Day 3 - Food

Food is obviously a crucial part of losing weight.

The harsh truth – NO diet will let you eat whatever you want in any quantity you want!

There will ALWAYS be a level of control if you want to control your weight. There are ways to do this that are easier and ways that are harder but overall you need to be mindful of food.

Most diets focus on calorie counting as the primary way to lose weight. Whilst this can and does work for a lot of people, it completely ignores your hunger and desire for different foods.

Healthier foods tend to be satiating, have a high nutrient content and have a reasonably low energy content.

Conversely, unhealthy foods will have little nutritional value, LOTS of empty energy and won't fill you up!

This means cakes, desserts and basically 'junk food' of any type is able to make you gain weight VERY easily as it does not satisfy you for long after eating it, but provides your body with a lot of energy.

This energy unless used is simply stored as fat!

Healthier foods will fill you up and provide you with energy but not in excess.

It is almost impossible for most people to sustain weight loss without transforming their daily diet into one that is primarily composed of whole foods.

Everybody has healthy foods they enjoy and everybody has a reasonable idea of what is good and bad for us. It is making sure we eat the right stuff every day!

We need to ensure our environment is helping us so that eating the right stuff is easy.

Work through the questions below, if you want help through it just send me an email to daniel@freemansfitness.com.au

What 'healthy' foods do you enjoy?

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_____

What foods do you crave regularly?

_____
_____

How many meals do you prepare from scratch at home?

_____
_____

What barriers stop you from eating better? (time, family, preparation)

_____
_____

What do you need to do to overcome these barriers? (prepare meals in advance, schedule in times for dinner etc)

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_____

Do you have lots of junk food with easy access at home? What could you do to change it?

_____
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