

Refresh and Re-Set

Are you ready to refresh your diet and make some healthy changes for the good of your health?

Whether your goal is wellness or weight loss, it is the little habits that become a part of your regular routine that will help you reach your goals.

Let's make some changes to help you get your bounce back!

What's your goal?

When it comes to making positive changes to your diet for the good of your health, it can be useful to have a plan, or goal in mind.

Why do you want to change your diet?

How do you want to feel?

Let's do this!
Jane



vitalnutrition1



vital.nutrition



@vitalnutrition

vital-nutrition.co.uk



Refresh and Re-Set



1. Time your meals

Timing your meals will help with structure and routine, as well as helping with weight loss, mood and cravings. Keep your mealtimes regular and don't skip meals. .

Eat within a 10-12 hour window - some people find timing from the night before an easier way to do this (e.g. if your last bite is at 8pm, then don't eat until 8am, 9am or 10am the next day). You can work out what time zone works best for you, but DO NOT fast for longer than 14 hours.

2. Choose the right fuel

If you've been fuelling yourself on quick fix meals, chocolate bars and caffeine, then the chances are your energy levels are about to crash and burn. Choosing slow burn, low GI fuel will maintain your energy, help you to feel fuller for longer and stop your energy crashing and sugar cravings kicking in. Make the switch from white and refined grains to wholegrains. The added fibre will balance blood sugar and sustain your energy.

Eat this

- ✓ Brown rice or quinoa
- ✓ Sourdough or rye bread
- ✓ Oatcakes
- ✓ Jumbo oats
- ✓ Chickpea or wholemeal pasta
- ✓ Baby boiled potatoes

Not this

- ✗ White rice
- ✗ White bread
- ✗ Crackers
- ✗ Instant porridge
- ✗ White pasta
- ✗ Mashed spuds

3. Think protein first

Make protein your first thought when planning your meals. It will help you to feel fuller for longer, sustain your energy levels and mood and help with body composition. Choose from meat, fish, eggs, pulses, nuts and seeds, natural yoghurt, feta or cottage cheese or houmous. Aim for a palm sized portion of protein (or a quarter of your plate).

4. Pack half your plate with veg

Squeeze an extra portion of vegetables on your plate to maximise your intake of minerals, vitamins and phytonutrients. Aim to get as much variety as you can, and eat with the seasons. Carrots, beetroot, kale, broccoli, chard, onions, butternut squash, parsnip, leeks - there are so many different veg in season at this time of year.

Refresh and Re-Set



5. Rethink your drinks

Get into the habit of drinking water. Top up on herbal teas. Drink 2-4 cups of green tea a day and limit caffeinated drinks to the morning - none after lunch if you want to sleep well. Cut back on alcohol, fizzy drinks and knock fruit juice on the head.

6. Eat better fat, not low fat

Get some healthy fats into your diet every day to help with mood, skin, hormones and feed your brain.

- Omega-3 rich foods like oily fish, chia or flaxseeds
- A handful of nuts and seeds a day to top up your omega 6 levels
- Use olive oil and avoid seed oils.

7. Eat brassicas every day

Brassicas, also known as cruciferous vegetables, do wonders for your health. They are important for oestrogen metabolism, support liver detox pathways and provide key nutrients for important antioxidants in your body. Eat at least one portion a day. Choose from broccoli, cabbage or red cabbage, cauliflower, kale, kohlrabi, brussels sprouts, turnips, pak choi, radishes or watercress.

8. Eat 30 plant foods a week

The more variety you can get into your diet, the better it is for the diversity of good bacteria in your gut microbiome. Research shows that eating 30 different plant foods (this can include herbs, spices, nuts, seeds, legumes as well as fruit and veg) is a great start.

- Eat different types of fruit and vegetables (fresh or frozen)
- Use herbs and spices in your cooking
- Include some different wholegrains like quinoa, rye bread or buckwheat
- Eat pulses and vary the types - chickpeas, red kidney beans, red or puy lentils
- Include some nuts, seeds and nut butters

9. Read the back of packs

Keep an eye on sugar levels in the food you choose to eat.

- Low sugar = 5g or less per 100g
- High sugar = 22g or more per 100g

Take a quick look at the ingredients list too. You should recognise everything in there as a real food - not a list that reads like a chemical experiment!

10. Treat your treats as treats

The occasional treat food will not knock things off balance as long as most of your diet is nourishing and healthy. Allowing yourself a little treat from time to time can help manage cravings and feelings of guilt. Food should be a pleasure, not a pain!

Your Daily Goals

Here is your daily checklist to help get you focused and off to a flying start.

The aim is to set up some healthy new habits that will stay with you.

This is not a quick fix. There are no 'diet foods', no meal replacement shakes and no calories to be counted.

	M	T	W	T	F	S	S
10-12 hour window							
Choose low GI carbs							
Protein at each meal							
Some healthy fats							
4-5 portions of veg							
Berries or cherries							
Some brassica veg							
Herbs and spices							
Beans or lentils							
2-4 cups green tea							
6-8 glasses of water							