



Module 3 Summary:

Understanding Nutrition Part 2

Checklists:

Before you move onto this module, have you:

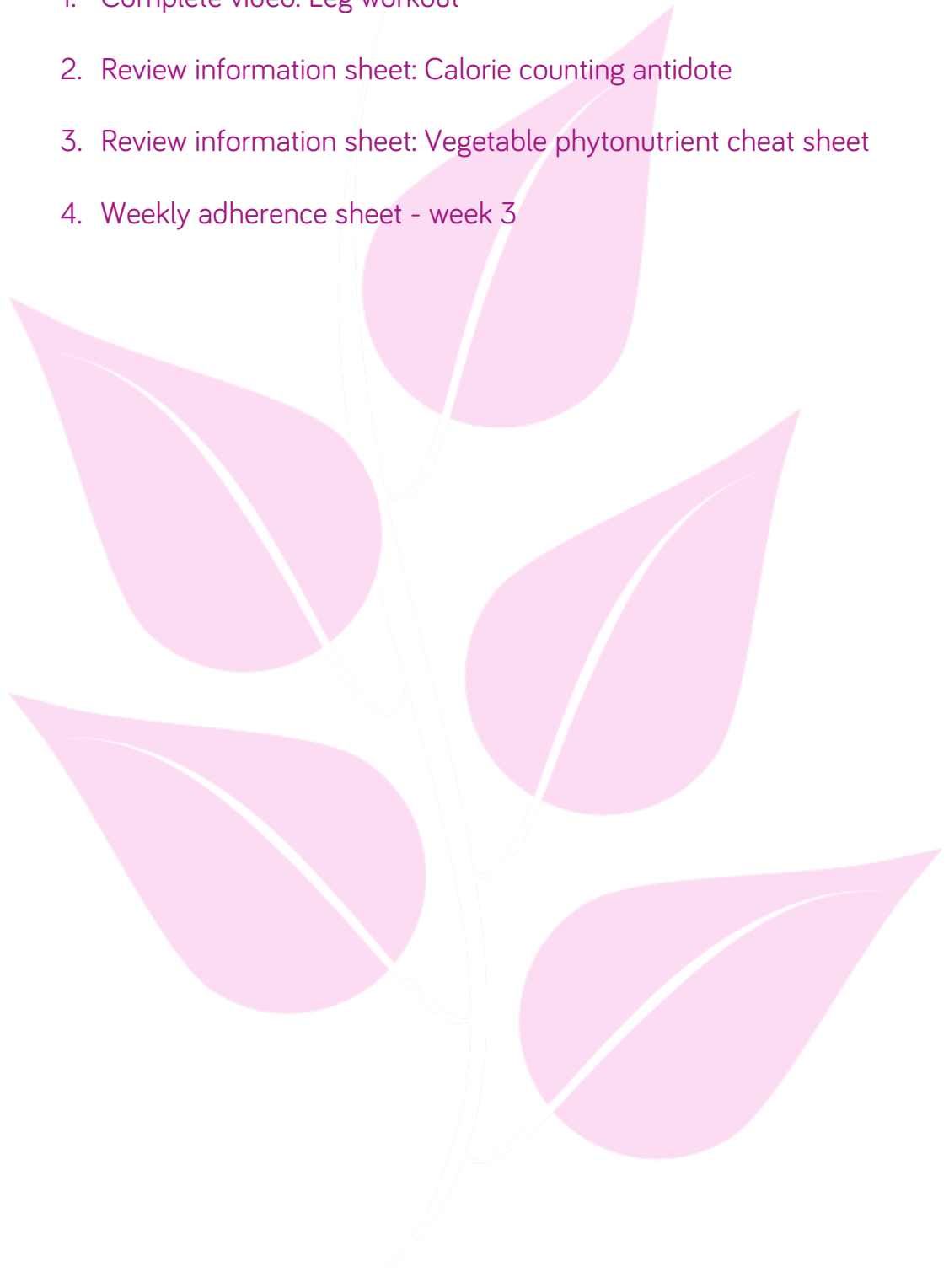
- Read the module lesson from previous module?
- Watched the video?
- Completed the Pilates and/or other exercise class at least 3 times last week?
- Had a 90% adherence rate to the new habit, adding protein to each meal?
- Completed the previous module's **assignments**:
 - o Complete video: Pilates & injury prevention.
 - o Review the information sheets proteins & fats.
 - o Weekly adherence sheet - week 2.

If so please carry on, if not hold your horses, and revisit your last module.

When you are ready to move on to this module we will discuss adding more vegetables to your plate, a few ideas on what to add and the benefits of adding them. The module will illustrate your dietary serving size and what it will look like and briefly touch upon prepping your vegetables in an efficient way – which you will look in more detail in the prepping food module 11.

Your weekly homework is to complete:

1. Complete video: Leg workout
2. Review information sheet: Calorie counting antidote
3. Review information sheet: Vegetable phytonutrient cheat sheet
4. Weekly adherence sheet - week 3





Module 3: Understanding Nutrition Part 2

Habit 3: Add one more vegetable this week to each meal/snack.

Exercise of the week: Legs

This week's habit is to add one more vegetable to your diet. Mark it on your weekly adherence sheet week 3.

For weight loss we are going to concentrate on vegetables rather than fruit. Both fruit and vegetables are important to health because they provide us with essential vitamins, minerals and fibre. However fruit is sugar and breaks down into fructose in your body. To be accurate, most fruits are half glucose and half fructose.

Glucose also comes from starchy carbohydrates like potatoes and is needed by the body especially after exercise. Fructose however is not. You don't produce fructose in your body and your ancestors didn't consume it except seasonally when fruit was ripe.

The amount of sweet fruit in our diet has increased. If our ancestors came across sweet fruits, it was seasonal.

The real harmful fructose is in fizzy drinks, fruit juices, sweeteners and sweets.

Glucose is the good sugar within your body and the best source of glucose is starchy vegetables. They are a good source of energy for your gorgeous body. You can also obtain glucose from breads and pastas but over consumption of these glucose sources is problematic especially if you are metabolically challenged – i.e. don't move much ;-)

A small amount of fructose from fruit is healthy. However excess fructose can affect your brain function and disrupts appetite regulation and you don't receive your 'full' messages.

Plus the more bread and pasta you consume the more you have to alter the amount of fruit you consume.

It is a balance, which you will learn to understand as you watch and gain a greater understanding of your body.

To be clear and simple a small amount of fruit is fine – 2 pieces a day. Avoid fructose from fizzy drinks and fruit juices.

Best source of your vegetables

The old argument 'organic vegetables are expensive', and as my sister-in-law, constantly reminds me – organic vegetables are not something you can feed a family of three or four children on. Well of course, we will take this onboard.

You can only spend as far as your means allow. You can't and shouldn't extend yourself. So if it means the bag of occasional organic carrots or cabbage (never a great success with a three-year-old - so how about a squeeze of lemon?) but not the whole budget then that is fine. Remember increasing you and your loved ones' vegetable consumption is great, really great. It doesn't matter if it is organic or not - organic shmanic!

However, before you move on - just take a moment - to consider whether your 'mindset' has come into play. Consider if are looking at 'organic vegetables' as a money block rather than from a health point of view. The cost of organic veg on a supermarket shelf is ridiculous and who would want to pay that extra - when the labels are staring out at you like that.

I do understand that paying more for what looks exactly the same doesn't make economic sense. I am exactly the same about eggs, paying twice the normal for organic eggs in supermarket. But hey guys, then I put it in perspective and think it is a £1.20 extra. I am denying myself something good and healthy because it is £1.20 extra. When I think about it, I used to spend £1.20 a couple of times a week on chocolate bars or coffees and I didn't think twice about that. So where is the logic in that?

I am not asking you to change, (YET!) I am asking you to consider your reasoning. Have you ever noticed how high up on the supermarket shelves the organic stuff is? Well that must prove something; if you eat organic you get really tall!

So let's look at organic vegetables in a considered, balanced view. It depends on what and where you want to allocate your budget. Where do your priorities lie - health and vitality or something else?

You've heard the argument an organic vegetable is worth twice the nutrients...

That sounds dangerously like I am on my high horse, but believe me my hubby and I have been 'brasic lint' (my dad is a cockney) more than a few times and we have always endeavored to invest in ourselves, always. We are both bouncing Tiggers (although not tall, so the organic veg aren't doing us that good) but I do know that it is nutrition that has kept us bouncing - so I am just passing the word on.

What vegetables to eat?

Choose a wide variety of vegetables across the whole spectrum of colours. On your dinner plate you can add a green colour - cabbage and a white - onions or

cauliflower and red, tomatoes. I have added a little infograph to the worksheets on the download section.

Vegetable – A few ideas:

- ✓ Dark leafy greens (e.g. spinach, kale).
- ✓ Other green vegetables (broccoli, green peppers, asparagus).
- ✓ Reds and purples - red peppers, squash, carrots.
- ✓ Tomatoes, purple cabbage.
- ✓ Whites: Mushrooms.
- ✓ Onions (red & white).
- ✓ Cucumbers.

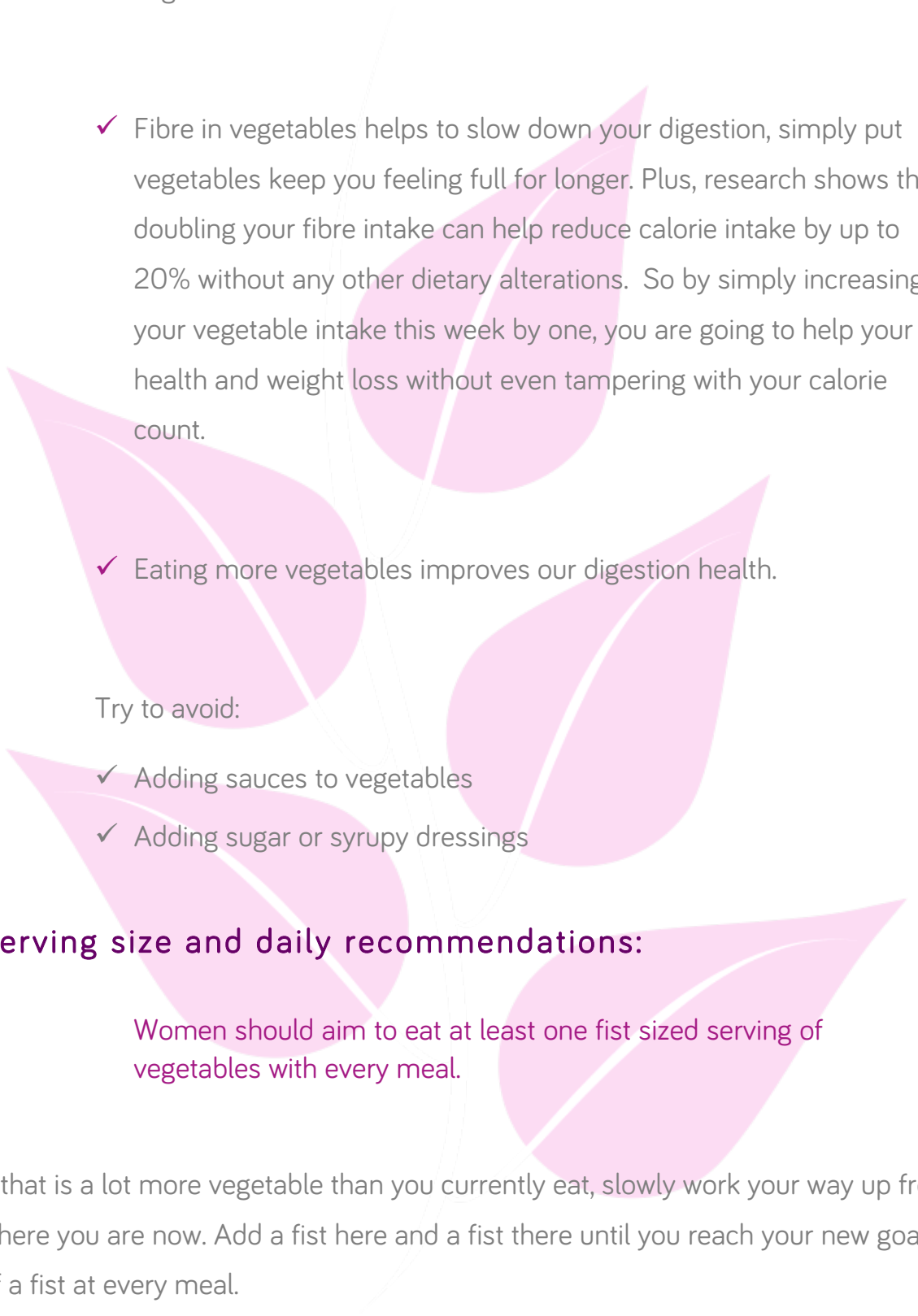
Main Nutrients provided by vegetables:

- Vitamin C, carotenes and other antioxidants (which clear up the free radicals from the burnt toast you ate this morning!)
- Foliates - a group of the B vitamins.
- Fibre – soluble fibre and some carbohydrate.
- Potassium.

Benefits of adding more vegetables:

Adding a higher intake of vegetables in your diet is necessary and very important.

- ✓ Vegetables help increase your vitamin and mineral intake and prevent nutrient deficiencies and malnutrition. Malnutrition sounds like a throwback to days gone by, but it is still prevalent in the Western World due to the lack of nutrients in your processed food, not the lack of food.
- ✓ Not only are vegetables packed with micronutrients (vitamins and minerals) there are also important plant chemicals (phytonutrients) that are essential for your body and its optimal healthy bodily functions.
- ✓ Increasing your vegetable intake reduces the risk of many cancers, diabetes and heart disease. It increases the intake of antioxidants and reduces free-radical damage.
- ✓ Another interesting element of vegetables is that they provide an alkaline load to the blood. Since both proteins and grains (like breads and pastas) present acid loads to the blood, it's important to balance these acids with alkaline-rich vegetables. Too much acid and not enough alkaline means the loss of bone strength and muscle mass. It reduces our osteoporosis risk.

- 
- ✓ The increased fibre in vegetables and fruit help improve our blood sugar control.
 - ✓ Fibre in vegetables helps to slow down your digestion, simply put vegetables keep you feeling full for longer. Plus, research shows that doubling your fibre intake can help reduce calorie intake by up to 20% without any other dietary alterations. So by simply increasing your vegetable intake this week by one, you are going to help your health and weight loss without even tampering with your calorie count.
 - ✓ Eating more vegetables improves our digestion health.

Try to avoid:

- ✓ Adding sauces to vegetables
- ✓ Adding sugar or syrupy dressings

Serving size and daily recommendations:

Women should aim to eat at least one fist sized serving of vegetables with every meal.

If that is a lot more vegetable than you currently eat, slowly work your way up from where you are now. Add a fist here and a fist there until you reach your new goal of a fist at every meal.

By developing this habit of eating vegetables at every meal, you will be much more likely to get your full 5-10 servings of cancer fighting, free radical destroying, acid neutralising and micronutrient rich power each day.

Vegetable servings:

- ✓ 1/2 cup of raw/cooked vegetables
- ✓ 1 cup of raw leafy vegetables

Work towards including at least 2 servings of vegetables with every meal. So working towards 4 meals a day, 10 daily servings would look like this:

- ✓ 1/2 cup of asparagus
- ✓ 1/2 cup of cucumber
- ✓ 1 cup of peas
- ✓ 1 cup of spinach
- ✓ 1 tomato
- ✓ 1 avocado

Adding 10 fruit and vegetable daily servings to your day might look like this:

- ✓ 1/2 cup of green and red peppers, 1/2 cup of onions and 1/2 cup of mushrooms in a breakfast omelette.
- ✓ 1/2 cup of red peppers for morning snack.
- ✓ 1 cup of spinach, 1 tomato and 1/2 avocado with lunch salad.
- ✓ 1 cup of cucumber for afternoon snack.
- ✓ 1/2 avocado with dinner.

Vegetable Preparation strategies

You can eat your vegetables raw on their own or in salads. Eat them steamed, baked or roasted, stir-fried or sautéed or juiced with a juicer.

Experiment with using your vegetable intake as a snack rather than just for your main meals. The red peppers in my fridge all have the ends bitten off!

Let's discuss Calorie Control Guide:

Ahh caught us talking about calories! Well, yes talking about calories but not counting them as counting calories isn't necessary. For a start counting them is very confusing and often inaccurate and more importantly takes a huge amount of time.

Who has the inclination, time or devotion to look up websites, smart phone apps, handbooks or databases?

Plus, these sources of 'calorie' counting can all be inaccurate by as much as 25%. The calories counted are based on laboratory measurements, not on your body, where there are significant energy differences.

In addition, calorie measurement differs depending on the quality of food plus the different ways companies' label the foods which in itself can be inaccurate, and sometimes even incorrectly. So honestly why bother?

In addition, 'calories out' is also rigged with at least 25% inaccuracy error. Accurately estimating your calorie expenditure is difficult because of the equipment you are using, or not using and individual metabolic differences.

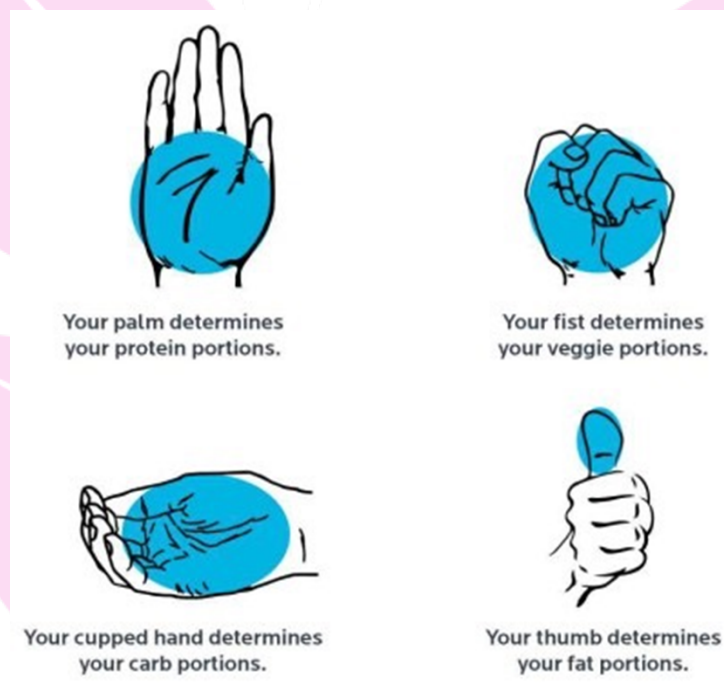
So I repeat - why bother!

Calorie counting does nothing to help us tune into our own hunger and appetite cues. Learning how to listen to our own bodies offers us a better long-term success in healthy eating.

Counting calories won't help us to balance our health goals with our basic enjoyment of food. As I said right from the start – dramatic changes to what you eat aren't going to work, eating slimming 'products' isn't the way forward to a healthy lifestyle.

You need to work with what you eat right now and go from there.

So here is an easy solution to calorie control without counting:



All you have to do is take a look at your hand.

Using your fist, palm, cupped hand and thumb to practise calorie control. You can avoid the hassle of actually counting calories, whilst you ensure that your body is getting what it needs.

Of course some people have larger or smaller hands that means that generally your hand size will correlate pretty closely to your general body size. It is the perfect, portable, tool for measuring our portion size.

For women, this is based on eating about 4 meals per day:

- ✓ 1 palm of protein dense foods with each meal.
- ✓ 1 fist of vegetables with each meal.
- ✓ 1 cupped handful of carb dense food with most meals.
- ✓ 1 entire thumb of fat dense foods with most meals.

Please use this as a starting point. Remember everyone is different, so stay flexible and adjust your portions based on your hunger and feeling of fullness.

Give it a few weeks and reassess your progress. Stay flexible and steer your diet by adjusting your portions based on your hunger, fullness and overall activity level, and progress towards your goals.

Sample of four meal schedule:

I typically have two breakfasts, lunch and dinner, plus homemade workout drinks.

6-7am - A handful of each: porridge Oats, milled seeds*

- Plus a teaspoon of Chia Seeds**
- Add some cut up strawberries, blueberries, raspberries
- And Almond milk

9-10 am - 2 x poached eggs and smoked salmon or bacon

1pm - Wholemeal wrap with as much salad as I can stuff into it with cottage cheese and smoked salmon or tinned fish or honey smoked mackerel - drizzled in thumb Extra Virgin Olive Oil and balsamic vinegar. The fatter the wrap the better!

Or even better a salmon or mackerel salad.

6pm - Normal evening meal, bearing in mind palm protein, fist vegetables, thumb fats, 0.5 cupped palm carbs or quinoa and chicken loads of vegetables or salad

*Linwood's milled flaxseeds, almonds walnuts & co-enzyme Q10, bought as a pack from Amazon

This 4 meal plan may not suit you, perhaps you can use cheese and apple for a mid morning or afternoon snack.

Perhaps lose the first breakfast and move to the second breakfast. See what works best for you.

Eat minimally processed foods

Your intake should come from high quality, minimally processed, whole food sources. It might be easier to grab a protein bar or even a sugary snack than prepare a whole food meal, but it is best to get as many whole food meals as possible.

No pill, powder or supplement can ever come close to matching the vitamins, minerals and phytonutrients (natural compounds found in plant foods such as vegetables, fruit, whole grain products and legumes) that are inherent to whole food.

Don't rely on multivitamins or supplements to provide those for you. Instead, you should eat a complete diet full of proteins, fats and veggies, with a minimal amount of processed carbs.

Assignments

1. Complete exercise video: leg workout
2. Information sheets: calorie counting antidote
3. Information sheet: vegetable colour sheet.
4. Weekly adherence sheet - Week 3

References:

Daisy Whitbread BSc (Hons) MSc DiplON mBANT www.chelseanutrition.co.uk

Precision Nutrition