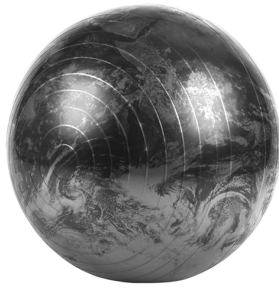

appendix 1

Weight-loss tips checklist

Start with the simplest and work your way through. Set yourself a target date to complete at least 12 items on this list and cross them off as you go.

- Cut junk food from your weekly shopping**
If it's not in the cupboards you can't eat it
- Cut out soft drinks and sodas**
They are pure poison — discover the wonderful taste of water
- Stop buying fruit juice**
Eat fruit instead
- Skip the snacks**
Start eating three correctly sized meals a day
- Start serving smaller portions**
Gluttony is one of the seven deadly sins for a reason; it's never attractive
- Stop preparing multi-course meals**
Start a one-plate-per-person per meal habit
- Learn to make a great salad**
In fact, learn to make ten great salads
- When eating out, just order an appetiser**
A small resolution, but every bit helps
- Start buying healthy snacks for your kids**
Carrots can be cool
- Start making healthy food fun**
Teach your family to love all the good foods
- Learn to make a great soup**
A subtle change to your diet, a huge change for your health
- Drink water**
Lots and often
- Institute a balanced-plate system**
Smart carbs, power-packed proteins and healthy fats with loads of veges
- Switch to low-fat food options**
But be careful of the low fat/high sugar trap
- Have coffee, fast food and alcohol wisely and in moderation**
Don't be sucked in by the 'supersize' scam



appendix 2

BodyTrainer energy levels

WOMEN		MEN	
Weight (kg)	Energy Level	Weight (kg)	Energy Level
< 60	1	< 80	7
60–69	2	80–89	8
70–79	3	90–99	9
80–89	4	100–109	10
90–100	5	110–120	11
> 100	6	> 120	12

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Bodytrainer food group daily blocks

Energy level	Group 1		Group 2		Group 3		Group 4		Group 5	
	Vegetables	Fruits	Carbohydrate - rich foods	Protein -rich foods	Fat -rich foods	Occasional foods				
1	>5	2	3	4	2	Optional —				
2	>5	2	4	4-5	2	swap one carbohydrate block and one fat block				
3	>5	2	5	5	3					
4	>5	2	6	6	3					
5	>5	3	7	7	3					
6	>5	3	8	8	4					
7	>5	3	8-9	8-9	4					
8	>5	3	9	9	4					
9	>5	4	10	10	5					
10	>5	4	10-11	10-11	5					
11	>5	4	11	11	6					
12	>5	4	12	12	6					

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Bodytrainer food group daily blocks

Please note that the recommended food blocks here are based on the recommended energy intake targets for people with average daily activity levels (see page 243). You may need to adjust these if you are an extremely active person. If you are in that category, however, you'll be in such great shape that you probably won't need the techniques given in this chapter!

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GROUP 1 VEGETABLES — UNRESTRICTED

Aim to make vegetables the biggest portion of the meal and always include in both main and light meals — the greater variety, the better. Approximately half a cup of vegetables equals one block. Options include:

Asian greens	Asparagus	Bean sprouts
Beetroot*	Broccoli	Brussels sprouts
Cabbage	Capsicum/peppers	Carrots*
Cauliflower	Celery	Courgette/zucchini
Cucumber	Eggplant/aubergine	Endive
Fennel	Green beans	Kale
Leeks	Lettuce	Mushrooms
Onions	Parsnips	Peas
Pumpkin*	Radishes	Rocket
Spinach	Spring onions	Squash*
Tomatoes	Turnips	Watercress

* Marginal

FRUIT

One block equals:

Medium-sized fruit

1 apple	1 banana	1 nectarine
1 orange	1 peach	1 pear
1 persimmon		

Smaller fruit

2 apricots	1 cup berries	2/3 cup cherries
1/2 cup grapes	2 kiwifruit	2 plums
2 tangerines		

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Other fruit

½ cup of fruit salad	½ cup canned fruit	½ cup stewed fruit
½ grapefruit	½ mango	1 cup diced melon
1 cup diced pineapple		

Dried Fruit

6 dried apricot halves	4 dried dates or prunes	2 dried figs
1 tbsp sultanas, raisins or currants		

GROUP 2 CARBOHYDRATE-RICH FOODS

Your smart choices are those with a low GI, indicated by 😊. Choose these on most occasions.

BREADS

Bagel
Crispbreads
Crumpet
English muffin
Flour tortilla 😊
Heavy fruit loaf
Pita bread 😊
Pumpnickel bread
Scone
Sourdough bread 😊
White or wholemeal bread
Whole-grain bread 😊

ONE BLOCK EQUALS

½ bagel
2 sandwich size/4 small
1
1
1 medium
1 slice
½ medium
1 slice
1 small/½ large
1 slice
1 slice
1 slice

BREAKFAST CEREALS

All-Bran varieties 😊	¾ cup
Breakfast biscuits	2
High-fibre flake varieties	1 cup
Natural muesli 😊	½ cup
Oatmeal 😊	¼ cup
Porridge 😊	1 cup cooked
Rolled oats 😊	1/3 cup

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GRAINS

Asian noodles 😊	½ cup cooked, ¼ cup dried
Barley	½ cup cooked, ¼ cup raw
Brown, basmati/Koshihikari/Doongara rice 😊	½ cup cooked, 1/6 cup raw
Bulgur wheat 😊	½ cup cooked, ¼ cup raw
Couscous	1 cup cooked, ¼ cup raw
Pasta 😊	½ cup cooked, ¼ cup dried
Polenta	1 cup cooked, ¼ cup raw

STARCHY VEGETABLES

Bean or lentil-based soup 😊	½ cup
Beans or chickpeas	¾ cup cooked, ¼ cup dried
Lentils 😊	¾ cup cooked, ¼ cup dried
Potato	1 fist-sized, 3 small/new
Sweet potato 😊	1 fist-sized, 1 cup mashed

SNACK FOODS

Low-fat cereal bars	1 x 40 g bar
Muesli bar (choose <10 g fat/100g)	1 x 30 g bar
Pretzels	30 g packet
Rice cakes	3
Rice crackers	15 small crackers

GROUP 3 PROTEIN-RICH FOODS

MEAT, FISH & POULTRY

Fish	TWO BLOCKS EQUAL: 100 g raw, 75 g cooked
Mussels/oysters/other shellfish/prawns	½ dozen, 50 g cooked
Red meat or game	100 g raw, 75 g cooked

SEAFOOD

Canned fish	ONE BLOCK EQUALS: ½ small can, 40 g
Eggs	2 medium-sized
Sardines	3 small fish
Sliced cold meat	2 slices, 40 g
Smoked salmon	50 g

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DAIRY AND SOY ALTERNATIVES

Cottage cheese
Light soy drink
Low-fat milk or flavoured milk
Low-fat yoghurt
Reduced-fat cheese
Tofu

ONE BLOCK EQUALS:

3 tbsp, 50 g
1 cup
1 cup
½ cup, 150 g carton
30g, ¼ cup grated, 1½ slices
½ cup, 130 g

LEGUMES (AS PART OF VEGETARIAN MEAL)

Beans or chickpeas
Lentils
Bean or lentil-based soup

¾ cup cooked, ¼ cup dried
¾ cup cooked, ¼ cup dried
1½ cups

GROUP 4 FAT-RICH FOODS

Avocado
Butter, margarine
Hummus
Nuts and seeds
Oils
Peanut butter
Tahini (sesame butter)

ONE BLOCK EQUALS:

¼ fruit, 1 tbsp mashed
2 tsp, 10 g, 1 individual pack
¼ cup, 3 tbsp
2 tbsp, 20 g, small handful
½ tbsp
3 tbsp
3 tbsp

GROUP 5 OCCASIONAL FOODS

DEDUCT ONE CARB & ONE FAT BLOCK:

Carrot or banana cake
Chocolate cookies/biscuits
Chocolate, milk or plain
Commercial burger in a bun
Crisps/chips
Fancy cake
Hot chips/fries

Ice cream
Plain biscuits

Small slice, 40 g
1
4 squares, 28 g bar
½ serve
1 x 25 g packet
¼ slice
10 chunky, small handful
fries
2 rounded scoops
2

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ALCOHOLIC DRINKS

Beer	1 can/bottle, 375 ml
Light beer (reduced alcohol)	2 cans/bottles
Spirits	2 x 30 ml nips
Wine	1 glass, 150 ml

FAT-TREE TREATS

Fat-free confectionery, sweets/candy, jellies
Low-fat desserts
Low-fat ice cream

DEDUCT ONE CARB BLOCK:

25 g or small handful
individual carton or small serve
2 scoops

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Healthy calorie intake for safe weight loss: energy levels table

Level	Targeted energy intake		Targeted daily macronutrient intake			
	Weight (kg)	Kilojoules	Calories	Carbohydrate (g)	Protein (g)	Fat (g)
Women						
1	50-60	5000	1200	130-145	60-80	35-40
2	60-70	6000	1400	160-175	75-95	40-45
3	70-80	6500	1550	170-190	80-100	45-50
4	80-90	7000	1650	185-205	90-110	50-55
5	90-100	7500	1800	200-220	95-115	50-60
6	>100	8000	1900	210-235	100-125	55-65
Men						
7	70-80	8500	2000	225-250	105-130	55-70
8	80-90	9000	2150	240-265	115-140	60-75
9	90-100	10000	2400	265-295	125-155	65-80
10	110-110	10500	2500	280-310	130-165	70-85
11	110-120	11000	2650	290-325	140-170	75-90
12	>120	12000	2850	320-350	150-185	80-95