

# CHAPTER FOUR

## CREATING YOUR DEITARY PLAN

In preparing your dietary routine, we recommend that you plan several meal options in advance for each meal of the day. Planning will prevent impulsive eating, and an associated dependence on the fast food industry. It is also a great way to force good eating habits – plan it until it happens naturally. When planning your dietary routine, always keep the basics in mind.

- (1) Keep the portion size of each intake reduced to ensure no overeating; and spread your intake over the day ensuring you do not over-do any one meal.
- (2) Ensure a suitable intake of all food groups as per the food pyramid. Basically this means to use fats, oils and sweets sparingly; have around 2-3 servings of dairy; around 2-3 servings of meats, eggs and nuts; 3-5 servings of vegetables; 2-4 servings of fruit; and 6-11 servings from the bread, cereal, rice and pasta group.
- (3) Ensure your caloric intake is suitable. The basic guide recommendation here is 1600 calories per day is about right for sedentary women and some older adults; 2200 calories per day is about right for most children, teenage girls, active women and many sedentary men; 2800 calories per day is about right for teenage boys, many active men, and some very active women.

Remember, any form of excess can lead to weight gain. Everyone knows that fat grows fat, but always remember that if you don't burn up the calories that you eat, the excess can also convert to body fat. Don't just keep your eye on the fat content – watch the total calories as well!

### STEP 1: CREATE YOUR SAMPLE MEALS.

You can create your own format. The way I recommend this be done is to make the first one, a healthy habit based meal that you can easily manage to eat a few times a week. Write down at least 3 more healthy options. Write another that is specific to your lifestyle (Eg: if always on the move it may be a snack you can take with you). Write an 'out' in your program that you only have perhaps once a week (make it as controlled and as healthy as you can). Below are some samples for a 6 meal per day plan.

#### BREAKFAST

- **MAIN:** Cereal with mixed grains, dried fruit, nuts and low fat milk / soy etc. Juice drink.
- **ALT 1:** Cereal with mixed grains, fresh fruit and low fat milk / soy etc. Juice drink.
- **ALT 2:** Alternate cereal with low fat milk /soy etc. Juice to drink.

- **ALT 3:** Toast (healthy bread) with light spread. Healthy shake.
- **L/S:** Healthy breakfast bar/s. Milk or juice based drink.
- **OUT:** Toast (healthy bread) little bit of bacon & an egg. Juice.

### **MID MORNING SNACK**

- **MAIN:** Piece of fruit and coffee / capaccino.
- **ALT 1:** Smoothie (milk or fruit).
- **ALT 2:** Raw vegetables and diet soda.
- **ALT 3:** Vege juice.
- **L/S:** Small serve of nuts and coffee.
- **OUT:** Muffin and coffee.

### **LUNCH**

- **MAIN:** 2 x salad sandwich (healthy bread) with thin slice of meat. Diet soda.
- **ALT 1:** Healthy soup. Slice of bread (no butter)
- **ALT 2:** Tossed salad with light serve of meat. Slice of bread (no butter).
- **ALT 3:** Steamed rice with veges. Slice of bread (no butter)
- **L/S:** Packed lunch roll or sandwich.
- **OUT:** Creamed pasta or other.

### **AFTERNOON SNACK**

- **MAIN:** Rice cake with tomato.
- **ALT 1:** Smoothie (milk or fruit).
- **ALT 2:** Raw vegetables. Coffee.
- **ALT 3:** Vege juice.
- **L/S:** Small serve of nuts.
- **OUT:** Cookie and milk.

### **DINNER**

- **MAIN:** Steamed rice or pasta and steamed veges.
- **ALT 1:** Steamed rice or pasta with small meat (light sauce).
- **ALT 2:** Vege / meat soup.
- **ALT 3:** Meat / salad wrap.
- **L/S:** Sandwich / roll to go.
- **OUT:** Small serve of home made pizza.

### **LATE SNACK**

- **MAIN:** Small smoothie (milk).
- **ALT 1:** Rice cracker and cheese.
- **ALT 2:** Banana.

- ALT 3: Small fruit pieces.
- L/S: Nuts.
- OUT: Small bit of chocolate.

## STEP 2: CALCULATING YOUR CALORIES.

Determine your caloric intake for the day, then divide that between all your meals for the day. For those eating a 3 meal per day routine, simply divide the total calories by 3 – this will tell you what your caloric intake should be for each meal. Those eating more than 3 meals can make their 3 main meals a little higher in calories than their snacks (to make it closer to our current habits). Eg: On a 6 meal, 2200 calorie per day diet, your 3 main meals may be around 600 calories each, with their 3 snacks up to 133 calories each. Below is a basic guide however you can personalise this for your own routine.

<b>3 MEALS A DAY</b>	<b>1600 CALORIES</b>	<b>2200 CALORIES</b>	<b>2800 CALORIES</b>
<b>BREAKFAST</b>	533	733	933
<b>LUNCH</b>	533	733	933
<b>DINNER</b>	533	733	933

<b>4 MEALS A DAY</b>	<b>1600 CALORIES</b>	<b>2200 CALORIES</b>	<b>2800 CALORIES</b>
<b>BREAKFAST</b>	500	675	850
<b>LUNCH</b>	500	675	850
<b>DINNER</b>	500	675	850
<b>SNACK</b>	100	175	250

<b>5 MEALS A DAY</b>	<b>1600 CALORIES</b>	<b>2200 CALORIES</b>	<b>2800 CALORIES</b>
<b>BREAKFAST</b>	475	625	800
<b>LUNCH</b>	475	625	800
<b>DINNER</b>	475	625	800
<b>SNACK 1</b>	87	162	200
<b>SNACK 2</b>	87	162	200

<b>6 MEALS A DAY</b>	<b>1600 CALORIES</b>	<b>2200 CALORIES</b>	<b>2800 CALORIES</b>
<b>BREAKFAST</b>	450	600	750
<b>MID MORNING</b>	83	133	183
<b>LUNCH</b>	450	600	750
<b>AFTER NOON</b>	83	133	183
<b>DINNER</b>	450	600	750
<b>LATE SNACK</b>	83	133	183

### **STEP 3: APPLY YOUR CALORIES TO EACH MEAL.**

This test should be applied to each meal on your plan. It will teach what a suitable portion size is for that particular intake. For example, on the above mentioned 6 meal, 2200 calorie per day diet, I have determined that the main meals should be 600 calories with the snacks up to 135 calories each. Below is an example of how this has been applied to the first, or main, meal listed for each meal time (but do it for all your meals to make sure they're not too big).

NOTE: There are multiple sites on the net, or numerous books that provide calorie counts for each food you select. (Eg: go to [www.caloriesperhour.com](http://www.caloriesperhour.com) ).

**BREAKFAST:** My main option is listed as cereal with mixed grains, dried fruit, nuts and low fat milk / soy etc. Based on the 600 calories I can afford to have:

- Cereal, great grains, raisins, dates and pecans. 1 cup = 420 calories.
- Skim milk - low fat (1%). 1 cup = 110 calories.
- Small orange juice = 110 calories.
- TOTAL CALORIES: 640.

I am slightly over my chosen calorie intake here. Being the most important meal of the day and based on the foods I have chosen I wouldn't worry about too much about my choices here.

*(AT SOME STAGE HAVE A GLASS OF WATER)*

**MID MORNING SNACK:** My main mid morning snack is listed as a piece of fruit. I have catered for up to 135 calories here.

- A medium apple = 70 calories.
- Cappucino = 130 calories.
- TOTAL CALORIES: 200.

I am significantly over here. The reason however is based on the Cappucino. My thoughts on this are, the food is what is important, so don't neglect your intake to allow for the cappuccino. This, coffee and other stimulants are a regular for many. When you notice what this does to your calories for the day, you realise how much this product needs to be controlled and not consumed like water.

*(AT SOME STAGE HAVE A GLASS OF WATER)*

**LUNCH:** My main lunch is listed as 2 salad sandwiches with thin slice of meat. I can cater for up to 600 calories here.

- 4 slices of wheat grain break = 240 calories.
- Salad = around 20 calories.
- 2 slices of lean ham (5%) = 80 calories.
- Diet soft drink = 0 calories.
- TOTAL CALORIES: 340.

I am significantly under my chosen calories here. This goes to show what eating good foods allow you to eat. For example, if I was eat the junk food equivalent of a large 'Big mac' meal and standard coke, my calories would be up near the 1400 mark.

However, just because I have eaten less calories than required, this is a satisfying and decent sized meal. No need to eat any more, eating large meals also expands stomach size and can create a bad habit of wanting to fill it every time you eat.

*(AT SOME STAGE HAVE A GLASS OF WATER)*

**AFTERNOON SNACK:** I have selected rice cakes and tomato as my main. I can cater for up to 135 calories here.

- 3 rice cakes = 150 calories.
- 3 slices of tomato = 15
- TOTAL CALORIES : 165.

A little over but still good. Hopefully this meal will satisfy me enough to control the portion size of my dinner, and avoid craving junk just because of hunger.

*(AT SOME STAGE HAVE A GLASS OF WATER)*

**DINNER:** I have selected steamed rice and steamed veges as my main. I can cater for up to 600 calories here.

- ¼ cup of long grain brown rice = 150 calories.
- Brocholli and carrots = 90 calories.
- ½ breast of chicken = 160 calories.
- Sauce = 110 calories.
- TOTAL CALORIES: 510.

A little under, but a nicely balanced meal. The portion size of dinner, and calories consumed here is one of our greatest sins. Try and keep this meal under control.

*(AT SOME STAGE HAVE A GLASS OF WATER)*

**LATE SNACK:** I have selected a small smoothie as my main. I can cater for up to 135 calories here.

- Small smoothie = 200 calories.

- **TOTAL CALORIES:** 200.

A little over here, but having reduced the size of my dinner, I may need this to keep me sane. Here, the portion size may need to be reduced to decrease the calories. As most of my other late snacks are higher calorie food, the portion sizes will need to be monitored there also. The important point here is to create an intake after the impact of reducing the portion size of dinner. It should satisfy to help you sleep a little more comfortable and not wake up craving anything you can find at 3am.

**OVERALL:** I was slightly under my calorie intake for the day. The reality is that it doesn't have to be perfect, it simply has to be controlled and balanced. I haven't overeaten in any one meal, I have eaten regularly throughout the day and I haven't eaten an excess of calories or fat.

#### **STEP 4: FOOD GROUP MIX**

Go over your options and check to ensure that an appropriate mix of food groups. Remember, this means to use fats, oils and sweets sparingly; have around 2-3 servings of dairy; around 2-3 servings of meats, eggs and nuts; 3-5 servings of vegetables; 2-4 servings of fruit; and 6-11 servings from the bread, cereal, rice and pasta group.

Scribble out your own chart like this. Based on the rough guide in Chapter 3, list roughly what portions of each food group you have eaten. It doesn't have to be exact, we just need an indication of your overall balance of foods. EG: Based on the meals listed for the sample day above, I have had (very roughly) the following servings.

<b>Meal/group</b>	<b>FATS</b>	<b>DAIRY</b>	<b>MEAT</b>	<b>VEGE</b>	<b>FRUIT</b>	<b>GRAINS</b>
<b>Breakfast</b>		1			1.5	2
<b>Midmorning</b>		1			1	
<b>Lunch</b>			1	1		4
<b>Afternoon</b>				1		1
<b>Dinner</b>	1		1	1		1
<b>Late snack</b>		1			.5	
<b>SERVINGS</b>	<b>1</b>	<b>3</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>8</b>

Based on this assessment I have controlled my fat intake as recommended. My dairy intake is around the 3 servings as is recommended. My meat intake is at 2 servings and also meets the recommendation. With 2 servings of vegetables I am slightly under the recommended 3 – 5. My grain intake is at 8 servings and nicely in between the 6 – 11 servings recommended.

Here I would make a point of slightly increasing my vegetable intake. I would make a point of using the alternate vege options listed in my samples, or simply just add extra vegetable based meals or soups as another alternative.

#### **SAMPLE DIETS**

To make life a lot easier for most, as our website grows, multiple sample diets will be listed on the 'FREE SERVICES' link at the 'Fit Aussie' website. Check the updates for numerous meals as they are posted.