



HOW DO WE EAT TO IMPROVE OUR HEALTH AND APPEARANCE?

In other words to feel less bloated and sluggish and cut down bodyfat and increase lean muscle tissue. If our daily calorific intake exceeds our daily expenditure we will gain weight. It is that simple. For someone who is obese or morbidly obese (A term which is used to describe a person who is so over weight that it is life threatening) weight loss is a priority. We need to adopt a simple eating plan and construct a basis for healthy eating.

Five points for weight loss and healthy eating.

- 1 A decrease in total volume of food/calories consumed.
- 2 A decrease in total fat intake and substituting polyunsaturated fat for saturated fat wherever possible.
- 3 Reducing salt and sugar intake. More than a third of our salt in sugar intake is added during cooking and at the table. tastebuds will adjust to less salt or sweetness usually occurs within two weeks.
- 4 Increasing fibre intake (slowly) using wholegrain or unrefined cereals, cornmeal, whole rolled oats, pulses, peas, lentils and beans, potatoes in skins, (lightly scrubbed), dried fruits and nuts.
- 5 Eating smaller meals more regularly throughout the day, moving the emphasis away from snacking and eating one large evening meal.

It is vital that we have an understanding of how these factors affect our health, weight and vitality. Too many calories equals weight gain which is likely to lead to high blood pressure amongst other health risks.

Too much dietary fat is associated with blood fat levels and fatty deposits in the blood vessels especially those supplying the heart. Too much sugar causes toothdecay and increases the chance of type 2 diabetes. Too much salt may increase the blood pressure. Lack of fibre in the diet hampers the digestive system and may result in bowel disorders and constipation.

