provided by foods...

But we also need to understand how foods fuel us and how long they last with us depending on our body makeup.



CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED 4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Grains

Pasta

Crackers

CARBOHYDRATES

REFINED

4kcal/gram

COMPLEX

Fruit

Cereals

Breads

Vegetables

Pasta

Grains

Crackers

Carbohydrates

- Digested and absorbed fairly quickly
- Provide us with energy that lasts 2 – 2 ½ hours
- Part of a meal, rather than a meal on its own



PROTEIN

4kcal/gram

ANIMAL



Meat



Chicken



Eggs



Cheese



Fish/Seafood

VEGETABLE



Seeds and Nuts



Tofu



Beans



Lentils

Chickpeas

Protein

- Take longer to be digested and absorbed
- Provide energy 2 – 2 ½ hours after they have been eaten
- Protein provides a back up energy or a longer lasting fuel

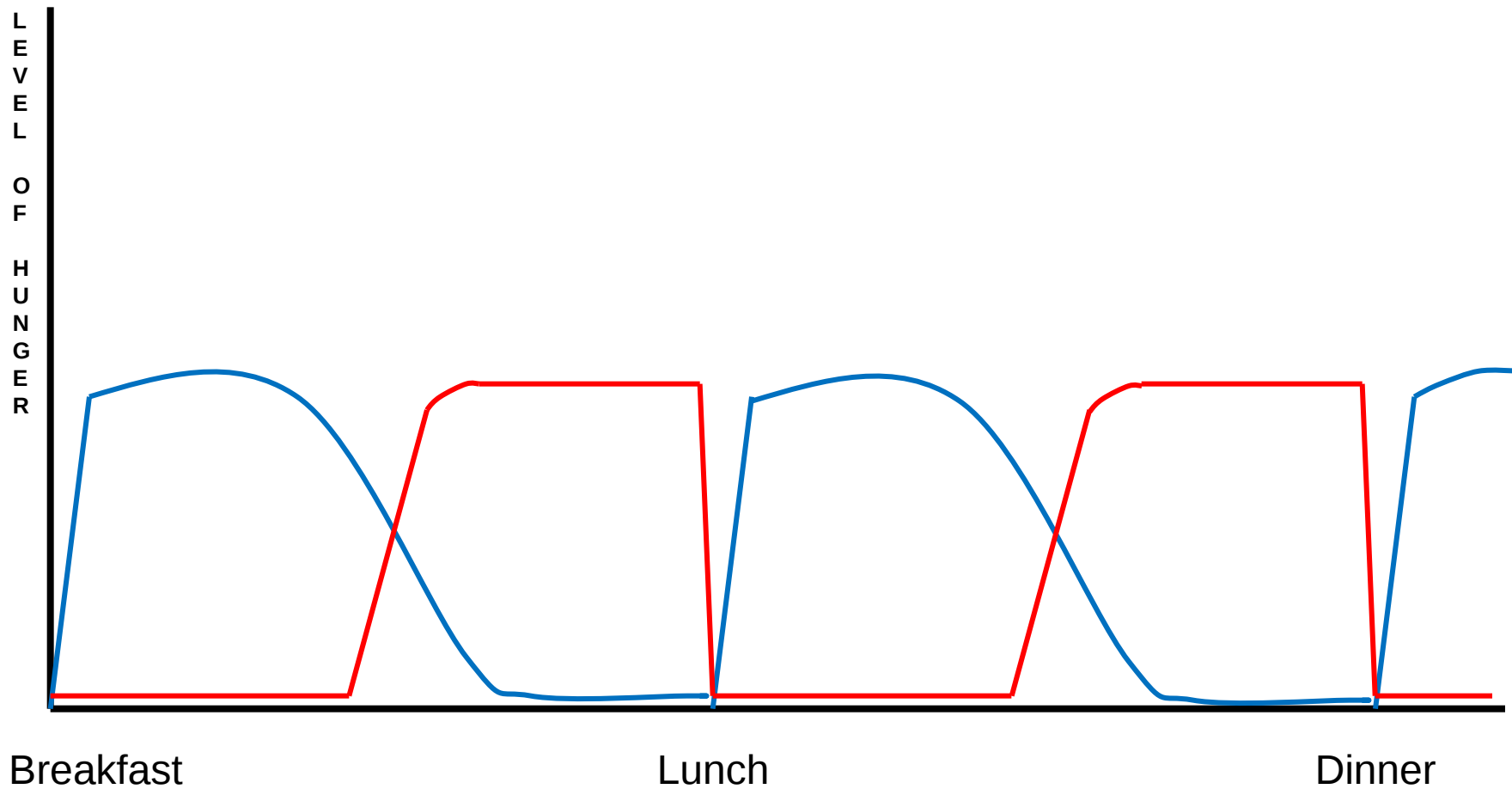




Protein



Carbohydrate



Fats and Oils

All fats and all oils are high in kilojoules



Meals

- 3 meals per day
- Evenly spaced over the day
- Evening meal ideally by 7.30pm



Supports for good appetite control

- Exercise – short and brisk – walking
- Hydration – 1.5L water – taken over the day



Who are you feeding?

High body fat with a high muscle mass

- Carbohydrate and protein at a meal otherwise will get too hungry
- Regular meal times are important for this person
- Too much exercise may just stimulate an appetite

High body fat with a low muscle mass

- Very careful and aware of portions
- Emphasis on greens to add chunk and fullness to meals
- Have to exercise probably daily



Eat, drink and lose weight... forever!

By MaryRose Spence BHSc

Registered Dietitian

www.weightwise.co.nz

0800WEIGHT

