

FACTS ON FATS

You've got the ultimate mealplan, but this is the science behind the weight loss

BELIEVE IT OR NOT, FAT IS AN ESSENTIAL PART OF OUR DIET AND SUPPORTS MANY METABOLIC PROCESSES INCLUDING THE FOLLOWING

- Acts as a precursor for hormone production
- Controls inflammation
- Essential for absorption of fat soluble vitamins (A,D, E, K)
- Helps to form the protective sheath surrounding nerves
- Plays a role in cell membrane permeability

To achieve optimal health and weight control it is essential to include some fat in the diet, although the focus needs to be on the type and quantity of the fats that are included.

WHAT ARE THE DIFFERENT TYPES OF FAT?

The fats in our diet originate from either plants like olive oil, or from animals for example butter. Fats are classified according to the largest amount of a certain fatty acid present.

SATURATED FATS

Fat with a high percentage of saturated fatty acids are mostly hard at room temperature and are mostly from animal origin. It is important to limit your intake of saturated fat as it can increase LDL (bad) cholesterol and increase your risk for heart disease.

EXAMPLES OF SATURATED FATS = visible fats on meats, chicken skin, butter, ghee, cream and certain plant fats such as coconut oil, palm kernel oil, cocoa butter and coconut.

MONO & POLYUNSATURATED FATS

Fats with a high percentage of unsaturated fatty acids are divided into two groups namely, monounsaturated fats and polyunsaturated fats. Monounsaturated fats help to reduce cholesterol, increase insulin functioning in the body and reduce inflammation and therefore they should be your primary choice for fat intake.

EXAMPLES OF MONOUNSATURATED FATS = avocado pear, olives, olive oil (the richest dietary source), canola oil, peanut butter, peanut oil and nuts such as almonds, cashews, hazel, macadamia, peanuts, pecans and pistachio nuts and canola- and olive oil-margarine.

EXAMPLES OF POLYUNSATURATED FATS = sunflower seed oil, soy bean oil, cottonseed oil, corn oil, sesame seed oil, walnut oil, sunflower oil, walnuts, pinenuts, Brazil nuts, sunflower seeds, linseeds as well as products made from these oils eg. soft tub margarines and salad dressings.

HYDROGENATED FATS

Hydrogenated fats otherwise known as trans fats, are fats which have undergone a chemical process called hydrogenation. During this process fatty acids change their chemical structure and (where oils are normally liquid at room temperature) they become more solid, such as in hard margarines. The trans fatty acids in these hydrogenated fats behave just like saturated fats in the body and therefore intake of these should be limited.

EXAMPLES OF HYDROGENATED FATS = hard margarines, confectionary and bakery items such as pies, pastries, biscuits and salty crackers. Hydrogenated fats are also used by the fast food industry for all deep-frying such as potato chips.

ESSENTIAL FATTY ACIDS

These two essential fatty acids fall into the polyunsaturated group. The body cannot manufacture these fatty acids, and it is therefore essential to get them from food. These fatty acids are called omega 3 (alpha linolenic acid) and omega 6 (linoleic acid).

- Omega 3 fatty acids occur in a few plant sources such as linseed, grapeseed (canola), soybean as well as green leaves. Fish oils from deep cold water fish such as mackerel and salmon are rich sources of the metabolic products of omega 3 fatty acids called EPA and DHA.
- Omega 6 fatty acids are readily available in a variety of vegetable oils and seeds such as sunflower, cottonseed and soy bean.

IMPORTANCE OF PORTION CONTROL IN FAT INTAKE

Although fats have many functions within the body, they are kilojoule dense and therefore it is important to control the amount of fat you eat as indicated by your eating plan.

EACH OF THESE = 1 PORTION OF FAT:

5 Olives

2 tsp Peanut Butter

¼ Avo = 30g

5 Cashew Nuts

4 Almonds



SOME PRACTICAL TIPS TO CONTROL FAT INTAKE

MENU PLANNING

- Select fish and legumes more often than chicken or red meat.
- Include fish at least to three times per week and vary the type of fish as well as the preparation.
- Vegetarian dishes made from legumes can replace meat, fish or chicken on the menu at least once to twice per week - for eg. Vegetable and lentil stir-fry or a vegetable bean stew served with a small portion of brown rice.
- Keep the protein portion of the meal small and serve with larger portions of vegetables and salads.
- Include a minimum of 2 – 3 types of vegetables/salads for dinner as it makes it easier to enjoy smaller portions of protein.

SHOPPING

- Choose lean cuts of meat, chicken and fish (See list of foods to include and or exclude).
- Avoid buying high fat processed convenience (Eg. sausages, polony, and salami). Rather keep to lean cold meats for eg. lean ham, roast beef, silverside and lean cold shaved turkey.
- Choose low-fat dairy products
- Try to limit your consumption of cheese to twice a week.
- Products labelled low-fat are not necessarily low in fat. Proteins are considered lean if the fat content is less than 10g/100g food.

COOKING

- Cut off or remove all visible fat from meat and remove chicken skin prior to cooking.
- Invest in a good non-stick frying pan and use a variety of low-fat cooking methods such as grill, bake, roast, casserole, stew or stir-fry using a small amount of olive or canola oil.
- Avoid using meat or chicken drippings to prepare gravies, rather use water, beef and chicken stock powders, herbs and spices.
- Stretch meat and chicken in recipes by combining with vegetables such as in vegetable stir-fries and stews.
- Cut the fat or oil in recipes for baking by a ⅓ or a ½ and use low-fat evaporated milk, or apple sauce in the place of cream.
- Avoid using margarine or butter in cooking. Use a small amount of olive / canola oil and season all foods with herbs and spices, lemon juice, tomato and onion.
- Make your own dressing with small amount of olive or canola oil, lemon juice or vinegar, herbs and spices

SNACKING

Choose lower fat snacks such as baked pretzels, popcorn and biltong (fat removed) instead of potato crisps, droëwors and fatty crackers.

ULTIMATE MH DIET

Fats are one of the food groups that we seem to get lots of mixed information about, one minute we should avoid them, the next we we should be eating steak for dinner. So what's a guy to do? Moderation, pal, and our mealplan ticks all the boxes.

MEAL PLAN	DAY ONE	DAY TWO	DAY THREE	DAY FOUR
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Smoked Trout on Rye Toast	Banana & Peanut Butter Oats	Bran Flakes and Raisins	Cheese & Tomato on Crackers
½ Milk Unit / 1 Protein Unit	2 - 3 slices smoked trout (40g)	½ cup low-fat milk (cooked into oats)	½ cup low-fat milk (125ml)	2 - 3 slices (30g) reduced-fat cheese & thinly sliced tomato
2 Starch Units	1 large slice rye toast (60g)	1 cup cooked oats (240g)	1 cup bran flakes (50g)	6 high fibre crackers
1 Fruit Unit	½ medium grapefruit (140g)	1 small banana, mashed (90g) & 2tsp peanut butter mixed into oats	1 tbsp raisins (20g) added to bran flakes	1 cup sliced paw paw (140g)
SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
1 Fruit Unit	1 x 40g packet dried fruit	1 bunch grapes (110g)	4 - 5 strips dried mango (30g)	1 medium orange (150g)
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	Egg Mayo Sandwich	Beef & Vegetable Soup	Cottage Cheese & Sweet Chilli Roast potato	Chicken & Veg (Using leftovers)
2 Protein Units	2 large eggs, boiled & mashed with 2tbsp low-fat mayonnaise	3 - 4 slices beef pastrami (80g), sliced & added to soup	¾ cup fat-free cottage cheese (160g) with 1tbsp sweet chili sauce	1 small chicken breast (80g), skin removed
2 Starch Units / 1 Fruit Unit & 1 Starch Unit	2 sliced wholewheat high fibre bread (60g)	1 medium wholewheat roll (60g) wih 2tsp low-fat margarine	1 medium potato (180g), boiled or roasted	1 mielie (90g)
2 Fat Units	(used above)	(used above)	2tsp olive oil used for roasting the potato	2tsp olive oil used for cooking previous nights veg
Vegetables	add lettuce & cucumber to sandwiches & snack on vegetable crudites if still hungry (celery, cucumber, carrots etc)	300 - 500ml vegetable soup (homemade or store bought) avoid tinned/dry soups, opt for fresh if possible	serve with "lettuce-less" salad of chopped tomatoes, peppers, cucumber, onion & fresh coriander	mixed roast veg of choice such as baby marrows, butternut, peppers & mushrooms
SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
1 Fruit Unit	3 rice cakes	1 medium apple (150g)	2 digestive biscuits	3 crackerbreads
½ Milk Unit / 1 Protein Unit	2tbsp hummus (20g)	½ cup fat-free flavoured yoghurt (125ml)	1 cup hot chocolate made with ½ cup (125ml) low-fat milk 1tsp cocoa powder & sucralose based sweetener	2 - 3 slices beef pastrami (40g)
DINNER	DINNER	DINNER	DINNER	DINNER
	Seared Tuna & Salad	Meatballs with Tomato Sauce	Rotisserie Chicken (Dinner on the run)	Butternut & Feta Omelette
4 Protein Units	200g fillet tuna, seared with soy sauce, honey & ginger	2 large lean meatballs, grilled (120g)	1 medium chicken breast (120g) & leg (40g), skin removed	Beat 2 large eggs with 50ml low-fat milk & made into omelette. Fill with roasted butternut & ½ round crumbled feta (30g)
2 Fat Units	¼ avocado (30g) & 5 olives added to salad	2tsp olive oil used for cooking	2tsp olive oil used for roasting veg	2tsp olive oil used for making omelette
Vegetables	serve with a large salad including: baby spinach leaves, sliced leeks, peppadews & cucumber shavings	make a tomato relish sauce using tinned tomatoes, fresh herbs, onions & garlic. Pour over meatballs & serve with steamed veg of choice	mixed roast veg of choice such as baby marrows, butternut, peppers & mushrooms	grilled butternut, beetroot & baby marrow

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MEAL PLAN	DAY FIVE	DAY SIX	DAY SEVEN
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Fruit & Yoghurt Breakfast	Anchovette Paste on Toast & Skinny Cappuccino (Eating out option)	Poached Egg on a Wholewheat English Muffin
½ Milk Unit / 1 Protein Unit	¾ cup fat-free plain yoghurt	1 skinny cappuccino (250ml)	1 large egg (50g), poached
2 Starch Units	2 guavas (150g), ½ paw paw (140g) & 1 orange, sliced (150g)	2 slices rye toast (60g) with anchovette paste & sliced tomato or gherkin	1 medium english muffin (60g), topped with egg & served with sautéed mushrooms & grilled tomatoes
1 Fruit Unit	(used above)	(skip)	1 cup freshly squeezed orange juice (250ml)
SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
1 Fruit Unit	2 naartjies (150g)	1 medium peach (180g)	1 small banana (90g)
LUNCH	LUNCH	LUNCH	LUNCH
	Rump Steak (Eating out option)	Tuna Pasta Salad	Braaied Ostrich Burgers
2 Protein Units	ladies portion rump steak (200g)	1 tin tuna (100g), mixed with 1tbsp low-fat mayonnaise & 2tbsp fat-free plain yoghurt	1 medium ostrich mince patty (100g)
2 Starch Units / 1 Fruit Unit & 1 Starch Unit	1 small baked potato (180g)	1 cup cooked pasta (130g)	1 wholewheat roll (60g)
2 Fat Units	2tsp olive oil, drizzled over potato	(used above)	1tbsp low-fat mayonnaise mixed with 1tbsp chutney to top patty. Add 1/4 avo (30g) sliced over patty.
Vegetables	mixed steamed vegetables/salad/grilled vegetables as available at restaurant	add chopped cucumber, celery, tomatoes, lettuce & basil to the pasta salad	serve the burger with a large salad of lettuce, steamed asparagus & tenderstem broccoli & grilled baby marrows
SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
1 Fruit Unit	1 small slice rye toast (30g)	4 - 5 strips dried mango (30g)	(skip)
½ Milk Unit / 1 Protein Unit	1 large boiled egg	1 thick slice Tussers cheese (30g)	½ cup fat-free flavoured yoghurt (125ml)
DINNER	DINNER	DINNER	DINNER
	Grilled Fish with Sundried Tomato Pesto	Saucy Mayonnaise Chicken	Baked Beans on Toast
4 Protein Units	1 large fillet white fish (280g) placed onto a large sheet of foil & 2tsp pesto & thinly sliced mushrooms. Close the fish parcel & bake for 20 minutes at 180°C.	1 large chicken breast (160g), topped with mayonnaise saice (1tbsp low-fat mayonnaise, 1tsp balsamic vinegar & tomato sauce) & bake for 20 - 25 minutes	1 cup baked beans (210g) in curry/tomato sauce on 1 slice wholewheat bread (30g)
2 Fat Units	(skip)	(skip)	10ml low-fat margarine on bread
Vegetables	serve with roasted asparagus, tenderstem broccol & baby carrots	serve with gem squash, peas and steamed carrots	300ml vegetable soup

THE SKINNY TRUTH – WHAT YOU SHOULD BE EATING

BY JADE CAMPBELL, RD (SA)

Most people during some stage of their lives will decide to jump onto the diet wagon, and after a few minutes of googling will realise they are truly spoilt for choice. When it comes to diets, whether it's the cabbage soup, high protein or fat-free, most of them, if followed, will work for weight loss. If you eat less than you need, a kilojoule deficit is created and fat stores will be utilised to make up the difference in energy needed. So if all diets work, which one should you choose? The three boxes you are looking to tick are health, sustainability and affordability. This two week cycle menu was developed with those in mind. At a glance this menu can appear complicated and a lot of hard work – it was done this way to keep it interesting. If you are using this plan for an extended amount of time (which is the point). For now though, I recommend simplifying it – choose the top three or four breakfast, lunches & suppers, once you're bored with those, swap them for other meal options. The same can be said for the fruit and vegetables – repeat them until the packets you bought are finished, then opt for different types every other week. Keep your caffeine to no more than three to four cups of coffee or tea per day and ½ cup of low-fat milk has been allocated if needed. One unit of alcohol per day has also been calculated and included in the plan if you choose to drink. A unit is equivalent to a double shot of spirits or 150ml of wine or 340ml beer. A few more words of advice – be organised, weigh yourself weekly, exercise regularly and write down what you eat, if you're going wrong, you'll soon be able to see where.