

Score Card guidelines:

Sugar: All calories from sugar are classed as dead as they provide zero nutritional value and in most cases get stored as fat. Gradually reducing your sugar consumption is highly recommended. In tea and coffee try cutting back by ½ a spoon a week. Artificial sweeteners are even worse as they are full of chemicals like chlorine.

Processed food: Is pretty much anything outside of fresh foods. Normally tinned or packaged and ready made meals. Almost all have been tampered with to give it taste and longer shelf life.

Alcohol: “The Demon” is not only full of sugar and chemicals it really screws up our hormonal system making weight loss very difficult. It’s also the eating around alcohol that contributes greatly to the problem. Intake should be kept to a minimum.

Bread: Particularly cheap sliced packaged is nothing more than a sugared sponge. Limit your intake and try spelt, rye and wholegrain.

White pasta, rice and potatoes are very high on the G.I scale meaning they will rush into the bloodstream very quickly and then stored as fat if not used immediately. Limit your intake and try brown rice, pasta and sweet potatoes. Also try to eat early on in the day and not in the evening.

Cereals: Particularly mainstream corn flake. rice crispy’s are again very high on the GI scale. Try organic oat flakes or sugar free muesli.

Sweets: Name says it all:

Cakes can build up your calorie count very rapidly. The daily treat can quickly turn out to be an extra 1500 calories over a week. That’s a lot of exercise.

Chocolate: You should limit your intake to a couple of squares of 70% coco occasionally.

Milk: Although a great source of energy, protein and calcium a huge amount of us are to some degree lactose intolerant. This will mess up your hormonal balance and make losing weight more difficult. Try goat, coco or almond milk.

Cheese: Like milk is high in energy and hormones so limit your intake.

Yogurt. In all its disguises is either high in fat or sugar. A scoop of Greek full fat has a good source of protein to add into smoothies or on to your cereal.

Eggs are a super food and unless you have cholesterol problem can be eaten daily. I highly recommend them for breakfast and lots of fresh veg can be added to omelettes.

Veg: And a many varieties as possible should be eaten daily. Try mixing as many bright colours as possible. The less they are cooked the better source of vitamins and minerals. Try steaming, stir fry and roasting..Dont forget you garlic, chillies and ginger.

Fruit: Is a great snack provider and full of goodness. You should aim for a large variety. If you are focusing on weight loss limit your intake to 2 pieces.

Nuts & Seeds: Are a great source of essential fatty acids and protein. However be careful a palm full is more than enough. Again vary your options.

Meat: Particularly red has the highest source of amino acids and should be included in your diet. Make sure you buy from a reputable source.

Poultry: Is another great source of protein and helps fill us up. Try buying the best you can afford. Organic or free range if possible.

Fish: Especially oily such as salmon, mackerel, sardines and trout are high in omegas and protein which are great for our brain, skin, hair and bodily function.

Oils: Are really important and a very necessary part of our daily diet. Good oils such as rapeseed, olive, coco, flax, sesame and fish actually help to lose weight.

Coffee & Tea; 1 to 2 cups of coffee organic if possible is fine it’s an anti oxidant and great before you workout. 2 teas like green and herbals are good also. Try not to drink coffee or regular tea after mid afternoon.

Water: Is the foundation of our body and is vital for our wellbeing. Try to drink 2 litres of clean water a day particularly first thing in the morning. If you are thirsty you are already dehydrated so keep topped up for optimum performance.

Supplements: Although it would be great to get all our nutrients from food this is very difficult so a good multi vitamin is recommended.

Workouts: Depending on your goals you should strive to include 3 good intensive workouts a week. Interval training which is bouts of high intensive work 20-60 seconds followed by low intensive work for 30-60 secs for 20- 40 minutes is the best way to burn fat and improve overall fitness levels.

Sleep: Most people underestimate the importance of a good nights sleep. It has a huge relevance to losing weight and restoring and balancing our energy levels. So get to bed as early as possible and enjoy a good night’s sleep.