



EAT HEALTHY, LOSE WEIGHT

The Busy Person's Guide to Healthy Eating and Losing Weight

BY
JENNY THOMSON
COURSES FOR COOKS

Welcome to

Think Healthy, Lose Weight

The Busy Person's Guide to Healthy Eating and Losing Weight



As a cookery teacher, food consultant, nutrition adviser and advocate for making your own, people often tell me they would love to eat healthily, but don't know where to start.

It's tough if you work full time and have family at home who quite often have completely different likes and dislikes. Or maybe you live on your own and find the inspiration and effort to cook is just eluding you. Quite often it is easier to let everyone choose their own ready meal for an easy and quieter life, or pick at snacks throughout the day rather than make the effort to cook a proper meal.

I wrote this free e-book to empower and inspire people to get into the kitchen and make more delicious food from scratch. It's my philosophy on eating and body management and is packed full of good reasons why you should eat healthier, hints and tips on how to make the daily grind of family meals easier and valuable information on losing weight.

Keep it handy to refer back to when you are feeling the urge to splurge or can't be bothered!

I can't wait to hear how you get on.

Jenny

Contents

Healthy Eating

Why we should eat healthily

Different Food Groups – Fats, Proteins and Carbohydrates

Proportions of food groups and portion control

Some things to start doing to become healthier

How to manage a healthy diet whilst working full time

Why we should eat healthily

Hippocrates stated 'Let food be thy medicine and thy medicine be thy food'.

Chinese physician Sun Ssu-mo stated 'A truly good doctor always tries first to cure with food' nearly 1400 years ago.



The way our bodies function has not changed much since Palaeolithic times. Stone age man lived on a diet high in protein and non-starchy carbohydrates. It is only in the last 150 years that convenience foods have been developed largely due to the need to feed armies at war. Industrialised prepared food tends to have to contain additives to help preserve, maintain texture and flavour in order to be palatable. The ingredients used are often very processed and chemically altered as a result. These altered ingredients are very low in nutrients and so vitamins and minerals are often added to make a product 'fortified'. Our bodies struggle to digest these foreign ingredients, leading to imbalances, deficiencies, allergies, intolerances and diseases.

If we can optimise nutrition by eating the right proportion of protein, carbohydrates and fats we will have come a long way to feeding ourselves the correct vitamins and minerals, which in turn help balance our hormones. Fresh food tends to be less acidic than processed, so inflammation will be reduced and our bodies will become more alkaline. Our digestion will work better and we will be able to absorb nutrients from our food more efficiently, allowing our body to detoxify more efficiently, eliminate waste toxins and potential allergens which create illness. If all this happens, then our energy will be boosted, we will feel better within ourselves, feel happier, calmer and more able to cope with the ups and down of life.

The impact of food on our well being is massive – put nutrient deficient food into your body and whilst your body is an amazing organism that can adapt and heal itself, the resulting energy, healing and body maintenance will be lacking.

Good food and nutrients into our body = glowing skin, weight correction good muscle function, shiny hair, strong nails, psychologically happy, less wrinkles.



Nutrient depleted food in = spots, weak nails, joint pain, stomach cramps, sluggish digestion, skin complaints, thinning hair, dull skin, lack of energy and feeling that life is a struggle.

A lot of dis-eases could be cured or lessened by better nutrition—all body functions rely on each other to work in synergy. If one of these is not performing adequately, it knocks the others out, leading to a dis-ease.



A Bit of Science First

Different Food Groups

Some Facts on Fat

About 30% of our daily food intake should be as fats in order to maintain the body, it's a myth that fat is bad for you—both saturated and unsaturated fats are needed by the body

Fats are a vital part of the human diet – when fats are metabolised by the body they form prostaglandins which among other things have a huge impact on the initiation of disease and the body's ability to manage it. Depending on the type of fats consumed, the prostaglandins can either enhance pain and inflammation or prevent and reduce it.

Eating more omega 3, polyunsaturated fats will produce prostaglandins that reduce inflammation and minimise pain. Whereas animal fats produce more prostaglandins that instigate pain and inflammation. Increasing inflammation worsens and can trigger conditions and complications.

Omega 3 fats come from wild things, so are hard to find in today's society. As well as controlling our gene function, regulating our immune system and improving our metabolism these fats are vital components of the cell membrane that covers every one of the cells in our bodies. Without omega 3 fats, proper messages can't be communicated from one cell to another. The most important omega 3 fats are EPA and DHA. Our brains are made up of about 60% DHA. If we don't have enough, our brains don't work. If you're buying omega 3 supplements, make sure the EPA and DHA percentages are high.



Over the last 150 years our diet has seen a huge change in fat intakes. The ratio of omega 6 to omega 3 fats has changed from 1:1 to 10:1 or more. Leading to all of the diseases of aging and 'brain disorders'. In order to reverse this process we need to eat more omega 3 fats and bring the ratio back to 1:1.

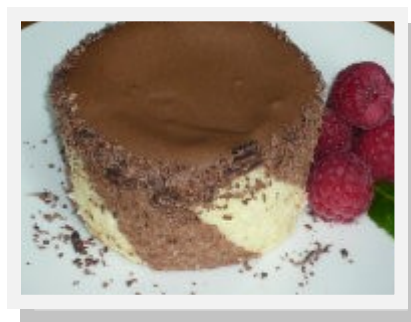


Unsaturated or plant based oils tend to be unstable when heated, causing them to become toxic at high temperatures. Use cold pressed or extra virgin oils and use them as salad dressings, not as oils for cooking with. Scottish cold pressed rapeseed oil is our equivalent extra virgin olive oil, tastes delicious and is higher in omega 3 fats than olive oil.

Cholesterol is vital for communication of nervous system; it makes up all cell membranes and sex hormones, it is the glue between molecules. So a bit of bacon or a nice piece of roast beef with a good marbling of fat is good for us in moderation—just not everyday.

The good thing about saturated fats is that they are heat stable, meaning that their chemical structure is not readily altered when used for cooking, so use a little butter or coconut oil if you need to fry or sautee anything.

Natural forms of saturated and unsaturated fats help absorption of vitamins A,D,E and K, slows down the release of sugar and optimises digestion.



Bad Fats = trans fats, which are mainly artificial fats created from unsaturated fats by heating to chemically alter them from liquids to solids. This gives them a longer shelf life, creating long lasting cheap food, but our body can't process them easily and have been linked to cancer, heart disease, autoimmunity and infertility. So try to avoid 'spreads', butter replacements and margarines. Most margarine, butter replacements, vegetable oils, shortenings and other fat replacements will contain trans fats, a staple ingredient of manufactured pies, cakes, biscuits and general packaged food.

I've had a few industrial chemists come on some of my cookery courses in the past, they have all said that they would not touch margarine with a ten foot pole—you don't want to know how it's made!!

Use butter and cold pressed oils such as virgin rapeseed oil, virgin olive oil, and virgin coconut oil. If you're making cakes, look out for modern recipes which substitute vegetables and fats or use coconut oil instead of butter or margarine.

Some Facts about Protein



The body needs about 15% protein to function adequately.

There are two types of protein : Animal protein – meat and

vegetable protein—beans, nuts and legumes

Protein helps to build and repair bones and muscles, skin, internal organs, blood, connective tissue, hair and nails. It also contains various antibodies, enzymes and hormones that are used by the body to carry out a multitude of biological processes.

In order for the body to use protein, it needs to be broken down into amino acids by digestive enzymes. There are 9 amino acids essential for human health, animal products contain all 9 of these and most vegetables are incomplete, having just some of those 9. Quinoa and soya beans are the only plant foods to contain all essential amino acids. For an easy measure, one protein portion should be roughly the size of your palm or 0.75g of protein for every Kilo you weigh. So on average, men should eat about 55g and women 45g protein, or 2 palm sized portions of protein per day, but with our modern diet, people eat far more than that.



Try to eat a little protein at every meal. You will feel fuller for longer, negating the need to snack in between meals—good if you're trying to lose weight.

If you don't eat enough protein, you will feel sluggish, foggy, anxious, unfocused, tired and depressed.

Excess protein is not stored in the body as protein, but as fat.

Eating large amounts of animal protein means also eating large amounts of cholesterol – leading to fat and cholesterol issues.

Excess protein puts strain on kidneys as it is hard for them to deal with the by-products of protein metabolism and increases the body's need for water to help eliminate excess toxins.



Some Facts about Carbohydrates



The body needs about 55% of dietary intake to be carbs. Complex carbohydrates are the single most important food for long term health.

Carbohydrates are mainly found in fruits, vegetables and dairy products. The only kind of food which doesn't have carbohydrate content is meat.

There are 2 types of carbs – simple carbs, eg. sugars, and complex carbs, eg. starches. Complex carbs do not raise blood sugar as quickly as simple carbs.

Simple sugars provide energy, but not nutrition (vitamins, minerals and fibre)

When eaten, both simple and complex carbs are converted to glucose which is used for energy.

Complex carbs include pasta, rice, grains, starchy vegetables, bread, nuts, legumes and seeds. They also contain fibre, which helps normalise our digestive function and slows the absorption of sugar and fats into the body, which keeps our bodies balanced. Eat wholegrains as it takes the body longer to digest them, uses more energy and burns more calories.

Simple sugar carbs include refined sugar, honey, syrup, candy, soft drinks and any other sweet food.

When we eat carbs, our bodies turn carbs into glucose which circulates in the bloodstream ready to be used by cells for energy.



The body releases insulin into the bloodstream which stimulates the body to turn excess glucose into fat, stored in the liver, muscles and fat cells. This is used between meals when the body needs more energy. Insulin again stimulates the body to release glucose from fat cells into the blood stream.

Phytonutrients are colourful healing compounds made by plants to protect themselves, but which also protect us against aging, obesity, brain damage and more. So try to eat as colourful a diet as possible.

Any type of food – carbs, protein or fats, if consumed in too high a quantity, will make you fat as all of the food groups once broken down by the body, excess is stored as fat.



Proportions of Food groups and Portion Control



Your daily diet should consist of approximately 55% carbs, 15% protein and 30% fats

Food energy is measured in calories, the body needs sufficient calories every day for body function and energy for activity. Someone with a sedentary lifestyle will need a lot less calories than someone who is very active. Any excess calories not burned are stored as fat.

The average daily calorie intake for women is 2000 and for men 2500. Recommendations for losing weight, is to reduce calorie intake by 500 calories per day.

If calorie counting is your thing then you can be very accurate in the amount you eat, but if not, allow approx. 500 calories per main course. for example: 500 calories = for breakfast, 2 thick slices of bread with butter and jam. Lunch baked potato with tuna mayo. Dinner Shepherd's pie. That is before accompaniments – approx. 100 calories each! Then snacks for example: chocolate bar 260cals/50g, can of cola 135cals. piece of cake 300 cals. A 120ml glass of wine—white is 77 cals, red is 80. A pint of lager is 165 cals. If you make a list of all the things you eat in a day, and add all the calories up, it's scary what the result comes to.

1 g of carbohydrate = 4 calories
1 g of protein = 4 calories
1 g of fat = 9 calories

When it comes to portion control, get an old fashioned dinner plate with a wide rim and only put enough food in the centre area. Make sure food is not piled up or spilling onto the rim. Another way to measure is to use your cupped hands together for a portion of vegetables, the size of one fist for grains, pasta, potatoes, beans, pudding and fruits, the size of your palm for meat and fish, the size of your thumb for cheese and dairy products and the size of your thumb to the first joint for fats and oils.

Your stomach is about the size of your two fists put together and it needs about 20% space for digestive juices to work effectively, so bear that in mind when you're loading your plate.

It also takes about 20 min for your stomach to tell your brain that you're full, so if you still feel hungry after eating a meal, wait 20 min and see if you're still hungry.



Calorie Sheet								
Item	Quantity	Calorific Value	Item	Quantity	Calorific Value	Item	Quantity	Calorific Value
Cereal & Bread Products			Meat, Fish & Eggs			Nuts & Seeds		
All Bran	40g	112	Chicken	28g	42	Almonds	20g	122
Bagel	78g	215	Egg	1	82	Peanuts	20g	117
Cornflakes	30g	112	Salmon	79g	149	Pumpkin seeds	1 tbsp.	57
Croissant	Small	180	Beef (roasted)	1 slice	48	Brazil nuts	6	137
Slice Brown Bread (med)	1	74	Dairy			Fats & Oils		
Slice white bread (med)	1	93	Cottage Cheese	28g	28	Butter	7g	51
Slice wholegrain bread (med)	1	78	Double Cream	100g	438	Lard	28g	249
Muesli	40g	144	Hard Cheese	100g	80	Olive oil	1 tbsp.	127
Porridge (no milk)	40g	145	Whole Milk	200ml	134	Sunflower oil	1 tbsp.	130
Waffle	1	127	Emi skimmed milk	200ml	98	Drinks		
Fruit & Veg						Cappuccino	Reg cup	110
Asparagus (cooked)	5 spears	33	Peas	75g	51	Champagne	120ml	89
Apple	1	50	Peppers	Each	7	Cola	330ml	135
Banana	1	90	Potatoes (boiled)	120g	86	Fruit smoothie	100ml	50
Beansprouts	50g	13	Prunes	50g	79	Guinness	1pt	210
Beetroot	1	9	Rhubarb	28g	3	Red wine	120ml	80
Blueberries	150g	66	Spinach	28g	7	Vodka	25ml	52
Butternut Squash	28g	9	Sweet Potato	28g	24	Sweet snacks		
Cabbage	90g	14	Watermelon	250g	75	Chocolate bar (milk)	28g	146
Carrot	28g	6	Rice, Pasta & Pulses			Choc digestive	1	84
Celery	1 stalk	3	White Rice	50g	175	Danish Pastry	1	411
Dates (dried)	1	54	Arborio Rice	80g	279	Jam Doughnut	1	252
Kale	28g	7	Wholewheat Pasta	100g	324	Muffin	1	161
Mango	Each	114	Egg noodles	28g	109	Fruit Scone	1	126
Nectarine	Each	53	Couscous	50g	178	Vanilla Ice cream	72g	145

Things to start doing to become healthier and lose weight

Eat real, whole food as it comes from the earth, not too much and mostly plants.



Drink your food and eat your juice – or chew your food until it becomes almost liquid to aid digestion and always drink juice very slowly to give your stomach enzymes time to start working. Drink more water and cut down on caffeine.

Give up convenience food

Eat more raw food. Remember to wash it first and try to avoid peeling it – most of the nutrients are stored just under the skin. If you peel it you're throwing the most nutritious part away.

Eat whole foods – brown rice/pasta – there is more nutritional goodness in whole foods and it takes the body longer to process them, making you feel fuller for longer and using more calories.

If you are a lover of chips and potatoes, cut down the amount you eat and fill the gap with vegetables or salad.

Eat small amounts of protein at every meal – this doesn't have to be meat, but can be nuts, seeds and pulses.

Try to eat 3 regular meals per day – including breakfast. If you are ravenously hungry, you tend to cram anything into your mouth.

Avoid sugary snacks and drinks.

If you're eating out, try 2 starters rather than a starter and a main, skip the pudding.

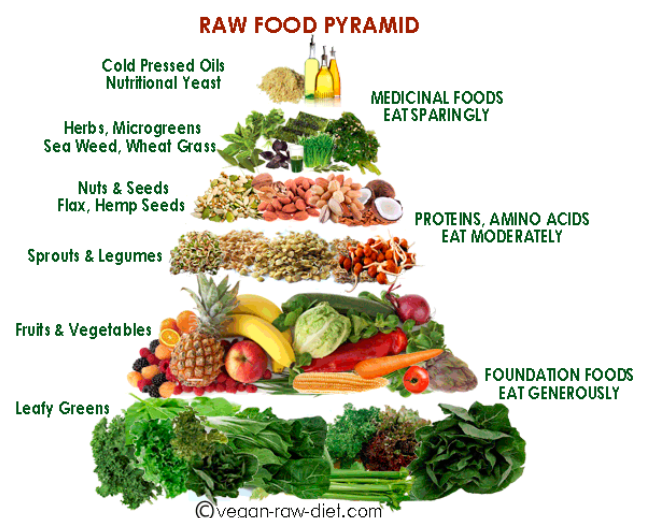
Alcohol is very fattening – limit to weekends – unless you've had a real stinker of a day, then 1 only.

Keep a food diary for a week. Analyse what you've eaten and if you seem to be grazing on junk – you know what you've got to do!!

Don't bother buying low fat/light or reduced sugar items. Buy the real thing and enjoy – just small amounts now and again.

Each lb of body fat you carry contains the equivalent of 3500 calories, so if you want to lose 1lb of weight per week, at the very least, you have to reduce what you eat by 500 calories per day and ideally include some exercise (500 calories x 7 days = 3500)

Try to exercise at least 30 min per day – that could be a walk in the park, using the stairs at work, going for a swim or a cycle, parking in the far corner of the supermarket car park and walking to and from the store.





If in doubt, eat a ½ portion and skip dessert.

Try not to have cheese with everything – it adds a huge amount of calories.

If you're making a cake, use ½ the amount of sugar.

Switch from milk chocolate to dark and eat 1 square at a time, now and again.

Don't deep fry anything

Eat a rainbow of food. Fresh food is colourful, processed food tends to be brown, unless it has tomato sauce on it.

Calories Burned per 30 Minutes of Activity at Your Weight										
Activity Done for 30 Minutes at:	100 lbs	120 lbs	140 lbs	160 lbs	180 lbs	200 lbs	220 lbs	240 lbs	260 lbs	280 lbs
Aerobic Dancing	115	138	161	184	207	230	253	276	299	322
Aerobic Step Training	145	174	203	232	261	290	319	348	377	406
Backpacking (20 lb load)	200	240	280	320	360	400	440	480	520	560
Basketball	130	156	182	208	234	260	286	312	338	364
Bicycling	200	240	280	320	360	400	440	480	520	560
Dancing	100	120	140	160	180	200	220	240	260	280
Gardening	90	108	126	144	162	180	198	216	234	252
Golf, walking without cart	100	120	140	160	180	200	220	240	260	280
Housework	90	108	126	144	162	180	198	216	234	262
Jogging (5 mph)	185	222	259	296	333	370	407	444	481	518
Mowing	135	162	189	216	243	270	297	324	351	378
Skipping Rope	285	342	399	456	513	570	627	684	741	798
Stair Climber Machine	160	192	224	256	288	320	352	384	416	448
Swimming (25 yards per min)	120	144	168	192	216	240	264	288	312	336
Walking (15 minute mile)	100	120	140	160	180	200	220	240	260	280
Weight Training (90 seconds between sets)	125	150	175	200	225	250	275	300	325	350

How to Manage a Healthy Diet whilst Working Full Time



Use your freezer – make double batches of soups, curries and casseroles. Cooked beans and pulses can also be frozen in portions ready to add to dishes.

Make enough undressed salad to last 2 – 3 days. Just take out a handful at a time and add dressing to taste. Try not to cut lettuce as it will go brown quickly, use baby leaves or just cut the lettuce into the remaining salad ingredients at the last minute.

Make a big pot of soup – keep some in the fridge for a couple of days and freeze the rest in portions for later.

Roast a chicken with some root vegetables and onion. The chicken meat can be portioned ready for using and either stored in the fridge for a couple of days or frozen for future use. Use the vegetables in a salad with quinoa or couscous, make them into soup or add them to stews.

Use the weekend to stock your fridge/freezer with food for the coming week. Make it a family event, get kids involved chopping and stirring, they'll be learning to cook healthily and spending quality time with you. This also helps picky eaters become less picky!

If you have picky eaters in your house and have been making separate meals for them, STOP! Feed everyone the same thing—life is too hectic to make more than one meal at a time. Persevere; they will complain for a few days, but if it is a choice of eating what has been produced or nothing, the message will very quickly get through.

My son is 12 and hates fish, mushrooms and pieces of meat—minced is fine. Over the years he has been given the same food as everyone else and now eats most things quite happily. I have found that to ban snacks 1 hour before a meal and if the main course isn't finished, then there is no pudding, goes a long way to banish pickiness. Quite often it is a textural issue, the more a child puts something in his mouth the less sensitive to the texture he becomes.



Use a slow cooker – dinner will be ready when you come home. On/off oven timers also do a great job.

Vegetables can be prepped the night before and kept in the fridge in a plastic bag ready to use. Try marinating them in a bit of oil, garlic and herbs to add flavour.

Try to wash and clean up as you go – there is nothing more demoralising than slaving over a hot stove and finding every pot, pan, bowl and spoon in the kitchen needs washed once you're finished.





Thank you for signing up to my E-book,
I hope you have found it valuable.
Over the coming months there will be a
collection of recipes for you to collect.

In order to keep up to date with what's going on at Courses For Cooks,
please connect with me on social media



email me at jenny@coursesforcooks.com.

