



Working with your Food Tables

If at first glance your food tables seem a little daunting, make yourself a cuppa and read on. Here are some tips to make the implementation of your food tables easier.

Frequently Asked Questions

How do I work out the percentages?

Consider the Pie Chart to be your plate of food. I don't want you to bother with weighing or measuring your food. If you find the percentages confusing, just use the chart as a visual guide – a lot of Green, a moderate amount of Yellow and a touch of Red if you dare.



Examples:

- Select a yellow list meat (15%) and combine it with green list veggies & legumes (85%).
- Select a green list meat/fish and add a combination of yellow & green list foods such as vegetables and a small serve of a carbohydrate food such as brown rice.

How much volume of food should I eat?

I don't want you to over fill your plate. A moderate serve is what you need to aim for, leave some room for movement on the plate.

I get hungry between meals, what can I do?

Morning and afternoon tea is allowed – ideally you should stick to green list foods.

You will find snack options on the 'Snacks' Healthy Hint Sheet. Including a Protein food in each meal also helps to regulate blood sugar levels and appetite.

Refer to the Healthy Hint sheet on Protein foods.

What do I do if I have an allergy or sensitivity to a food?

Simply avoid that food and work with the rest of the food options on your food tables.

What do I do if I am vegetarian?

This is not a problem. Simply avoid foods that do not fit with your food choices and work with the rest of the foods on your tables. Just make sure you are consuming foods from a variety of food groups. Also refer to the Healthy Hints Sheets for Vegetarian diets for meal ideas and to make sure your diet is balanced.

Why are foods that I thought were healthy foods on the red list?

Your food recommendations have been made to support particular hormone systems. Foods are made up of vitamins, minerals, macro nutrients, water and a wide range of active substances that influence cellular function within the body. A balance of regulated cellular functions is required to maintain health. If a food contains a substance that in the right circumstances can negatively influence a

particular hormone or group of hormones, then you may have been advised to avoid it. This food may have many other health benefits but at this time it may not be right for you. Impact on the thyroid system is one reason for foods that are generally considered healthy to appear on your red list- e.g. broccoli and spinach.

Should I avoid eating from the yellow and red list?

The foods on the yellow list are foods that provide important nutrients, and so, should not be avoided. Avoiding them will not necessarily increase weight loss; it will just deprive you of nutrients. These foods can be consumed in moderation and can be included in any meal. They also help to keep the variety in your meals.

The red list foods are optional. I don't want to deprive you of all your favorite treats, so consider these your special treat foods and occasional little added extras. The proportion that you consume is what is important, so keep your serves small and enjoy them.

To be honest, I hate this particular food and don't want to eat it. Will this be a problem?

No, not at all. Simply avoid that food and work with the rest of the food options on your tables. Just make sure you are consuming foods from a variety of food groups.

How can I fit this in with my family's eating habits? They all love the red list foods.

I have a young family too and I completely understand where this question is coming from. Kids (and Partners) can make healthy changes challenging. But why not get them on a healthy path too. Eating the foods you have been recommended can only do them good: it's all clean healthy food. Getting the whole family involved will make it easier for you and weaning them of processed foods and junk food can improve the well being of all the family. This sort of change can take time to integrate into a family but it can be done. Start with yourself and work on the others over time. Think of the beneficial long term effects.

Are there any convenience foods that I can use? With my family I don't always have the time to prepare things from scratch.

We all need a little convenience in our busy lives so am not ruling all things out. Combining some convenience foods with fresh whole foods can be worked into a healthy diet.

Pre-packaged & Tin foods - What you do need to think about when selecting these foods is: how processed is it, does it have good nutritional value, does it contain high levels of preservatives, salt, sugars or fats? Getting into the habit of reading labels and comparing brands is a great way to start evaluating the nutritional quality of these foods. Also, think about the ingredients that make up that food - how well does it fit with your food tables?

Good options with these types of foods include canned legumes and beans. Generally these have minimal additives, and if you stick to those that have not been precooked in sauces etc. then go for it. Generally these sorts of foods require pre soaking and can take hours to cook. A canned option can save a lot of time.

Create your own Convenience foods

For example - why not make up a big batch of herb & tomato pasta sauce and store it in containers in the freezer. It will be available and ready to go when you need it and best of all, you know what is in it. It can be used as the base of a wide variety of meals.

Take away foods – The same applies for your choices of take away foods. If you follow your food guidelines, you will learn to make more appropriate choices. Replace the side of chips with salad and you are half way there. If you do stray from your recommendations occasionally just get back on track with the meals that follow it and keep moving forward. Also, never be afraid to ask what is in the meal if you are not sure.

Some of these foods are only available seasonally. What do I do when foods are not available?

Seasonal changes in food are one of the many regular changes we come across in day to day living. When any changes occur we need to adapt to the situation. When a food is not available, simply choose alternatives - work with the foods on your tables that are available. Working with change is an important part of the management of life long healthy eating choices.

I don't know what some of these foods are. How do I find out?

The internet is a great tool for learning about the fabulous range of foods that are available. Type the name of the food into a search engine and a world of information will become available to you.

I am not much of a creative cook and have never used some of these foods. Where can I find recipe ideas?

My recipe book, 'Walked, Grown, Flown, Swam', offers many great ideas that you can adapt to suit your particular food recommendations. Also keep an eye out for the recipes included in your regular newsletters. And again, the internet has many great recipe sites. Enjoy experimenting with new foods and new recipes.

I don't need to lose any weight, what should I be eating?

It is still important for you to be eating the right foods to support your hormone systems. Just follow the Weight Maintenance chart rather than the Weight Loss chart.

What should I do once I achieve my weight loss goals?

Firstly, Congratulate yourself for the fantastic results you have achieved. All of your successes are well deserved. By now you should have learned some valuable life lessons and will be in a position to manage your weight for the long term. You can now move onto the Maintenance percentage chart in your program, keep on with healthy living and exercise, and enjoy your ongoing health.

Things to consider over the day

Consider the *portions* of food for each meal but also think about how it *balances* out over the day. If you do consume too much yellow list food in a meal (or indulge in some red) then you will need to be more conscious of your selections for the other meals of your day.

Variety is the key to good nutrition and it makes for a more interesting meal. Try to include a variety of foods in each meal. Experiment with new foods. Avoid eating the same sorts of meals everyday – boredom can reduce your motivation. Embrace healthy foods and enjoy learning about what you can do to improve your health and regain your vitality. Go for it.

DIET DIARIES

For some of you this may involve many changes so don't despair if you don't understand it all straight away. We are here to guide you, so keep working at it an ask questions. Over time, things will become second nature and you will feel the health benefits.

Send in a Diet Diary for review whenever you are in need of guidance or if you just want to know how you are going. You will find the Diet Diary in the Program Diaries section of your Members File.