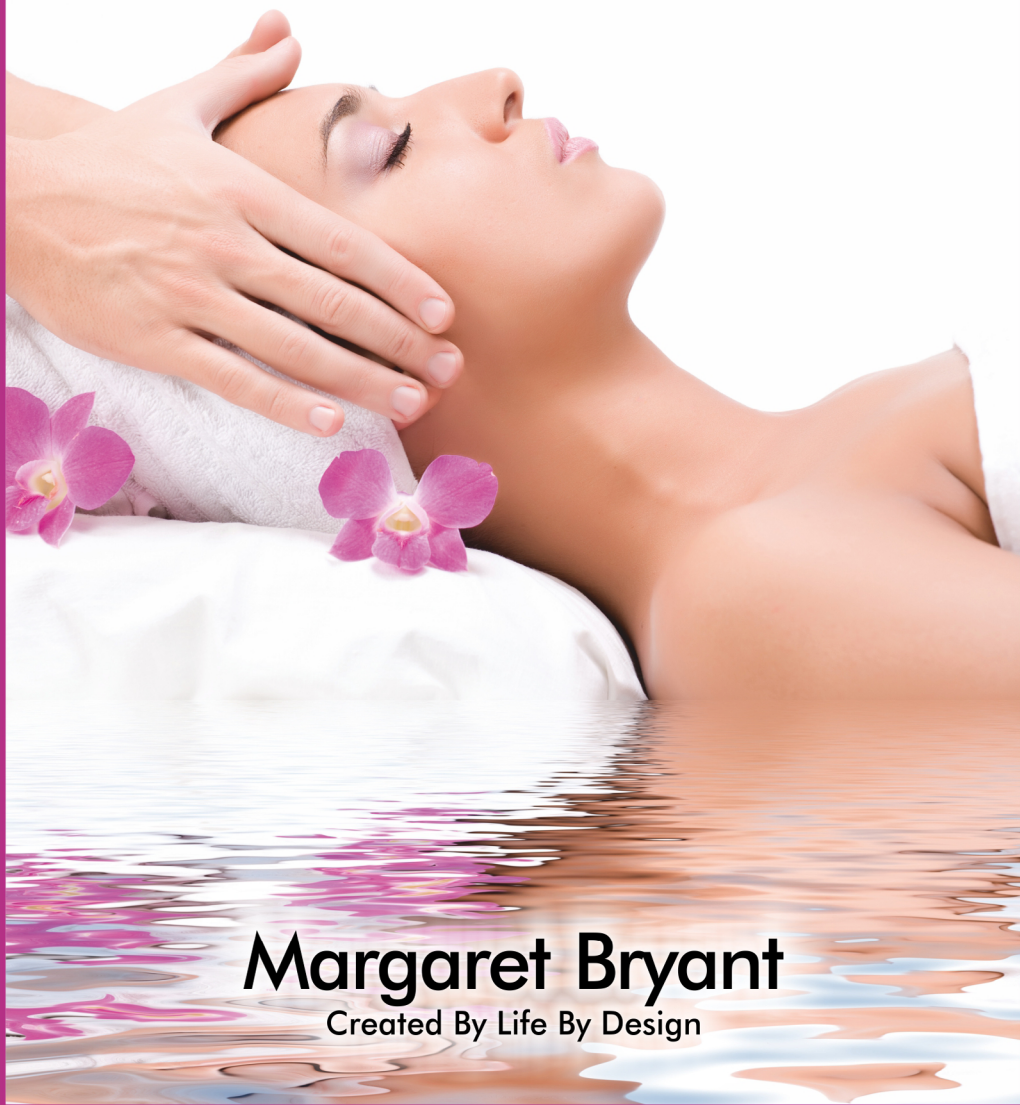


7 Secret Ingredients

to Losing Weight & Looking Younger



Margaret Bryant

Created By Life By Design

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THE TIPS

It is critical that you have a portion of low-glycemic protein, carbohydrates and good fats with each meal or snack and never go hungry or skip a meal to lose weight.

The secret to good health is to keep your blood sugar levels even and eat for hormonal control not calorie control.

Insulin is our “storage” hormone and most of us don’t want to store any more fat than we already have!

If you are overweight this lifestyle of eating actually has a side effect of fat loss.

If you don’t need to lose any weight, then you won’t. You simply will feel better, become healthier, and have more energy.

What is your plan this year for you? Do you have weight creep? More kilos than you want? Less energy? Looking for a weight management program that works for you?



TIP

2

The amount of quality protein in your diet is vital. Not all calories are equal. Regular serves of quality protein influence your metabolic rate, favourably influencing weight loss.

Quality protein also helps you sustain muscle during weight loss, improving muscle fitness, your immunity, building HDL cholesterol (yes, the good guys!) and enhancing insulin and leptin function all of which contribute towards optimal weight management over time.

Key is quality protein, quality carbohydrates, quality fats, nutrition for your cells.

TIP

3

Your health risk is greater if you are carrying your weight around your abdomen.

The body needs the right kind of fat!

The good fats play a huge role in helping you manage your moods, stay on top of fatigue, and even control your weight.

The good fats are always liquid not solid (e.g. Omega 3 fats).



According to the Harvard Medical School, healthy eating, based on new science, can ward off 25% of all cancers and, combined with exercising regularly and not smoking, can prevent possibly 90% of the cases of Type 2 diabetes.

TIP

4

Another tip is picking good sources of low GI carbohydrates which can help you control your blood sugar, energy levels, and your weight.

Eating healthier carbohydrate-rich foods can help you ward off a host of chronic conditions from diabetes to heart disease. Instead of instant oats choose steel-cut oats, instead of white potatoes choose pasta, instead of sweet corn choose leafy greens.

TIP

5

Drink a glass of water half an hour before you eat. Often thirst is misinterpreted for hunger.



Choose adequate portion sizes for your stomach and resist the temptation to go for a second round.

Whatever you can fit into the palm of your hands is adequate for your needs at each meal.

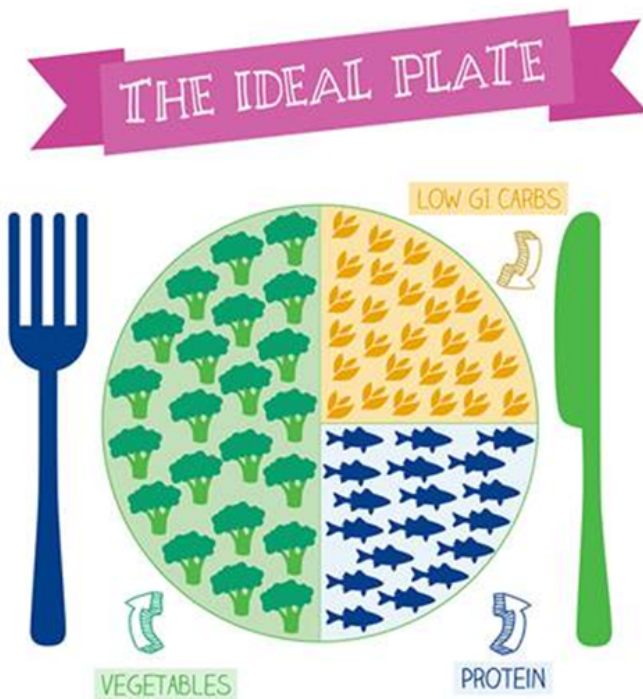


The ideal meal: Aim for half vegetables/salad, quarter lean protein and quarter low GI carbohydrate.

**VEGETABLES/
SALAD** – aim to eat at least five serves of vegetables every day preferably with three or more different colours.

PROTEIN – good sources include skinless chicken, fish, seafood, eggs, milk, yoghurt, cheese, legumes or tofu.

LOWER GI CARBS
– try pasta (cooked al dente), low GI brown rice, pearl couscous, soba noodles, or quinoa.



Easy Ways to Follow Tip 7

Swap those spuds: If you're a big potato eater and can't bear the thought of giving them up, you don't have to – just switch to a low GI potato such as Carisma™. Another option when making potato mash is to replace half the potato with cannellini beans, or swap to other lower GI options such as sweet potato.

Go grainy: Choose wholegrain or choose multigrain (where you can actually see the grains) over white bread.

Get a good start: Replace highly processed breakfast cereals with items that carry the GI symbol.

Love legumes! Include legumes like beans, lentils and chickpeas in your meals two or three times a week, or more often if you are a vegetarian.

It's all about combinations: You don't need to completely cut out high GI options – the trick is to combine them with low GI options to achieve a moderate GI. Additionally, certain acids help to lower the GI of certain foods. Try vinegars on salads, yoghurt with cereal and lemon juice on vegetables.

Smart Snacking: When it comes to snacking, go for apples, dried fruit, nuts and yoghurt. Avoid refined flour products like cakes, crackers and biscuits.

Wonderful Water: Make water your first choice. Avoid sugary drinks and drink no more than one to two glasses of alcohol a day, with at least two alcohol-free days a week.





MARGIE BRYANT

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ABOUT THE AUTHOR

I am passionate about wellness; body, mind and spirit.

I empower people to help themselves to DESIGN THE LIFE OF THEIR DREAMS.

I focus on a healthy lifestyle and provide people with an opportunity to have a better quality of life.

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