

## **Mens Over 40 Fitness – Simple Eating Guide**

A kilojoule (or calorie) is a unit of energy. In Australia, we use kilojoules (kJ) to measure how much energy people get from consuming a food or drink.

Macronutrients that are in foods and drink are carbohydrates, fat and protein.

### **Simple healthy eating suggestions**

- Eat & drink good sources of protein
- Eat & drink good sources of carbohydrates
- Eat good (unsaturated) fats
- Try to avoid food & drink with high amounts of sugar
- Try to avoid food & drink with high amounts of bad (saturated) fat
- Try to avoid food & drink with high amounts of sodium (found in salt)

### **Simple ways to lose weight**

- Eat & drink less (consume less kilojoules)
- Swap junk/unhealthy food for more nutritious (healthy) and filling food
- Consume more protein - Protein can help you lose weight because protein takes longer to digest than other nutrients, minimizing blood sugar spikes which helps you feel full. When you're full, you're less likely to overeat or grab unhealthy junk food to fill your stomach or have a sugary drink to give you a short energy boost.

Protein also helps preserve lean body mass as you lose weight, even when kilojoules (calories) are restricted.

Read labels on packaged food and drink to see the kilojoules, protein, carbohydrates, fat, sugar and sodium in each food and drink.

Use the nutrition information panel (NIP) to compare the amount of nutrients (per 100g) in products as well as the serving size.

To compare two similar products, check if they have the same serving sizes first. If not, then compare the nutrient content (e.g. grams of fat) using the **Quantity per 100g** column.

NUTRITION INFORMATION		
SERVINGS PER PACKAGE: 3 <b>SERVING SIZE: 150g</b>		
	QUANTITY PER SERVING	QUANTITY PER 100g
Energy	608kJ	405kJ
Protein	4.2g	2.8g
Fat, Total	7.4g	4.9g
- Saturated	4.5g	3.0g
Carbohydrate	18.6g	12.4g
- Sugars	18.6g	12.4g
Sodium	90mg	60mg

Always check the Quantity per 100g column and try to pick foods in the green column.

Check the quantity per 100g of	This is a LITTLE	This is A LOT
<b>Fat</b>	3g per 100g (or less)	20g per 100g (or more)
<b>Saturated Fat</b>	1g per 100g (or less)	5g per 100g (or more)
<b>Sugar</b>	2g per 100g (or less)	10g per 100g (or more)
<b>Salt (Sodium)</b>	120mg per 100g (or less)	500mg per 100g (or more)

Source: EatWell, Your guide to healthy eating, Food Standards Agency, UK, 2005

Using the Quantity per 100g column on the NIP means you're comparing like for like. Don't forget to check how much you're eating too and look at the total number of serves per pack.

## Simple tricks to eat less

### **Enjoy every bite.**

Focusing (chewing slowly) on every bite can help you practice mindful eating, which has been shown to cut down on the amount you eat.

### **Use smaller plates, cups and bowls.**

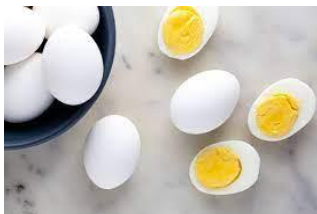
Research has shown that when people use large bowls, plates and serving utensils, they serve themselves more and consume more food.

### **Drink water.**

Often your body mistakes hunger with thirst. Before you start eating, drink a big glass of water and wait 10 minutes. You may find that in fact you were just thirsty and not hungry.

## Good sources of protein include:

- Eggs



- Almonds



- Chicken breast



- Greek yogurt



- Lentils & beans



- Lean (not fatty) beef



- Tuna



- Salmon



- Quinoa



- Turkey breast



- Peanuts and peanut butter



**Good sources of carbohydrates include:**

- Fruit – Such as apples, avocados, bananas, blueberries, oranges, strawberries.



- Vegetables – Such as asparagus, bell peppers, broccoli, carrots, cauliflower, celery, cucumber, kale, mushrooms, tomatoes, zucchini.



- Rice - Brown rice is more nutritious than white rice.



- Oats



- Whole wheat bread/wraps - Brown and multigrain is more nutritious than white.



**Good unsaturated fats** include:

- Avocado



- Nuts (e.g. walnuts, brazil nuts)



- Seafood/Fish



## Snacks

Nutritious snacks between meals can keep you full and stop you from eating unhealthy foods. Below are some healthy, quick snack options:

**Mixed nuts** - Nuts are an ideal nutritious snack, providing the perfect balance of healthy fats, protein, and fibre. Since they're high in kilojoules, aim to stick to about 1/4 cup.



**Greek yogurt and mixed berries** - Greek yogurt is high in protein and berries are good sources of antioxidant.



**Apple slices with peanut butter** - Combining apples with peanut butter, you'll enjoy a crisp and creamy snack.



**Cottage cheese and fruit** - Pairing cottage cheese with fruit complements the cheese's protein and fat content with the fruit's fibre, resulting in a sweet, creamy, and filling snack.



**Celery sticks with cream cheese** - A fibre-packed snack that combines a crunchy texture from the celery with creaminess from the cheese.



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**Dark chocolate and almonds** - Dark chocolate contains antioxidants, and almonds are a rich source of healthy fats. Try a piece of dark chocolate with a handful of nuts.



**Roasted chickpeas** - Chickpeas are a source of fibre and plant-based protein.



**Cucumber, celery or carrot slices with hummus** - The crunchy texture of cucumber or carrot go very well with the rich creaminess of hummus. Hummus is typically made from chickpeas, tahini, olive oil, and garlic, which provides a mix of plant-based protein, fibre, and heart-healthy fat.



**Popcorn** - Air-popped popcorn (not the movie-theatre kind doused in butter) delivers filling fibre and low kilojoules.



**Whole wheat toast with canned fish** - Topping a piece of whole wheat toast with canned fish (salmon, tuna etc) will give you a highly nutritious snack



**Foods to limit to be healthier and help with weight loss** include:



- Biscuits and pastries
- Deep fried foods and takeaways
- Chocolate
- Potato chips
- Cakes
- Soft drinks
- Ice cream
- Lollies
- Salty snacks, like chips
- Pizza

## Drinks to limit to be healthier and/or help with weight loss include:



Soft drinks - full of refined sugar and empty kilojoules.

"Juice" drinks (flavoured, sugar-sweetened juice) - can rack up more kilojoules than soft drinks.

Fruit juice – It's very concentrated in sugar, which makes it high in kilojoules. Anytime you can eat fruit or vegetables rather than drinking them, you'll be better off.

Alcohol - offers no nutritional value.

### Your best drink choice

Water – It's essential to control your body temperature, remove waste and carry oxygen and nutrients to your cells and helps avoid dehydration, which can cause tiredness. Aim to drink 2 litres a day (around 8 glasses of water).

