



HAVE PROTEIN IN EVERY MEAL

When you have protein with each meal, you will be able to:
Manage your cravings. Protein helps to manage blood sugar levels. Protein takes longer to digest, slowing energy release into your bloodstream. This means your blood sugar levels remain consistent as opposed to dramatic spikes in energy caused by meals without protein. Dramatic spikes lead to equally dramatic fluctuations in blood sugar levels, which lead to cravings.

Maintain lean muscle mass. Protein is a foundational element necessary to build and maintain muscle mass. The more lean muscle mass you carry, the more effective you will be at maintaining a healthy weight.

REMEMBER, GOOD FAT IS GOOD (IN MODERATION)

Here's the thing – whatever else fat is, it is also a source of flavour (try the low-fat/full-fat yoghurt test). Unfortunately, sugar is often added to counteract a low-fat lack of taste.

HEALTH

“PROTEIN TAKES LONGER TO DIGEST, SLOWING ENERGY RELEASE INTO YOUR BLOODSTREAM”
James Staring



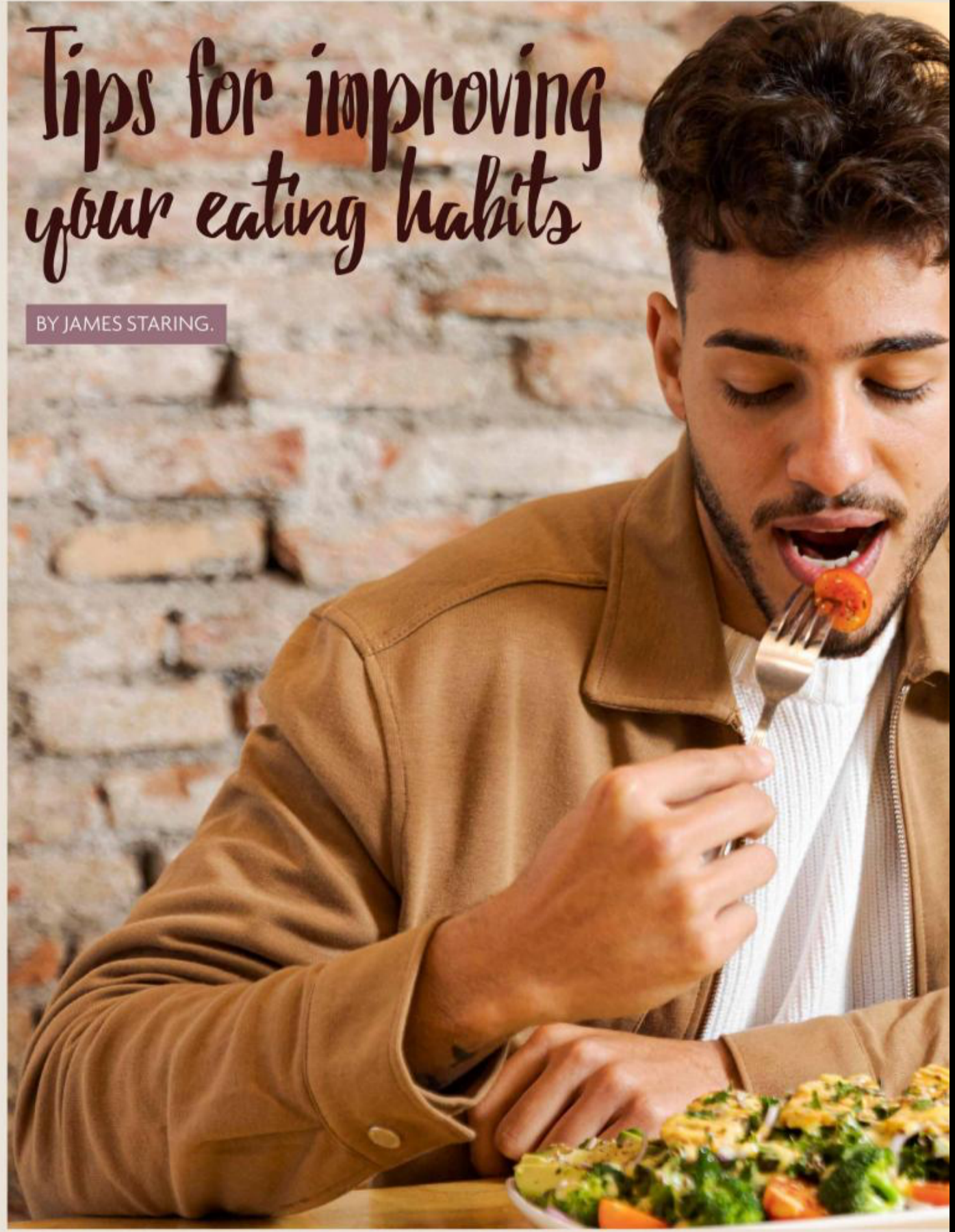
In addition to improving flavour, fat (and by this, we mean good fats like olive oil, nuts, seeds, and butter) is an essential part of a healthy diet. It is not the enemy. Healthy fats help your body produce hormones, lower the risk of heart disease, control blood cholesterol levels, and help balance blood sugar levels.

MAKE SURE YOUR PLATE IS COLOURFUL

Different colours of vegetables mean different types of nutrients. The more colours (and therefore varieties) of

nutrients you get, the better off you will be for two reasons: Increased protection from chronic diseases: different colours of vegetables and fruits have been associated with various health benefits. Improved gut health through the development of healthy gut bacteria: The healthier your gut bacteria is, the more likely you will fully digest the healthy things you eat. ❖

James Staring is the founder and lead fitness coach at Fit to Last Personal Trainers. fittolast.co.uk



Tips for improving your eating habits

BY JAMES STARING.

HEALTH



“THE MORE COLOURS (AND THEREFORE VARIETIES) OF NUTRIENTS YOU GET, THE BETTER OFF YOU WILL BE”

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For a healthy diet, forget calorie counting. Measuring portions of macronutrients (proteins, carbs and fats) with your hands is the simplest way to get all the nutrients you need without under - or over-eating.

The measurements are simple:

- Palms measure protein
- Cupped handfuls measure carbohydrate (try to consume this only after a workout)
- Thumbs to measure fats like nuts and butter
- Non-starchy veggies – eat as much as you like

By following this simple format, you will instantly know your meals are portioned correctly for you, as your own hands are the perfect measure for your own body.

