



David Fairlamb

THE FIT FACTOR

NUTRITION CORNER

Spice it up! Using herbs and spices expands your palette without extra calories and may decrease the amount of salt, fat, and sugar you use without sacrificing flavour.



Don't miss David's tips every Saturday in your Journal

THERE is a big difference between eating healthily and eating to lose weight. Most of us have a pretty good idea of what is seen as being healthy, however, many readers have contacted me asking for advice, as their so-called healthy food isn't helping them lose weight. Here are just a few meal examples of why this may be happening, remember this is only if you are trying to lose weight:

BREAKFAST

Porridge, made with milk, adding honey, raisins and a glass of orange fruit juice.

Yes, this is healthy, the porridge is slow release carbohydrate, the honey contains vitamins, minerals plus anti-bacterial qualities and the raisins are high in vitamin B.

But if you don't burn the carbohydrate you digest from the porridge through your daily activity, it will be stored as fat.

The honey and raisins are full of sugar which can raise your insulin levels, leading to you craving more food, never mind the refined sugar they contain, which will again pro-

mote weight gain.

The glass of fruit juice may contain up to six teaspoons of sugar. If you take this breakfast alone, you could have consumed up to a massive 10 teaspoons of sugar.

Bearing in mind the recommended daily allowance for an adult male is around eight teaspoons, you would already be over your daily allowance!

This is why what is seen as a healthy breakfast will not necessary help you drop body fat.

BREAKFAST ALTERNATIVE

A 2-4 egg omelette filled with natural ingredients such as, tomatoes, mushrooms, ham, rocket, peppers, spring onion. Cup of green tea or a slice of water melon.

LUNCH

White bread tuna and mayonnaise

Healthy eating is a sign of self-respect

Motivational quote of the day

sandwich, cereal bar and a bottled smoothie drink.

At first glance your lunch would appear fairly healthy. However, white bread is filled with empty calories and there is no nutritional value in it whatsoever.

The mayonnaise is fattening and full of calories, cereal bars can contain up to five teaspoons of sugar and the bottled smoothie up to seven. This lunch is not conducive to weight loss, many people are in a habit of eating a similar lunch each day therefore you can see how the sugar, calories and therefore weight soon adds up over time.

LUNCH ALTERNATIVE

Large chicken and green salad, no sauce just add fresh lime or lemon juice. An apple and coffee.

EVENING MEAL

Cottage pie and low fat yoghurt

The potato adds carbohydrate and therefore calories which could easily be replaced. The fact that it is a low fat yoghurt will mean it's probably high in sugar, therefore not ideal for your waistline.



FITNESS TIP

Next time you are running either in the gym or outside, concentrate on staying relaxed and lengthen your stride. Your body will adapt and become just as comfortable at a quicker pace. It will also help improve the strength and shape of your legs.

ALTERNATIVE EVENING MEAL

Cottage Pie using lean mince and cauliflower rice as the topping, followed by a bowl of raspberries,

strawberries and melon.

Replacing the potato with cauliflower rice will dramatically reduce the calorie content of the meal.