

DAY 25

Hi All,

Well yesterday we talked about eating out and tomorrow we will talk about shopping, but today I want to focus on some at home and general work day solutions.

The most often skipped meal is breakfast. Break the fast or Breakfast has its name for a reason. If you have not eaten for over 3 hours your body has already gone into starvation mode. You only need to smell the breath of an active child in the morning to smell the ketones on their breath. Now you know a bit about this process and using ketosis to your weight loss advantage you will know why breakfast is the most often skipped meal. **YOU ARE NOT FEELING HUNGRY** because you have ketone bodies floating around in your blood stream. So my solution is to get into the habit of eating last thing before I go to bed with a protein snack and having half a bar sitting by my bed waiting for me when I get up in the morning.

Yes you can snack first thing when you get up and eat breakfast 2 hours later when you are hungry! Great solution!

The other reason is people are quite often in a rush in the morning. Why? Well I know, because I used to be the same until I made a conscious choice not to be a victim of late night TV and facebook. Getting to bed earlier and eating the proper nutritive foods mean that I am no longer tired in the morning and you will find the same. But how hard is it to get up 10 minutes earlier anyway to enjoy a proper breakfast?

Also the other solution is to plan ahead. Have low fat yoghurt in the fridge and fruit available, boil eggs in advance and have them sitting in the fridge ready.

So what about lunch at work or eating on the run? Why not employ the same tactics? Have 100g tins of fish ready to go, have 80g serves of cold cuts already prepared, Cut up and cook some chicken breasts in 100g portions with some lemon pepper (or your favourite) seasoning and store them in the fridge. Make up a big salad, enough for 2 days at a time, (NB no dressing as it will not last) cover it and put it in the fridge. Then just get out a plastic container grab a couple of handfuls of salad, your favourite Healthpointe dressing, a protein serve and a piece of fruit and lunch is prepared in less than a minute. (Also remember an esky if you don't have a fridge at work)

During the day please remember your protein snacks. Quite often someone will contact me because they are hungry in the afternoon and usually I find they forgot to snack between breakfast and lunch. Also most easy to store and buy snacks are not a healthy option just a high profit option, just check out the next vending machine or the counter at the fuel station.

If stuck with eat out options please remember what we talked about yesterday.

And lastly feeding the family at home.

It is easy to create tasty Healthpointe friendly options at home and there is no reason why you need to prepare different meals for yourself and the family. They can eat the same as you just with larger portion sizes. **EASY!** Also use it as a time to educate your children with healthy eating options. Allow them to help you prepare vegetables and protein, cut up salads and make a fresh fruit salad.

The genetic effect on obesity is commonly debated and I believe the generally accepted science is that genetics (barring some very rare genetic anomalies) is only responsible for about 5 to 6kgs difference. By far the biggest family influence in weight is family eating and food preparation habits, which are not genetic but may skew our belief on genetic influences. So what example are you setting for those loved ones? Do you own a deep fryer? Is sugar added to everything?

Do your children like the taste of vegetables and fruit or do they follow in your footsteps? How can an Australian love the taste of vegemite and his close genetic cousin in another country describe it as "axle

grease”? Simply because of the way we have been raised and the food choices we have been presented. If you children don’t like the taste of your new food choices then give them time and please don’t make it a power struggle. Most of the time we put food on all plates and expect that each child consumes the variety of food we have supplied them with, but sometimes we will put all the choices in the middle of the table and let them choose. Allowing them to learn.

When our children were in the primary school age range we also would take them to a “Sizzler style” restaurant and only let them eat from the dessert bar after they showed us they made some great food choices. This had 2 results

- they were eager to get dessert so they were eager to make sure they impressed us with their good food choices

- they were filled up with salad etc and couldn’t eat as much dessert

There are solutions you just have to want the result bad enough.

Speak tomorrow,

Jamie