



FOCUS ON WEIGHT LOSS



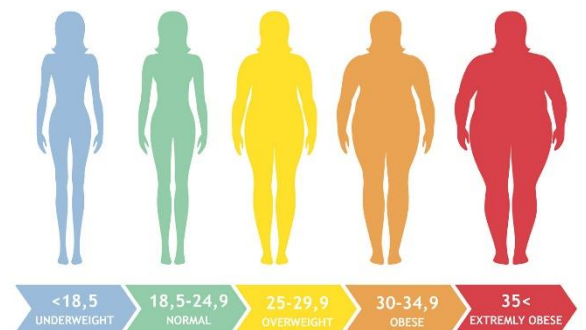
ASK JESS REGISTERED DIETITIAN

Jessica Nathan, our registered dietitian has a Bsc with honors in Dietetics at Stellenbosch University and is passionate about helping people become their healthiest selves. Jessica enjoys educating people on how to make healthy living enjoyable and simple. Jessica's areas of interest include: weight loss, diabetes, heart disease, general healthy eating, disordered eating, nutrient deficiencies, cancer, biliary conditions, gastrointestinal disorders. Jessica has worked in state and private hospitals before and during the Covid-19 pandemic and emphasizes the importance of immunity on quality of life. She has treated patients with a broad spectrum of diseases and ailments and reinforces the part that nutrition plays a crucial part in health outcomes and treatment of disease. She partnered with Your Life, as she shares the same vision, that we all should take control of our own health and that each of us has the power to improve our own health.



What does it mean to be overweight?

What does it mean to be overweight? To understand what overweight or obesity is, one needs to understand what Body Mass Index (BMI) is. BMI is a number that is calculated when your weight is divided by your height squared. Our BMI should be between 18,5 - 24,9. A BMI above 24,9 means that we are overweight. A BMI above 29 means that we are obese.

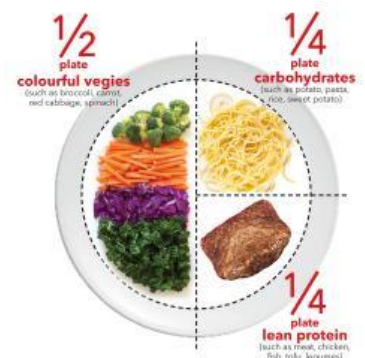


TIPS FOR LOSING WEIGHT

- Before you start, make sure that you are committed to following a healthy lifestyle.
- Weight loss takes time and one needs to be patient and see it through.
- Use smaller plates, as this will prevent you from eating too much food
- Exercise at least 3 times a week. Increasing exercise can include: taking the stairs instead of the lift, walking your dog, parking further away from the shop, walking, running, weight lifting, dancing
- Make a shopping list after you've eaten. When we go shopping while we are hungry, we are more likely to buy less healthy food options
- Use low fat dairy products
- Drink at least 8 glasses of water daily
- Add beans or lentils to your meals
- Eat fruit and vegetables daily
- Choose brown carbohydrates over white

Try to ensure that your meals follow the healthy plate model:

- Half of your plate should be non- starchy vegetables
- A quarter of the plate should be a protein, legumes or meat alternative
- A quarter of the plate should be starch or starchy vegetables
- Add a healthy fat to your plate or while you cook your meal



Your Life Vitamins products for Weight Loss



Risks of being overweight

Being overweight or obese poses many health risks and aids in preventing obtaining any diseases of lifestyle such: Diabetes, Hypertension (high blood pressure), high cholesterol and heart diseases. The risks of obesity are:

- Strokes
- Heart Attacks
- Gallstones
- Cancer
- Depression and Anxiety
- Increased body pain Immobility
- Dyslipidemia (high bad cholesterol and low good cholesterol)
- Early mortality

Ginkgo Biloba

Increases your energy levels and improves performance when exercising, thus increasing your metabolism

Green Coffee Bean

Prevents sugar cravings, speeds up your metabolism and blocks sugar and fat absorption

Vitamin, Mineral & Herb

a balanced nutritional supplement which speeds up your metabolism

Reasons for weight gain:

- Eating too much fat
- Eating too much sugar
- Drinking juice, alcohol and fizzy drinks
- Missing meals, which causes you to overeat later in the day
- Eating too fast- it takes our body 20 minutes to feel full Snacking at night
- Not exercising
- Going on diets- usually diets last a short period of time and lead to us overeating once we are off the diet.

EAT MORE OF:

- Lean red meat
- Chicken without the skin
- Steamed/grilled fish
- Tuna in brine (not oil)
- Low fat milk & Low fat/fat free smooth yoghurt
- Low fat cottage cheese & mozzarella
- Eggs
- Brown bread
- Whole-wheat pasta & Brown rice
- Potato with skin & Sweet potato
- High fibre biscuits/crackers (provita's, whole-wheat cracker mates, rye biscuits)
- High fibre cereals (whole-wheat pronutro, all bran flakes, unsweetened muesli, oats porridge, raw oat bran & raw oats & maltabela porridge)
- Legumes (beans, chick peas, lentils)
- Fresh vegetables
- Fresh fruit (preferably ones with skin -apples, pears, oranges) & Avocado pear
- Artificial sweeteners
- Peanut butter
- Low fat margarine & Low fat mayonnaise
- Unsweetened diet squash or diet juice
- Coke zero, sprite zero, Fanta zero, tab
- Plain sparkling water

EAT LESS OF:

- Fatty meat, bacon, sausages, viennas, boerewors, polony, salami, offal & canned meat
- Fried fish & Tuna in oil
- Full cream milk, Cremora & Condensed milk
- Full cream/sweetened yoghurt
- Full cream cheese (yellow cheese) Cheddar, gouda, Melrose cheese spread, cream cheese
- Fried eggs
- White bread or rolls
- Pap (Eat less)
- Hamburgers, hot dogs, fried chips, pies
- Biscuits, Pancakes with sugar, cakes, tarts, scones
- Corn flakes, rice crispies, coco pops, any cereal coated with sugar
- Chips
- Tinned fruit in fruit juice/ syrup & tinned vegetables
- Dried fruit
- Sugar Sweets, chocolates, ice cream, peppermints
- Honey, syrup, jam, marmalade
- High fat margarine
- Full cream mayonnaise or full fat salad dressing
- Salted nuts
- Milo, hot chocolate, milk shake, nesquick, Horlicks
- Sweetened fruit juice & carbonated drinks
- Alcohol(limit to once a month)

YOUR LIFE VITAMINS

WEIGHT LOSS MENU PLAN



LADIES 5 DAY WEIGHT LOSS MENU PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
2 slices whole-wheat bread with low fat margarine and 2 boiled eggs	2 Weetbix with low fat milk and 1 sliced banana	1 cup All Bran Flakes with low fat milk and 1 apple	1 cup cooked oats with low fat milk, 1 tsp peanut butter and 1 banana	1 cup sugar free muesli, 1 cup low fat plain yoghurt and strawberries
Snack	Snack	Snack	Snack	Snack
1 apple with 2 tsp natural peanut butter	2 rice cakes with ¼ cup cottage cheese and sliced tomato	1 boiled egg with sliced vegetables such as carrots and cucumber	1 banana and 1 slice of cheese	1 small bran muffin with 1 tsp low fat margarine
Lunch	Lunch	Lunch	Lunch	Lunch
1 brown roll, 1 chicken breast sliced, salad and 1 tbsp. low fat mayonnaise	4 Ryvita crackers, 1 tbsp. low fat dressing, 2 slices lean cold meat	1 cup whole-wheat pasta, 30g tuna, 1 tbsp. low fat dressing, salad	1 medium potato, baked with ¼ cup cottage cheese and salad	1 whole-wheat pita with grilled chicken, ½ avocado, vegetables
Snack	Snack	Snack	Snack	Snack
1 cup low fat plain yoghurt with 1 tbsp. sunflower seeds and berries	1 tbsp nuts and 1 naartjie	1 apple with 1 slice of cheese	4 Provita cracker with 1 tbsp fish paste or bovril	Air popped popcorn with small amount of grated cheese
Supper	Supper	Supper	Supper	Supper
2 brown wraps with 30g cheese. ½ cup cooked beans, corn, tomatoes, onion	1 cup brown rice with 60g grilled beef, cooked butternut and spinach	1 cup brown rice with chicken breast, sliced and 1 cup roast mixed vegetables	1 cup cooked spaghetti, 60g lean beef mince, tomato and vegetables	1 grilled hake fillet, 1 cup mashed potato, cooked green beans

Important to note:

- Where meal plan says 'salad' you don't have to measure this amount. You can eat as much salad as you want as long as there is not added salad dressing in the salad
- Where the amounts are not listed, you can eat as much as you like.
- Make sure to drink water with your meals.
- You can drink tea and coffee throughout the day, as long as they don't have sugar



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Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
2 slices whole-wheat bread with low fat margarine and 2 boiled eggs with a banana	4 Weetbix with low fat milk and 1 sliced banana	1 cup All Bran Flakes with low fat milk and 1 apple. 1 slice of bread with peanut butter	2 cups cooked oats with low fat milk, 2 tsp peanut butter and 1 banana	1 1/2 cup sugar free muesli, 1 cup low fat plain yoghurt and strawberries
Snack	Snack	Snack	Snack	Snack
1 apple with 1 tbsp natural peanut butter	4 rice cakes with 1/2 cup cottage cheese and sliced tomato	2 boiled eggs with sliced vegetables such as carrots and cucumber	1 banana and 2 slices of cheese	2 small bran muffins with 2 tsp low fat margarine
Lunch	Lunch	Lunch	Lunch	Lunch
2 brown rolls, 2 chicken breasts sliced, salad and 2 tbsp. low fat mayonnaise	2 slices of brown bread, 2 tbsp. low fat dressing, 4 slices lean cold meat	2 cups whole-wheat pasta, 60g tuna, 2 tbsp. low fat dressing, salad	2 medium potatoes, baked with 1/2 cup cottage cheese and salad	2 whole-wheat pitas with grilled chicken, ½ avocado, vegetables
Snack	Snack	Snack	Snack	Snack
1 cup low fat plain yoghurt with 1 tbsp. sunflower seeds and berries	2 tbsp nuts and 1 naartjie	1 apple with 2 slices of cheese	6 Provita crackers with 2 tbsp fish paste or bovril	Air popped popcorn with small amount of grated cheese
Supper	Supper	Supper	Supper	Supper
2 brown wraps with 60g cheese. 1 cup cooked beans, corn, tomatoes, onion	1 cup brown rice with 120g grilled beef, cooked butternut and spinach	2 cups brown rice with 2 chicken breasts, sliced and 1 cup roast mixed vegetables	2 cups cooked spaghetti, 120g lean beef mince, tomato and vegetables	2 grilled hake fillets, 2 cup mashed potato, cooked green beans

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