



Your nutritional MO

Food glorious food! What's your MO when it comes to meal time?

What is it about food that has us doing such funny things? Why are we willing to try anything to get fast results or simply pay no attention to it all? We have all done these at one point in our lives, or know someone who has! So what's your approach to food? Take a look below and try and implement the tips we have for you! Sometimes these are temporary "conditions" and others have been with us for a long time. Whether your MO is to count calories or just eating whatever is in reach, there are solutions!

The Calorie Counter

People who are Calorie Counters count every calorie or kilojoule and know what there is in almost everything they eat. These are the people that get lost in counting the calories in the food they consume and then work out how much exercise they think they need to do to use the calories up!

Pros:

- They are quite educated and unlikely to consume excess calories or kilojoules without knowing it.
- They are aware of portion sizes and usually do not over eat when following their counting.

Cons:

- Calories or kilojoules do not always cover the nutritional principles (low GI, good sources or protein and low fat) so you may eat low calories but be missing out on many nutritional vitamins, minerals and be hungry at the same.

- Counting calories at every meal can reduce the fun of eating and enjoying food as part of life. It may reduce the number of dinner invitations you get.

Solution:

- Learning the calories/kilojoules in different foods is great, but learning the breakdown of each food and its GI value, what type of fat it contains, will help you to make better choices.

The Vegetable Free Zone

People in the Vegetable Free Zone hate all vegetables other than potato. Even sweet potato is a stretch! They often think "Man did not fight his way to the top of the food chain to eat vegetables". They usually leave anything green on the plate, believing it to be garnish.

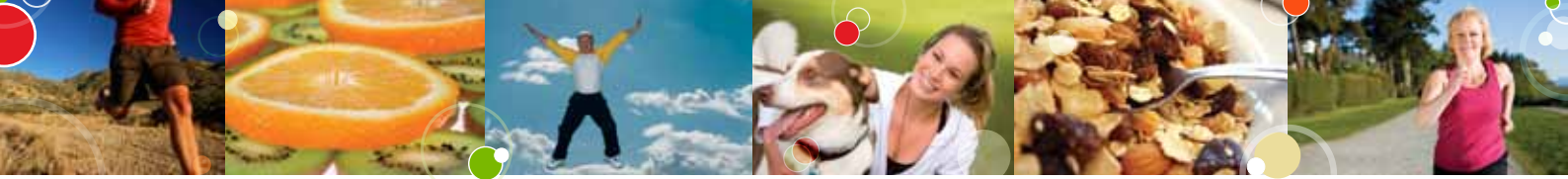
Pros:

- There aren't too many pros here other than they are likely to definitely meet their protein, zinc and iron needs and may only need one pan to cook their meals!

Cons:

- Their diet is missing many essential vitamins and minerals, not to mention the lack of fibre in their diet. High levels of saturated fat and not having enough vegetables per day can increase risks of many diseases – stroke and cardiovascular disease, bowel cancer, digestive issues, not to mention type 2 diabetes.

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Solution:

There are many ways you can add vegetables to your nutrition.

- Retry the old vegetables you used to hate. People's palettes change, as we get older so you may find them more pleasing than you did as a child.
- Try cooking them in different ways or within other foods.
- Find a staple of vegetables that you can eat and cook them in the biggest variety of ways. Consider vegetable soup if nothing else will do.

Fan of the Fads

This is the "friend" of yours who has tried every diet that was ever released and found variable amounts of success. They have tried no carb, low carb, vegetarian, vegan, low-fat and some of the more unusual fad diets that come to the market.

Pros:

- Reviewing and looking at how you can change or improve your nutrition is a great trait to have and means that you are considering what you can do to improve your health.

Cons:

- Changing your diet radically to cut out different food groups is not providing you with real benefits – weight loss is usually only temporary, you are not forming good habits and you are missing out on lots of good nutrition by cutting out food groups or by only sticking to one!
- You also have the risk that the weight you do loose will come straight back as soon as you stop the diet– the yo-yo effect. As well as a lot of time and effort spent to get back to where you started.

Solution:

- Stick to the good nutritional principles and be patient! Loosing weight fast may feel great at the time, but putting it all back on again can be far more depressing. Instead, make some small changes and stick with them.

Carbohydrate King

These people LOVE their pasta, rice and bread. They simply can't get enough. And will have many serves at every meal and for snacks in between. The other stuff is simply for flavour and a bit of colour!

Pros:

- Carbohydrates are essential for energy and are what our body uses as its first source of fuel. It's filling and satisfying and easy to find wherever you are!

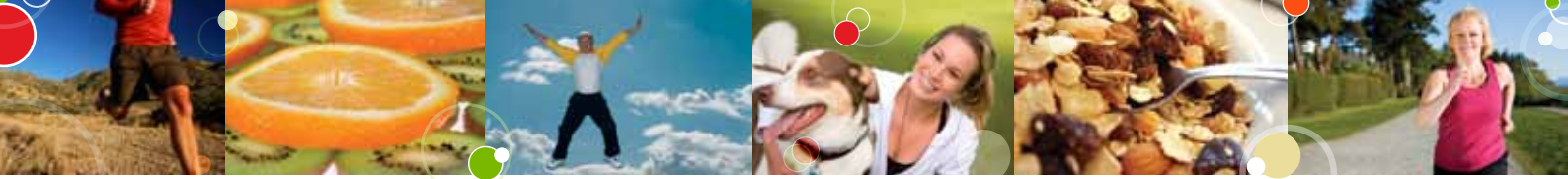
Cons:

- Many carbohydrates are quite calorie/kilojoule dense and have only some of the vitamins and minerals the body needs on a regular basis. This often makes weight management difficult and can lead to constipation (EEWW!).

Solution:

- Carbohydrates are needed but in correct proportions. Make sure you choose low GI carbs and then have a smaller amount will as it will keep you feeling full for longer as well as keep everything moving in the right direction, if you get our drift.

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Out of Proportion

These people either have too small or too large a meal. People who have too large a meal often are surprised when they are shown what an actual serve is. Weight management is often an issue for them, whether that is losing or gaining weight. Having too small a serve or portion – particularly those who significantly reduce a food group – such as dairy or fruit and vegetables reduces the vitamins and minerals we get from them. Having too large a portion means that there are simply too many calories or kilojoules, leading to weight gain.

Pros:

- You'll never have to worry about upsetting a host at a dinner party!

Cons:

- Portions are all about getting what you need for good nutrition so your body can run smoothly and work optimally. Having more than you need is actually a problem, particularly in how glucose and insulin work in the body, which affects your metabolism, your capacity to manage your weight as well as put you at risk of heart disease and type 2 diabetes.
- Having too little means that you are also less likely to meet the nutritional requirements, possibly putting you at risk of deficiencies in vitamins and minerals (for example, Vitamin C deficiency leads to lethargy, weakness and makes you more susceptible to infection, while a lack of Folate can cause fatigue) leading to diseases such as osteoporosis, heart disease and type 2 diabetes.

Solution:

- Get to know your serves and what a portion actually is. Trial sticking to it for one meal per day to start with. So if dinner is your biggest challenge see if you can get your portions right for this one meal. Then progress this to include all your meals.

See Food and Eat It

A classic condition and still so true. The "See Food" diet (often confused with the seafood diet) is where we eat simply because food is present rather than when we are actually hungry. Often referred to as the "Labrador Condition", this can happen a lot at work (in board meetings or the work kitchen where there are any manner of goodies always available) and at home (whatever is put in front of you is finished no matter whether you are hungry or not. There are starving kids somewhere in the world you know!).

Pros:

- Well no one could call you fussy eater! Your Mum will recall that you were easy as a child to feed.
- You are the perfect guest as you usually clear the plate telling the cook you loved their food.

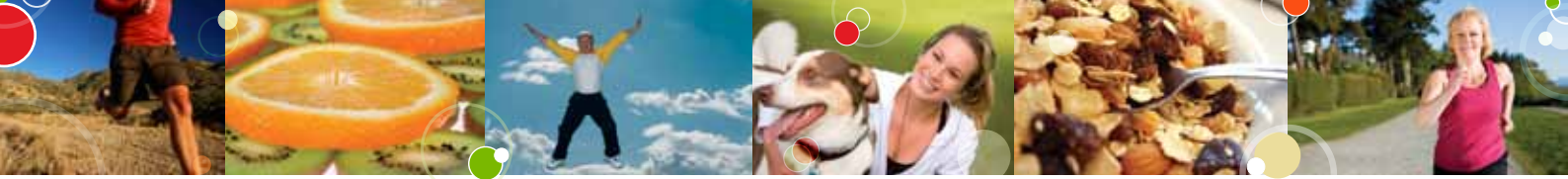
Cons:

- Eating whatever is put in front of you, or indeed anything that you can see, without consideration of whether or not you are hungry often leads to overeating and significant increases in weight, which in turn puts you at risk of chronic disease.
- Even though you are eating enough, you may still suffer nutritional deficiencies in that you may not be having the right amounts of the right foods.

Solution:

- This is one of the hardest MOs to negotiate. Practicing eating only when you are actually hungry is essential and that may mean literally hiding the food that is lying around.
- Reviewing the content of your diet, and learning what correct portion sizes are, is essential.

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Emotional Eater

People here usually eat well most of the time but find that when things go wrong and they are stressed or upset – food becomes their friend and source of comfort. They bury their emotions in a chocolate donut – saying, “I have had a bad day, so I deserve this” or “this will make me feel better”. Unfortunately they then get so used to using food as an emotional crutch, that they need it just to get through the day. Really, how does one get through the morning without 3 double shot full cream lattes with two sugars and a bacon and egg roll? Or survive the evening without 3 glasses of wine and a block of chocolate?

Pros:

- Being able to treat yourself is really important. Food is fun and the taste can bring our good memories and lots and lots of joy. Food sometimes feeds our souls not just our bodies.

Cons:

- Emotional eaters are often eating because of their emotions rather than letting their actual hunger tell them when they need food. This often means they forget or misinterpret the signs and symptoms of hunger. It also means that when they try to improve their nutrition they find it really hard.

Solution:

- People with these emotional eating tendencies need to pay more attention to the actual signs and symptoms of hunger and to locate a new way to cope with their emotions that doesn't involve food. This is harder than it sounds but is a really valuable tool. We often need to remind ourselves that eating the donut or the third glass of wine won't help the situation you are upset over.

Starve and Binger

Starve and Bingers are people who have minimal food throughout the day but end up having a massive meal at the end of the day. They often work long hard hours and think that stopping for food isn't really needed. In fact they are sure that they will put on weight if they eat throughout the day and after all they have done it for so many years that their bodies are different – they are used to not having food all day.

Pros:

- There actually aren't any. Having one meal a day means that if that one meal doesn't contain everything the person is more than likely to have some level of nutritional deficiency.

Cons:

- They're all cons here – reduced energy levels, glucose and insulin work poorly together, weight gain and poor weight control (especially as they go to sleep on a full stomach), nutritional deficiencies, reduced brain function, increased irritability and increased risk of chronic diseases in the long-term from weight gain and nutritional deficiencies.

Solution:

- Breaking those old habits can be hard but is essential – there are no awards for being stoic. Usually people who do this have no idea just how much better they feel when they eat regularly throughout the day. They also find that they don't come home and eat the pantry doors off, and lose weight to boot!