

# Slim·Fast!

## Tips from Fiona Hunter - nutritionist



**Fiona Hunter**

### Motivation tips to keep going

- Believe in yourself. A recent study found that people who believed they could lose weight and keep it off were more likely to succeed. Try to visualise the new and slimmer you and keep that image in your mind.
- Don't feel that one bad day will ruin the whole diet. Life is full of ups and downs, so if you've had a bad day then just be a little stricter with yourself tomorrow.
- Write a list of all the benefits of losing weight. For example better health, more confidence etc. and what it means to you. Stick the list somewhere you will see it every day.
- Make sure your family and friends know you're on a diet. Ask them to help and support you.

### Tips when feeling hungry and to face craving

Sometimes feeling hungry has nothing to do with true hunger, in other words having an empty stomach. In fact emotions like boredom, stress, anxiety, loneliness and even tiredness can make us believe we're hungry when we really aren't. So the first thing to do when you're feeling hungry is to ask 'Am I hungry or am I actually tired/bored/stressed?'. If you are genuinely hungry then have a piece of fruit or one of the Slim.Fast snacks. If you are bored, tired or stressed then there are things you can do to help the cravings pass.

#### Here are my top tips for keeping those cravings at bay!

1. Cravings are often caused by low blood sugar levels so to keep your sugar levels stable you should eat regularly and refrain from skipping meals.
2. Be aware that cravings pass. When you get a craving wait for 5-10 minutes before you act upon it as there's a good chance it will go away.
3. It's easy to confuse thirst with hunger so if you think you're feeling hungry try drinking a large glass of water first.
4. Cravings are often stimulated by visual or sensory cues, so avoid keeping sweet stuff and foods that you know are going to tempt you on display. In fact researchers from the University of Illinois found that people who kept sweets and biscuits on display were much more likely to eat them than people who hid them away in their desk or cupboard.
5. Finally, the moment you feel a craving for something sweet try brushing your teeth or gargle with mouth wash. A minty taste in your mouth is often enough to crush a craving.

### Tips on what to eat in the evening not to overeat

For some people evenings are the most difficult time to stick to a diet because it's often difficult to control your appetite when you're feeling bored or tired. If this sounds familiar then it might be better to have your main meal at lunchtime and your Slim.Fast shake in the evening.

#### Here is a rough guide to aim for when dishing out portions.

- Meat - aim for around 100g which is a piece around the size of a pack of cards.
- Fish - you can have a slightly larger portion around the size of a cheque book
- Cooked pasta, rice, noodles, and potatoes - a portion about the size of a computer mouse
- Vegetables - as these are low in calories and fat you are able to have a generous portion

For extra guidance look at the recipe section on the Slim.Fast website where you will find lots of recipes that have already been calorie counted. These should give you a good idea on portions.

## **Tips on what to include in the evening meal so that it's healthy and nutritious**

Ideally you need something from each of the main food groups. Here are some examples.

- Protein: lean meat, fish, chicken or if you're vegetarian something like Quorn, beans or tofu.
- Carbohydrates: a small portion of something like potatoes, pasta, rice or noodles.
- Vegetables: and plenty of them!

It's worth being aware there's no reason to avoid carbs in the evening, however you need to be careful with your portion size. For rice, pasta or potatoes a portion the size of a computer mouse is about right.

## **Tips on what to eat in a restaurant**

1. Be the first to order in a restaurant. Studies show that we're often swayed by the choices of others when we eat out, so order first and you're less likely to be tempted.
2. Don't load up on bread before your meal arrives. If you know you won't be able to resist then ask the waiter to take the bread away.
3. If you aren't served water upon arrival at a restaurant then ask the waiter for some as soon as you sit down.
4. Don't be afraid to tell the waiter or waitress that you'd like your vegetables served without butter or your fish without sauce - but make sure you do it when they take the order.
5. Vegetarian options are not necessarily lower in calories. Make sure you avoid dishes containing lots of cheese or nuts.
6. You don't have to miss out on dessert - just choose wisely. Stick to fruit-based puddings and sorbet, or share your pudding instead.
7. Don't allow the waiter to fill up your wine glass before it's empty. If your glass is being constantly topped up it's impossible to keep a check on how much you've had to drink.
8. Before you order look around to see what other people are eating. That way if portion sizes look huge you know to go for two starters rather than a main course.

## **Tips when attending events full of alcohol and unhealthy food**

Parties and socialising after work can be particularly tricky if you arrive hungry because your willpower will be at an all time low. There are definitely a few things you can do to avoid giving into temptation.

1. Have a small snack before arriving at the event or before you leave the office. That way you won't be hungry when you get there.
2. Make sure the first drink you have is a glass of water to quench your thirst so you won't be tempted to drink your next drink too quickly.
3. If you are going to have a glass of wine never allow anyone to fill your glass before it's empty. Otherwise it's difficult to keep track of how much you've had to drink.
4. Studies show that the greater the choice of food on offer, (for instance at a buffet) the more calories we're likely to eat. Therefore rather than trying a little of everything on offer, limit yourself to three or four choices.
5. Finally, don't pick at food. Instead put some food on your plate and move away from the buffet table.