



## 50 Health TIPS



**Health Warning:** Make small changes. Do not attempt all of these at once.

- 1 **Rise Early** – Exercise before food uses up fat stores
- 2 **Eat Soup** – Soup as a starter reduces fat cravings + reduces by 25% the calorie intake for the rest of the meal
- 3 **Slow Down** – Slower Eating means More Taste, Better Digestion and Better Body Fat Burning.  
The brain needs 20 minutes to receive the signal “I am full up”.
- 4 **Turn Down The Volume** – Loud Music increases the speed of eating and the amount of food consumed.
- 5 **Eat Fat-Burning Foods** – These foods teach your body to burn fat and lose weight:  
apples/bananas/beans/bread/broccoli/cabbage/cauliflower/celery/citrus fruit/corn/  
air-popped popcorn/courgettes/cranberries/grains & grain products/grapes/sugar-free, low calorie jam/leeks/lettuce/melon/mushrooms/pancakes & waffles(low fat)  
low fat whole grain pasta/pears/peas/peppers/pineapple/potatoes/root vegetables/  
spinach/tomatoes.
- 6 **Add A Little Extra** – Add a little extra time or distance to your workout.
- 7 **Do Not Skip Meals** – If you don't eat enough, the body's natural response is to slow down your metabolism and hang on to its fat stores. In fact eating frequent, small, low-fat meals and snacks helps burn more fat than eating large meals, keeps up energy levels and keeps the metabolism functioning at top speed.
- 8 **Divide Exercise Into Chunks** – eg 30 mins per day (3 x 10 mins even)
- 9 **Stand When You Can** – One extra hour standing per day burns 50 more calories (eg stand when on phone)
- 10 **Snack Wisely** – Snacking (on fat-burning not fat-laden food) 90 mins. before a meal reduces appetite ie  
Instead of chocolate biscuits.....dry, unsweetened cereal  
“ nuts.....popcorn without butter  
“ a chocolate bar.....low-fat vanilla yoghurt or a banana  
“ a cheese sandwich....cottage cheese roll  
“ a Danish pastry....a cinnamon bagel, low-fat cheese triangle + 3 dried apricots  
“ 50g(2oz)bag tortilla chips..30g(1oz)pkt low-fat crisps + an apple
- 11 **Walk Fit** – Slow, sustained walking after meals is a great fat burning exercise (15% better than on an empty stomach).
- 12 **Do Not Eat Late At Night** – This is nothing to do with the metabolism. It is rather because we are more likely to overeat if we save our main meal until late in the day.
- 13 **Skip** – You can burn more fat by skipping than by any other exercise – up to 1,000 calories per hour. It is good for arms, legs, improves cardiovascular fitness, balance, agility and gentler on knees than running.
- 14 **Don't Overdo It** – some fat is needed in our nerves, spinal cord, brain, body cells, to pad the internal organs (eg kidneys). Fat protects against cold weather. Men need a minimum of 7% body fat, women 14%.  
The most dangerous fat is around the tummy and has a higher risk of heart disease.
- 15 **Keep A Food/Drink Diary** – Record what you eat + why you eat (eg stress, boredom, hunger) + exercise  
Look for fattening habits (eg skipping meals, nibbling, over-eating at night). Learn your food psychology.
- 16 **Become Aware Of Meal Timing** – Eating earlier in the day prevents getting too hungry/over-eating later.
- 17 **Low-Fat Cooking Tips** –
  - Instead of frying, steam, poach, roast, braise, bake vegetables, meat and fish
  - Use non-stick pans...they help to keep oil to the minimum
  - Trim off meat fat before cooking
  - Replace some or all the meat in casseroles, stews, lasagne with beans or lentils.
  - Drain off excess fat before serving
  - Serve main courses with salad or vegetables cooked without fat
  - Use a strong flavoured mature cheese because you will only need half the amount of cheese
  - Use flavourings to boost taste eg instead of butter use fresh herbs, lemon juice, fat free veg stock

