



Lose Weight - Reduce Cholesterol - Control Blood Sugars

Weight Loss Planning Guide

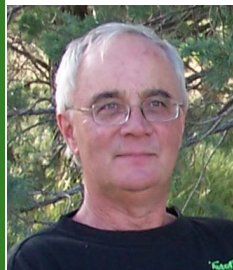
- ✓ Everybody is entitled to expert advice and counselling from a qualified dietitian
- ✓ Healthy eating is the key to weight management – not fad diets
- ✓ Anyone can get to a healthy weight – and stay there
- ✓ Weight loss can be simple and flexible
- ✓ Weight loss should not cost a fortune
- ✓ Weight loss can be enjoyable

“Congratulations on a really super tasting drink that really does satisfy the hunger. I have tried many different kinds but none can match BodyTalk.” - SS, NSW

“I have lost 23kg since starting with your shakes ... I have 1 more kilogram to go ...Needless to say my husband and family are thrilled.” - DD, SA

“I’ve lost about 19kg. Feel very good. It’s a great diet and really suits me.” - MW, NSW

“Everything is going well. I am very pleased. It is so simple.” - CH, QLD



Developed by Dietitian Bill Coote

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Bill Coote has been helping Australians improve their health and lose weight for more than 30 years. As the designer of *The Becoming Healthy Plan*, Bill Coote supports the program with his professional reputation and experience as one of Australia's leading dietitians.

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Weight Loss Planning Advice from Dietitian Bill Coote for Successful Weight Control for Life

Anyone who has tried consciously to lose weight will know that there are many diet plans “out there”. The basic principles are the same but, in most cases, they are not explained clearly and simply. If you follow this simple 6 step plan, you will lose weight.

Step One Think about what you are eating

The key to losing weight and keeping it off is to know what you normally eat and drink and to adjust those normal eating and drinking habits to reduce kilojoules (calories) and maintain nutritional balance. Keep a record of your food and drink intake then cut out and/or cut down on the foods and drinks that are not essential.

Use the food diary below to keep this record.

One Day Food Diary		
Breakfast	kJ/ cal/ fat	Feelings/ Thoughts
Lunch	kJ/ cal/ fat	Feelings/ Thoughts
Dinner	kJ/ cal/ fat	Feelings/ Thoughts
Snacks	kJ/ cal/ fat	Feelings/ Thoughts

Once you know your normal eating pattern you are ready to cut kilojoules (calories) and start losing weight.

The kilojoules (calories) in your diet come from protein, fat and carbohydrate (complex carbohydrates, sugars, alcohol). Protein is a valuable component of any diet and, on a low kilojoule (calorie) diet, protein helps make your diet sustaining. So protein foods are not the ones to cut – cuts should come from fat and carbohydrates particularly sugars.

Step Two Eliminate sugars and control carbohydrates

Sugars are simple carbohydrates that provide no essential nutrients, only kilojoules (calories). Eliminate refined sugars by substituting low kilojoule (calorie) alternatives and excluding high sugar foods. Here are some alternatives.

Exclude these foods	Suitable alternatives
Sugar, honey	Sweeteners like saccharine, Equal, Hermetas
Alcohol, soft drinks & cordial	Dry wine & spirits (no more than 2 drinks daily)
Fruit juice & fruit juice drinks	Low calorie soft drinks and cordials
Jams, marmalade, syrups	100% fresh juice (no more than 150mls per day)
Cakes, biscuits, pastries	Savoury biscuits, crispbreads & crackers
Desserts	Low calorie and sugar free desserts, fresh fruit

It helps to have small meals throughout the day and to control your total carbohydrate intake by limiting high starch foods (complex carbohydrate) to 1-2 serves at each meal. These foods provide important nutrients so they should not be eliminated all together.

High Starch Foods	Calorie Free Foods
Starchy vegetables & grains	Clear broth, black tea & coffee
Breakfast cereals	Herbs, spices, salt, pepper, vinegar, essences
Breads	Water, low calorie soft drinks & cordials
Pasta, Rice, Coucous, Polenta	Low calorie jelly

Step Three Restrict Fats

Cut down on fats, oils, butter and salad dressings. You should also trim the fat off meat and have no more than 2-3 serves of beef, lamb, nuts or luncheon meat per week. For the other meals choose chicken, fish, veal, trimmed pork, low fat cottage cheese, eggs, lentils, shellfish. Liver, brains, shellfish, nuts and eggs may need to be restricted if you are trying to lower your cholesterol level.

Step Four Develop Your Weight Loss Eating Plan

After recording your food and making changes as recommended in Steps 1-3, you should have identified opportunities to improve your diet based on your own normal eating pattern. Choose one of the 3 eating plans in this guide and record the specifics of your eating plan.

The objective of any weight loss plan should be gradual and continuing weight loss of about 1-2 kg per week. Vary the quantity of foods you eat to achieve this rate of weight loss. Try replacing one or two meals each day with a BodyTalk Mealshake. These taste delicious and can make your low kilojoule (calorie) weight loss plan enjoyable and easy.

Step Five Monitor your weight loss

Use the chart at the back of this Planning Guide to record your weekly weight loss. Monitoring your weight loss helps you know if you have planned a weight loss diet that works for you. When you begin your original food diary, enter your starting weight on the table. Decide your desired weight. Aim for an average weight loss of about 1kg per week. Weigh yourself no more than once a week and record it on the chart. Complete a one day food diary each week or as often as it helps.

Step Six Compare what you are eating with your diet plan

Regularly check your food and beverage intake against your plan. As you reach your goal, increase the quantities of food you are eating. Continue to avoid high fat and high sugar foods. Your dietary changes should be for life. Get into the habit of eating wisely. If you do this you will be able to keep your weight within 1-2kgs of your desired weight.

The Becoming Healthy Weight Loss Planner

“Original” Quick Weight Loss Plan

Breakfast: 1 BodyTalk Mealshake in 250mls hot or cold water plus 1 serve of fruit from list

Lunch: 1 BodyTalk Mealshake in 250mls hot or cold water plus 1 serve of fruit from list

Dinner: Lean beef or lamb (2-3 times per week), All other meals – fish, chicken, veal, lean pork, tofu, soybeans, eggs, cheese, milk (see Lean Protein list)

1-2 serves from Starchy Vegies & Grains list, Free vegies as desired

1 serve of fruit from list

Between Meals: Free vegies

“Sure and Steady” Weight Loss Plan

Breakfast: 1 BodyTalk Mealshake in 250mls hot or cold water plus 1 serve of fruit from list

or 30gm cereal (natural muesli or unsweetened cereal) with ½ cup milk – no sugar

or 1 slice of toast with scraping of butter/margarine, 1 egg or 1 slice cheese or ½ cup baked beans

Lunch: 1 BodyTalk Mealshake in 250mls hot or cold water plus 1 serve of fruit from list

or 1 sandwich with scraping of butter/margarine, filling from Lean Protein list and free vegies as desired

1 serve of fruit from list

Dinner: Lean beef or lamb (2-3 times per week), All other meals – fish, chicken, veal, lean pork, tofu, soybeans, eggs, cheese, milk (see Lean Protein list)

1-2 serves from Starchy Vegies & Grains list, Free vegies as desired

1 serve of fruit from list

Between Meals: Cracker & cheese, free vegies as desired

“Maintenance Plan”

Breakfast: 60gm cereal (natural muesli or unsweetened cereal) with ½ cup milk – no sugar plus 1 slice of toast with scraping of butter/margarine and 1 egg or 1 slice cheese or ½ cup baked beans

or 1 BodyTalk Mealshake in 250mls hot or cold lite milk plus 1 serve of fruit from list

Lunch: 1 sandwich with scraping of butter/margarine, filling from Lean Protein list and free vegies as desired

1 serve of fruit from list

or 1 BodyTalk Mealshake in 250mls hot or cold lite milk plus 1 serve of fruit from list

Dinner: Lean beef or lamb (2-3 times per week), All other meals – fish, chicken, veal, lean pork, tofu, soybeans, eggs, cheese, milk (see Lean Protein list)

1-2 serves from Starchy Vegies & Grains list, free vegies as desired

1 serve of fruit from list

Between Meals: Cracker & cheese, free vegies as desired

Lean Protein	Starchy Vegies & Grains	Free Vegies
Average serve size:	Avocado	Asparagus
Men 150g (5oz) cooked weight	Baked beans	Beans
Women 90g (3oz) cooked weight	Beetroot	Cabbage
Chicken without skin	Broad beans	Garlic
Turkey without skin	Brussels sprouts	Celery
Lean beef	Cassava	Olives
Lean pork	Chickpeas	Rhubarb
Lean veal	Couscous	Choko
(meat may be grilled, dry fried, roasted, casseroled)	Corn	Capsicum
Fish including tuna and salmon canned in brine or water	Kumara	Leeks
Vegetable protein	Parsnips	Spinach
2 x 65g eggs	Pasta	Onions
60g cheddar or feta cheese	Peas	Bok Choy
100g low fat cream cheese	Polenta	Carrots
240g low fat cottage cheese	Potato	Lettuce
400g natural skim milk yogurt	Sweet Potato	Shallots
1/2 cup cooked soy beans	Pumpkin	Tomato
250g fresh tofu	Turnip	Broccoli
Try to keep red meats (beef, lamb, pork) to 2-3 meals per week.	Squash	Cauliflower
	Swedes	Eggplant
	Yam	Mushrooms
	Taro	Radishes
	Rice	Zucchini

Fruit	Other Snacks	Beverages (as desired)
1 small banana	15 rice crackers (97% fat free) + 1 Tbsp low fat hummus	Enjoy these beverages with meals and between meals.
1 cup strawberries	2 Ryvitas with 1/4 cup low fat cottage cheese + 1 small tomato sliced	Water
1 small mango	1/2 cup cottage cheese with chives + 1 celery stalk and 1 carrot cut into sticks	Tea
1 cup watermelon	4 cups air popped pop corn– no added fat	Coffee,
1 1/2 tablespoons of sultanas, cranberries	130g can of baked beans in tomato sauce	Plain mineral water,
150 ml unsweetened fruit juice	1 slice fruit loaf with 1 Tsp jam	Soda water,
1 medium apple, orange or pear	1 wholemeal crumpet with 1 Tbsp honey	Diet soft drinks,
1/4 rockmelon		Diet calorie cordial.
1 cup cherries		Use skim milk for tea and coffee.
3 prunes		
3 medium plums or apricots		
1 slice pineapple		
1/2 cup unsweetened canned fruit		
1/2 grapefruit		
2 medium nectarines or peaches		
15 grapes		

Your Weight Loss Plan

Breakfast	Lunch	Dinner	Snacks

Exercise

Exercise gets the oxygen pumping around your body, making you look and feel better. When you exercise at a steady rate for 15 minutes your metabolic rate is increased and when the period of exercise is continued for more than 15 minutes, your metabolic rate stays higher than usual for the next 24 hours.

The trick is to find an exercise that appeals to you. We recommend a walking program to help you get away from day to day stress and get active. You will need to spend at least 15-20 minutes, 2-3 times a week, to gain benefits from your walking program. To gain further benefits, increase your times, as long as you feel comfortable. The aim of the program is to score a minimum of 30 points each week. Record the time of your walks and, using the information below, work out your points for each week.

Beginner	Intermediate	Advanced
at least 10-15 minutes a day 3-4 times a week 1 point for every 2 minutes walking exertion level of "comfortable"	at least 15-20 minutes a day 4 times a week 1 point for every 3 minutes walking exertion level of "slightly hard"	at least 20-30 minutes a day 4 or more times a week 1 point for every 4 minutes walking exertion level of "slightly hard"

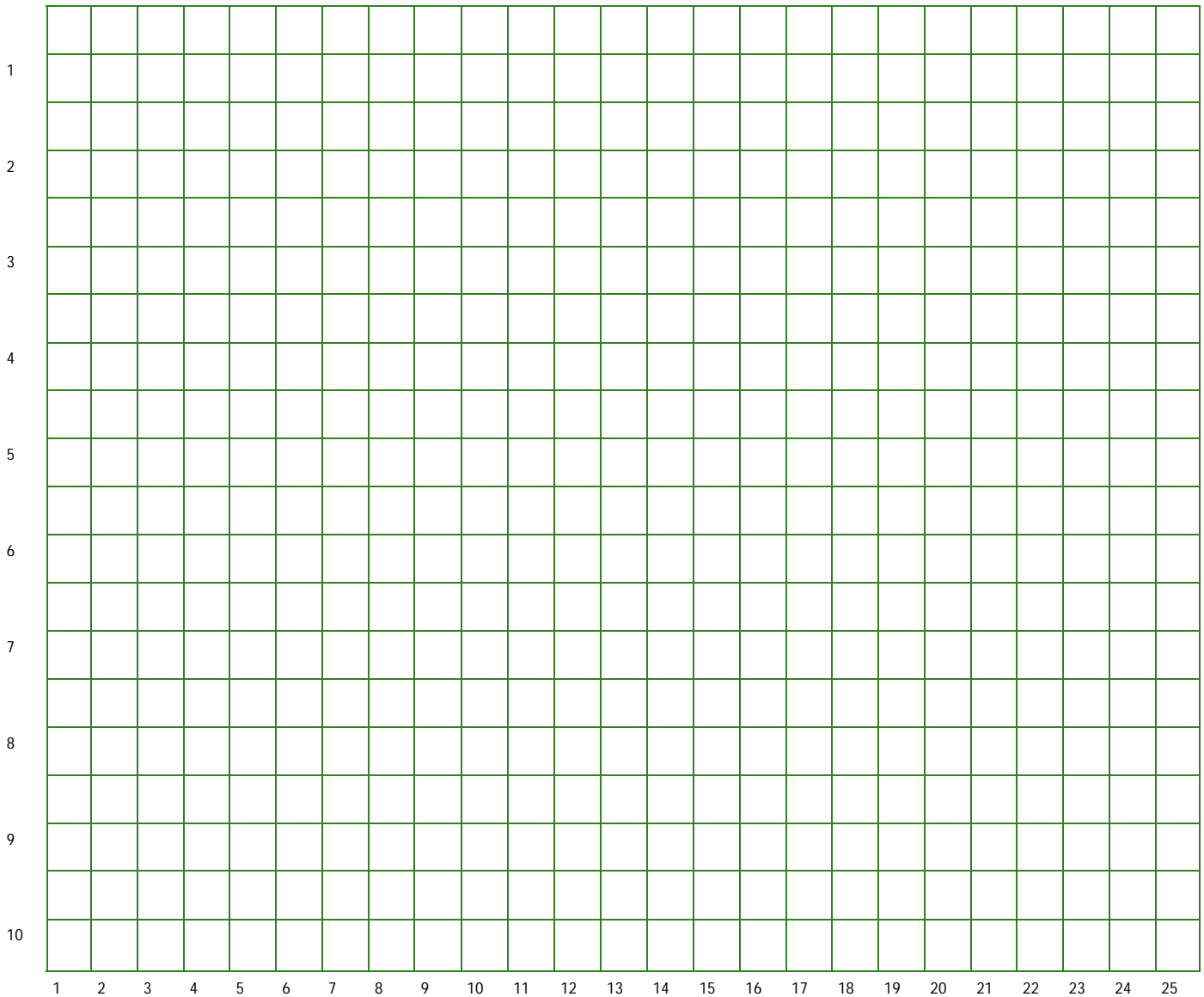
Motivation

Many people combine long hours at work and chores with very little time dedicated to pure leisure. Try to make time every few days to do something that makes you feel good. You need time to recharge your batteries. Use some psychology on yourself. Lash out on a treat, a massage or a new outfit, when you have achieved your goal. Behaviour needs to be reinforced or rewarded in order for that behaviour to continue. When you need an extra boost call or email Bill at: **Free Call:** 1800 80 6171 or **Email:** dietitian@becominghealthy.com.au

Weekly Weight Record

Date						
Weight						
Date						
Weight						
Date						
Weight						

Graph of Weight Change



Weeks From Starting Date