



FITNESS

NUTRITION

A GUIDE TO SUCCESS





FITNESS

Creating habits takes time and consistency.

You don't need to do it all at once but you need to show up daily.

Check out these ideas for inspiration on how to diversify and optimise your diet leading you to a healthier and happier place.

Pick one or two areas at a time, we can discuss and review progress as well as manage alternative and individual methods of implementing them into your life.

Get organised – you don't need to meal prep or meal plan for a whole week. Having 3 to 4 main meals decided will be really helpful and reduces waste.

If you plan to have enough for lunch the next day, portion this before serving the main meal avoiding the temptation to overeat and not have enough left.

Breakfast Cereals – most are ultra processed so opting for those on the list will ensure there are no arguments in the morning, and everyone can have a healthy start. Save coco pops for sleepovers with grandparents.

Whole grains – there are a multitude available now, see what works for your family. Take it steady and don't expect kids to onboard eagerly. Start by mixing the grains then swapping the ratio in favour of the healthier option. Eg swap risotto rice for pearl barley, mix quinoa with cous cous, switch rice for farro. Be inventive.

Tinned beans can be added to almost any savoury dish and salad. Offset their smooth and nutty textures with crunchy red onion or peppers and punchy herbs like coriander.

Nuts and seeds – Get yourself some Tupperware and mix your own selection of seeds into one and a mix of nuts into the other. Ready to go and sprinkle or chop over the top of cereals, poached eggs, salads and curries.

Challenge yourself – most families stick with the meals and ingredients. Increase your diversity – let the kids to choose unusual fruit and veg or get them involved with picking and making recipes. Everyone loves to stir!

Snacks? Removing temptation sounds easy, but often difficult to implement. While getting to grips with new habits think about balancing offerings and lead by example.

Put crisps into a bowl and 'serve' with chopped fruit, veg sticks or chunks of cheese. Buy and store crisps, salted nuts, biscuits, sweets and chocolate to a minimum – without it will help you create or make healthier alternatives.

Labels – Read the back of your labels. Do you know what all the ingredients are on the products that you buy? Have you ever wondered why they're there? If you don't recognise something there's a good chance it's an ultra-processed food (UPF) and it's worth your time looking for an alternative.

Love your freezer – prepping and bulk cooking at the weekend (or whenever works for you) will always save time, energy and serve everyone well when you don't have the capacity to make a meal from scratch during the week.



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Gradual sustainable changes will result in new habits.

Sleep – are you getting enough? We're all different yet sleep is fundamental to our success. Working shifts, having sleep interrupted or underlying stress leading to poor quality sleep will effect your energy levels and decision making. The sleep deprived tend to lean towards ultra processed foods, high in sugar and fat as the brain craves quick sugars. Set up a simple and effective sleep routine, and if interruptions are unavoidable get organised and prepare a nutritious breakfast to help overcome the fatigue.

Fibre – most adults fail to meet 20g of fibre in a day against a recommendation of 30g. Eating plenty of fibre reduces risk of heart disease, stroke, type 2 diabetes and bowel cancer. Diversifying your diet and swapping in wholegrains while reducing consumption of ultra processed foods is a great step forward.

Daily Bread? If bread feature everyday for you, then where possible choose brown, wholemeal sourdough varieties and rye breads. If you prefer white bread then including it in smaller amounts is perfectly fine, but it tends to cause high blood/sugar spikes on its own. Learning to 'dress' this carb with healthy proteins and fats ensures that it can happily be a part of your diet. Think about adding avocado/hummus/tahini/ cottage cheese along with some sliced tomatoes, grated carrots or chopped roasted veg.

Vegetarian and Vegan – while there is a place for all foods whether or not to eat meat is a prominent sticking point. Incorporating more plant based protein is undoubtedly going to offer you more nutrients and fibre as well as usually being better for the environment (vege/vegan does not automatically mean green when you review how some of the products are produced) so small amounts of lean cut meats should be enjoyed if that's what you like.

If you'd like more information about trying a more vegan or vegetarian based diet let me know.

Fake Aways! Family love a Thai? Or is there just something about your favourite pizza place? Learn to fake it and make your own. Not only will this broaden your cooking repertoire, it's healthier, fresher, you can portion control as well as being cheaper and reducing waste. Having a few staples in the cupboards ready for this also can make it time efficient too.

Full fat or low-fat? This is a good experiment to read your low-fat labels. Usually there are added ingredients to help re-create the smooth and creamy texture that fat offers us in the food. Are there added sweeteners, emulsifiers, flavourings or E numbers? If so, I would compare with the full fat version and make an informed decision.

Keep a diary – Over the course of a week, you can see what your diet diversity and quality is like and have a base line. All weight loss/ calorie tracking apps can be inaccurate as is our logging skills, but it is effective to see where improvements can be made and identify general trends. Repeat the logging every 6-8 weeks on the same platform.



F I T N E S S

Cultured/fermented foods. Many of these foods contain probiotics. More scientific evidence suggests that eating fermented foods can benefit health in a variety of ways such as improving digestion and lowering your risk of certain diseases, like type two diabetes and heart disease. Crucially, they promote a healthier, more diverse gut Microbiome

Sometimes it can be tricky to know if there is live bacteria in a product, so always check the labels. You can also ferment your food at home. Make sure you stay safe by using the right sterilisation and storage techniques..

Heard of 5 a day? What about 30 types of plants every week?

Research suggests that eating 30 or more plants every week has a particularly positive effect on the diversity and health of your gut Microbiome, which can affect many other aspects of your health.

If 30 sounds like a lot, you'll be pleased to hear it's not just fruits and veggies that count. You can include greens, nuts, seeds, herbs, and spices too. What's more, you don't need to eat any specific amount of plant for it to count – even small pinches of herbs and spices matter

Prebiotic and probiotic.

Prebiotic = food for your gut microbiome. Found in plants, nuts, seeds, grains and generally high in fibre and acts like a fertiliser for your gut. The more diverse your plant intake the better your gut health.

Probiotic = live microbes found in food. Examples include yoghurt, Kefir, sauerkraut, kombucha, miso, tempeh and kimchi. These pass through your system, to sending signals to the gut to produce healthy chemicals. Both are required for a healthy diet.

Alcohol If you enjoy a glass, try to have it with a meal to avoid blood glucose crashes that lead to snacking. Alcohol impairs judgement and invariably leads to jumping on the "sod it bus" not to mention the how the following day will impact your progress.

Social drinking may feel more difficult to overcome but no one regrets a glass of something soft. Reviewing your drinking habits is prudent, especially if you cycle more alcohol around the weekends than is necessary. Reducing intake will boost self esteem, capacity to take on other responsibilities and reduce feelings of stress and anxiety.

For more help this link provides all of the NHS recommended help groups. www.nhs.uk/live-well/alcohol-advice/alcohol-support/

Smoking – just stop. To get support and help to stop, get your personal quit plan on the NHS www.nhs.uk/better-health/quit-smoking



FITNESS

WHAT TO BUY?





FITNESS

Review the cupboards and fridge and check off the things you already have, there will be lots! No need to be overwhelmed, you don't need everything on these lists at any one time – swap in something you fancy and slowly incorporate more of them into meals without losing touch with meals that feel normal and regular to you and your family.

STORE CUPBOARD

BREAKFAST

Weetabix – Shredded wheat (plain) – Oats
Home made muesli

GRAINS & PASTA

Pearl barley – Quinoa – Bulgar wheat – Millet – Chickpeas – Spelt
Freekeh – Farro – Whole grain rice
Whole grain pasta (there are so many alternatives to pasta now, you can get an edamame and mung bean linguine made from a company called explore cuisine.)

TINNED

Beans: Cannellini, butter, kidney, pinto, borlotti, flageolet, black – all of them! Avoid pre-dressed options.
Tomatoes: tinned, purée and passata
Lentils: tinned or ready-made pouches save time
Tinned fish; tuna, sardines, mackerel in oil

SAUCES, OILS & VINEGARS

Olive oil
Extra-virgin olive oil.
Sesame oil – this is great with prawns and seafood but has a shorter shelf life beware.
Salt and pepper
Apple cider vinegar
Balsamic vinegar – not reduced
Soy sauce

TO ADD FLAVOUR

Anchovies
Sun-dried tomatoes
Artichokes in oil
Olives
Capers
Roasted red peppers
Harissa paste
Curry paste of choice - the spice tailor and Jamie Oliver's are great options avoiding UPF.
Garlic/Ginger pastes – super speedy when mixing with roast veg to give ooomph
Creamed coconut
Honey
Unsweetened cocoa
Chicken or Veg stock
Mango chutney
Mustards
Rice vinegar
Variety of spices.

FRUIT & NUTS

Tahini
All nuts – plain
Seeds – plain
Peanut butter.
Dried fruits – apples, bananas, raisins
Dates



F I T N E S S

I will resist listing fruit and vegetables but when thinking about them opt for having a little of a wide variety rather than a lot of one or two options.

There is truth in eat the rainbow ensure you pick lots of tantalising colours and textures, and if you're ever in doubt make sure there's lots of green leafy vegetables.

FRESH AND FROZEN

FRESH

Unsalted butter
Humous
Cheddar
Feta cheese
Parmesan
Cottage cheese
Eggs

Milk or milk alternatives

Fresh meat or meat alternatives, tofu/tempeh
Bacon or pancetta is great for flavouring dishes while using minimal amounts of them.

FROZEN

Peas
Sweetcorn
Spinach (best for soups, stews and curries if no time to defrost and wring water out)
Frozen fruits, think of mango, strawberries, mixed berries
Sliced peppers
Prepared sliced or chopped onions
Breadcrumbs
Frozen fish – plain
Frozen prawns

CULTURED PRODUCTS

Regular Greek yoghurt – unflavoured
Kefir – unflavoured
Sauerkraut
Kimchi
Some cheeses

BAKED GOODS

A great area to **check back of packet labelling**.
Opt for products with **no additives**.
Save shop bought/coffee shop brioche, crumpets, pastries and pancakes for **special occasions**.



F I T N E S S

Henley-on-Thames • 1 to 1 training • Nutrition coaching • Tailored training
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