

March 2020

Can't Weight till Lockdown's Over!

Eating well is all important but the temptation to snack on junk food while in isolation looms large. Snack food is readily accessible and all too easy to grab from the fridge or cupboard.

There are several things we can do to counter this and prevent weight gain while in iso.

1. Set a meal schedule

This involves some discipline. Meals and snacks can merge into one so you constantly graze throughout the day. Designate snacks and meals just like you would schedule meetings or calls. Grazing can easily lead to overeating.

2. Choose 'good snacks'

Bad snacks are high in sugars and unhealthy fats and have poor nutritional value which can lead to weight gain.

Try- protein rich dips with veggie sticks, some nuts or maybe a zucchini stick.

3. You need to fill your stomach

But try flavoursome but filling foods that are nutrient dense but low in kilojoules.

Salads!! I know- rabbit food- yuck!

But by adding some dressing and a few spices and roast veggies, that salad can be a delicious and satisfying plate of food.

Same goes for vegetables which are high in fibre so can make you feel full for longer (instead of that marshmallow that you tell yourself you will have one but end up having 10 and feeling sick)

Don't be afraid of protein- chicken, fish (esp. tuna or salmon), lean meat.

Carbs are not a dirty word but try brown rice or sweet potato.

Cous Cous can also be effective in satisfying your appetite and can be added to hot and cold dishes.

4. Enjoy the time

Put the extra time to good use by honing your cooking skills. Experiment with cooking- When you cook you can see exactly what is going onto the plate and into your body- so you are more likely and able to make healthier choices.

Try soups, slow cook, stir fry, salads.

Whole foods are better than refined or processed foods. Consider-fruit and veggies, nuts, plant based options, dairy or suitable alternatives like soy.

Frozen or tinned veggies are fine.

Slow Cook! You have the time. Just throw it all in and wait till dinner. You can still have your favourite protein but use less and add veggies like carrots, pumpkin, parsnip and even potato. By increasing the vegetable intake and reducing meat slightly you will remain just as full but have consumed less calories.

What about Alcohol!!

The problem: Alcohol is energy dense without appetite suppression. Also it often leads to snacking more and exercising less. Plan your alcohol consumption- have a glass while you prepare dinner rather than sitting and snacking on cheese and crackers.

5. Exercise may be the answer!

Exercise can increase metabolism and suppress appetite. It doesn't really matter what you do as long as you do it.

20-30 mins of sustained semi-strenuous activity- Walk, run, bike, swim, gym, at home or in the park. It really doesn't matter so long as it doesn't hurt and you do it regularly.

Forget the scales- exercise will give you energy and help with mental health. Keeping active will make you feel better about yourself and don't stress if you have an extra chocolate biscuit. These are tough times for us all