

## **Eat More to Weigh Less... What food is right for me?**

Hi and congratulations on taking the time and effort to learn more about your health and body. When it comes to anything we want to do in life, knowledge is power right? NO. Knowledge is power only when you use it! If we do not take action and apply our knowledge then it is useless! This is so true when it comes to nutrition so many of us know the basics, what we lack is the discipline to start! Let alone continue... Our mindset and mentalities are our most powerful tool as well being our greatest downfall.

The first thing within our mindsets and mentality is we must do is raise our standards. Raising our own personal standards and accepting nothing but what we want and deserve is the first step. If you hold a high standard of yourself you will only make good choices for yourself. If you have high standards you will not find yourself making excuses, or telling yourself stories as to why you can't achieve what you want. The first thing that stops us from achieving what we really want is the story we tell ourselves why we have got it yet... I don't have enough time... I'm not that bad... I'll start when I have a routine with work... I'm not as bad as my friends...  
With no excuses, you will simply do what is necessary.

Once you have a raised personal standards then it is time to make sure you have the right approach. The right approach might differ slightly between individuals, however the foundations are all the same.

I once heard that the definition of insanity is doing the same thing over and over expecting a different outcome each time. So here is the truth, everything you have done that has led us to today has contributed to where you are right now, health, body, career relationship... Wow that is deep... Anyway, if you want change in your health and body, you need to change the input of food. Change creates change.

Lastly as you raise your standards and learn the right approach, you must then apply it...CONSISTENTLY. Consistently good with a little bit of bad will work amazingly. But consistently bad with a little bit of good is a recipe for devastating disaster.

OK, with the right mindset and mentality in place we can start to look at 3 elements related to nutrition. They are Metabolism, Food Quality and Food Quantity.

### **YOUR METABOLISM**

What is your basal metabolic rate? Your metabolic rate is described as the amount of energy you burn in a 24 hour period (at rest this is the base line). At rest! In other words, if you were to sleep for 24 hours, how much energy would you burn? That number will be determined by how much muscle you have and the size of your organs. The more active tissue in your body the bigger your engine and the more energy you burn at idle.

Here's the key, our active tissues (muscles and organs) are about 75% water. Three quarters of your metabolism is based on water! So what's the most important thing to do? Drink water! To keep your systems working at their optimum you must drink enough water. This point is mentioned time and time again. But until you have a better understanding as to why, we are less likely to follow though consistently.

The appropriate levels of hydration can be achieved by drinking 1 glass of water (250mL) per 7kg of bodyweight. I.e. If you weigh 70kg 10 glasses of water (2.5L) spread out through out the day. That will ensure full hydration proper metabolic function including

detoxification and intestinal function as well as optimum energy levels and immune function.

### **FOOD QUALITY**

The easiest way to choose quality food is to live by my food motto of Pick, Skin, Pull. Pick the fruit, skin the meat, pull the vegetable from the ground. In other words eat natural foods /whole foods. And avoid processed, manufactured and synthetic food. The more natural the food the more nutrients is provided and the less damage is sustained from digestion. Eat real/natural food. Can you pick skin or pull bread? butter? chocolate, pina colada, beer, muesli bar, crisps... No? Great... Raise your standards... Change your approach... be consistent.

### **FOOD QUANTITY**

Ideally, a burn fat fast meal or snack will have the 40:30:30 macronutrient ratios (that's 40% protein, 30% carbohydrates, 30% essential fats) every time you eat. By using the hand method, it is easy to approximate the right serving of each macronutrient by using a very accessible tool – your hand.

Your protein portion should be equal to the size and thickness of your palm. Use your thumb as a measure for good oils.

Once you determine the amount of protein that you should have at breakfast, lunch and dinner, you need to determine how much carbohydrate goes along with it.

The carbohydrates are determined by the size of your fists. If you choose light carbohydrates, you get two big fists worth of it. If you choose a heavy carbohydrate like rice, you get only one tight fist worth.

Putting it together... If you're going to have a chicken stir fry with rice, the amount of chicken will be the size of your palm, the amount of rice will be the size of one tight fist. If you're going to have chicken stir fry with broccoli (favorable carbohydrate) you can have two fists worth.

To sum up **Metabolism** - drink water. **Quality** - PICK, SKIN, PULL. **Quantity** - Hand Method.

Is that it? Could it be that simple? The simplest answer is quite often the right one. So to complete this presentation I want to go back to the beginning. It's all about applying the knowledge that we have and taking action!

So what are you waiting for? Go to the pantry and throw out everything that you can't Pick Skin or Pull! A little extreme? Sure, but extreme results call for extreme measures. Perhaps your next step is to record a food diary for the next week and write down everything that passes your lips. All food and drinks. Make it as accurate as possible with times of day and amounts. Be honest with yourself. Or it might be as simple as picking up the phone and contacting your local gym to arrange a time to speak one of the professional, experienced and passionate personal trainers. Whatever your next step is, I encourage you to take one form of action NOW.

The reality is that if you have continued reading this far then it is clear you are motivated to become better and increase your health and vitality. Take advantage of this motivation and now create momentum!

One final thought...

If you want your dreams to come true, first you must wake up! *J.M. Power*

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