

Are you getting the right amount of Carbohydrate, Protein and Fat in your diet?

Understanding the importance of these macro nutrients and understanding their role in assisting weight loss is the first step to making a change.

Carbohydrate...

Weight gain and cravings are linked to excess carbohydrates, this is because excess carbohydrates are linked with high insulin levels. Excess insulin is a problem because it stores fat and prevents your body from releasing stored fat and sugar. If you want to lose weight, reduce cravings and improve appetite control you must control blood sugar and insulin levels by eating the right amount and type (glycemic index) of carbohydrate

Protein...

Your body is constantly making new tissues and enzymes, and because your body cannot store protein it must have a constant daily supply from your diet. Without an adequate replacement protein your body will lose muscle tissue and your immune system can run down. Protein also plays an important role in appetite control. When included in a meal it slows down the movement of food through your digestive system and slows the release of sugar from your meal. This means you feel full for longer and stabilises insulin levels therefore reducing blood sugar causing cravings.

Fat...

A small amount of fat at a meal can help with appetite control and weight loss as it slows the rate that carbohydrates turn into sugar, which helps prevent high insulin levels. Also it releases a hormone Cholecystokinin (CCK) from the stomach. Your brain gets a message from this hormone that says you are satisfied, so you are less likely to keep eating.



Three Month Weight Loss Programmes

If you want to change to your body shape, lose fat and improve your health and fitness then start on one of our Programmes today!

*Weekly Support + Meals/Menus/Recipes
Provided + Personal Training
= Results*

Book for your FREE Consultation today to see if this Programme is right for you

