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Nutrition



In principle, fat loss is simple. Everyone knows you need to eat less and exercise more. BUT, the key to impressive fat loss comes NOT from how *much* you eat, but from the *quality* of what you eat. Most people gain weight because they eat processed foods that are 'calorie-dense', when ultimately they should be eating more fresh foods that are 'nutrient-dense'.

If you want *real* results from your exercise program then you need to start eating *real* foods.

Forget the processed junk that might lurk in your cupboards. These foods are packed with calories from sugars, sweeteners and bad fats, void of nutrition and slowly steering you towards obesity and addiction. Forget fizzy drinks, sweetened juices and excess alcohol too. These simply add more sugar-laden calories to your daily intake and promote further fat storage.

Face it; if you want the body and health that you crave, these foods and drinks need to GO! In their place should be more of the foods that your body was originally designed to consume; meat, fish, dairy, vegetables, fruit, nuts and seeds. These foods are high in life-giving nutrients that your body *needs* to grow, function optimally and keep body fat to a minimum.

Followed sensibly, this Nutrition guide is highly effective at shifting stubborn body fat. You won't need to count calories here – trust me. Instead you will simply start to eat the foods your body needs and gain the results that you want.

While it *will* require commitment and change, the upside is you'll look and feel better almost as soon as you begin. Stick to the rules and in the space of 10 weeks you will lose a substantial amount of body fat. Continue for the long term and you will keep excess weight off for LIFE.

THAT is a guarantee.

What is the Body designed to Eat?

Our bodies are designed to live off the land, and our nutritional requirements are still fairly similar to those of our caveman ancestors. From animals and plants we still need adequate amounts of fresh meat, fish, vegetables, and a modest amount of fruit, to maintain optimal health and sustenance.

From animals we should get *protein* – including meat, fish and eggs, and in more recent times, cheese and quality dairy. This is needed for growth and muscle preservation.

From plants we should get most of our *carbohydrates* in the form of vegetables and a smaller amount of fruit and grains. If fat loss is your goal, grains such as bread, rice, pasta and crackers should be kept to a minimum. We need carbohydrates for energy.

Finally, we need fat in our diets for hormonal balance, but only from good sources. Our bodies cannot produce the essential fatty acids that we need, so this must come from foods such as avocado, quality oils, nuts, seeds and fish.

Though we may not realise it, most of us actually require a greater amount of protein, more vegetables (along with a moderate amount of fruit), less grains, and more good quality fats, to maintain good health.



What is the Body NOT designed to Eat?

This opens a whole can of worms. In a nutshell – anything that didn't originate from the soil or a living animal is not ideal for consumption. Every time you pick up a microwave meal, a pack of biscuits, a packet soup or a baked product you plan to eat something the body was not designed to digest. Add a whole range of chemicals, additives and E numbers to these 'foreign' products, designed to add flavour and lengthen shelf life and you have a toxic mixture that is slowly spreading disease and malnutrition to every living cell in your body.



Artificial sugar, man-made fats, colourings, stabilisers, preservatives... all these elements and more are added to many of the 'foods' that we consume these days, and it is our general lack of nutritional knowledge that the food companies are preying on when they sell us this junk. Many of us are unwittingly putting ourselves into an early grave, convinced that if supermarkets sell these man-made potions then they can't be *that* bad for us. Think again.

'Live a little!' you might think. Fair enough. The odd 'fake' food here and there won't kill you, but in this day and age of long working hours, tight deadlines, stress and exhaustion, we need to rely more than ever on our nutrition to combat these problems, to maintain better health. Instead we look towards food for comfort. Many of us crave sweet tasting, artificially enhanced foods that will take our senses away from real life for a few minutes. We are doing this all too regularly as we search out quick food fixes, requiring little preparation and instant satisfaction at the expense of our health and our waistlines. Many of us feel we don't have the time to eat fresh produce, cook quality foods or food shop regularly. It's a double edged sword!

Aim to Switch to Organic Food

What does 'Organic' mean?



Organic food is grown and harvested in the old fashioned way, as food used to be in the 'old' days. Today, most of the fresh produce you find in your supermarket is grown artificially, with the aid of pesticides, chemical fertilisers, herbicides and insecticides, to ensure that maximum growth is gained from the land and the biggest harvest possible is collected. This means more produce is made available to you in your local supermarket, but at what cost to your health?

Organic foods are naturally grown and harvested. They contain more nutrients, less pesticides and chemicals than standard produce, and because they are naturally grown, they more often than not taste better. On average, conventional produce has only 83% of the nutrients of organic produce. What's more worrying is that 60% of herbicides, 90% of fungicides and 30% of insecticides are considered to be carcinogenic – cancer forming. Going organic makes sense!

SIMON'S TIPS: ORGANIC FOOD

Upgrade to organic gradually. Start with fruit, vegetables, grains and dairy products. If you can afford it, look to choose organic meat and fish too. You will find an Organic section in your local supermarket.

You can order fresh Organic food online if you prefer, and have it delivered to your door. For this service I would recommend Abel and Cole. For more information simply check out the 'bigger picture' section of their website at www.abelandcole.co.uk



If you can't find the organic version of what you want, buy the conventional alternative instead. It won't always be possible to find what you want at your local supermarket, so rather than go without, and fear the consequences of eating non-organic food, simply pick the conventional alternative and wash it thoroughly with a vegetable scrubbing brush before eating or cooking.

Be aware of fruit and vegetables with high pesticide levels. Peaches, apples, strawberries, nectarines, pears, cherries, raspberries, grapes, spinach, peppers, celery and potatoes. Make sure you ALWAYS wash your fruit and vegetables before use, whether they are organic or not.

Switch to Organic grains and dairy, but still go easy on their consumption. These foods may contain fewer chemicals than their standard counterparts but they should still be eaten in moderation. Avoid organic white products, like rice, bread and pasta. Still stick to whole wheat varieties.



Find an Organic Farm Shop. Keep your eyes peeled for a traditional farm shop that sells organic fruit and vegetables. You will be able to pick and choose what you want, buy the right amount for what you need, and buy in bulk at a lot cheaper price than your supermarket equivalent.

These places are great for trying different varieties of fruit and vegetables, and also eating what is currently naturally in season. To find the nearest Farm shop in your part of Surrey, log on to www.surreyfoodlinks.co.uk and select 'Farm Shops'.