

"You should plan acceptable plausible target for weight loss, here where the body composition analysis would help to plan those targets."

WHAT WOMAN IN THEIR 40S NEED TO KNOW ABOUT

HEALTHY DIETING

"Exercise shouldn't come as a cliché with losing weight. It's the lady best tool to conserve her muscle mass especially when dieting, with hormonal changes after 40, to reduce the risk for many disease, and most importantly to increase the metabolism especially after 40."

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"Did u know that many times you confound the feeling of hunger to the feeling of thirst? Best detoxifying agent to the body."

PRINCIPLES OF HEALTHY DIETING

Discipline: Respect your hormonal activity. Eat 5 meals a day; make dinner the lightest.

Carbohydrates: Banning carbohydrates completely out of your diet is not always a good idea; Breakfast and lunch are the best times to consume carbs but consider the whole grain option. Quantities also should be controlled. Snacks are the times to fuel with instant energy ... here fruits are considered.

Proteins: Should be included at each meal! Chose the healthy ones.

Fat: Fat also should be included however we choose the healthy ones containing omega 3 like olive oil, canola, fat in nuts, avocado, fish, shellfish...and avoid the saturated (red meat, butter, full fat milk & dairies), hydrogenated ones in processed food items
NB: however healthy olive oil etc... are a concentrated source of energy and a major risk for fat gain.

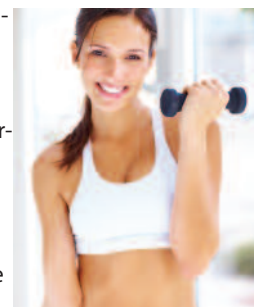
Fibers: Best mean to dilute our diet. Found in fruits, vegetables, legumes and whole grains cereal products. The best are coming from vegetables since they are much more concentrated (also in vitamins & minerals) than in others for a lower calories value.

Best mean to fight cancers especially colon cancer, reduce chronic diseases risks like diabetes cholesterol.

Water: 1.5-2 liters are required minimum per day. Did u know that many times you confound the feeling of hunger to the feeling of thirst?. Best detoxifying agent to the body.

Exercise: Shouldn't come as a cliché with losing weight. It's the lady best tool to conserve her muscle mass especially when dieting, with hormonal changes after 40, to reduce the risk for many disease, and most importantly to increase the metabolism especially after 40.

Exercising isn't exclusive to the gym, increasing your daily physical activity helps as well, like taking stairs, using the car less.



Also exercising is the strongest tool helping you decrease stress level.

Beware of 2 factors: cooking methods (are of great importance in order to decrease the hidden calories, ie the fat) & portion control.

For that you should plan acceptable plausible target for weight loss, here where the body composition analysis would help to plan those targets.

Weight loss regimen

Sample 1300 kcal, low in fat, saturated and trans fat, high in fibers, with adequate amount of protein and carbs

Breakfast: (8-9am)

1 Cup skimmed milk + Nescafe no sugar or 1 cup fat free yogurt
N.B: 1 cup skimmed milk = 6 tsp coffee-mate fat free, but better to take milk which is rich in calcium & proteins instead of coffee-mate which is rich in additives, chemicals and bleaching agents
 1 carb, 1-2 proteins, 1 fat
 P.S: You can have vegetables as much as you want (example one tomato +2-3 cucumbers with breakfast)

Snack: (10-11 am)

1 fruit (equivalent to the size of palm of hand) or 1 cereal bar or 1 fruit yogurt no sugar no fat added or 2 dates+ 2 walnut halves or 3 dates

Lunch: (2-3 pm)

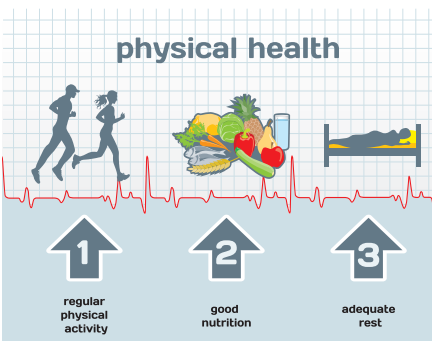
Salad (1 tsp oil or 1 tsp mayo light). You can add balsamic vinegar, lemon juice or mustard freely.
 Always start your meals with salad or steamed veggies.
 2 carb, 3 proteins (90g), 1 fat

Snack: (4-5 pm) (or any snack equivalent to 185 kcal)

25g chocolate or 1 canderel bar + 1 fruit or 2 fruits or handful of nuts or 1 fruit yogurt+ handful of cornflakes+ 2 dates or Diet ice-cream+ 1 fruit 1 cup rice/milk pudding (made with skimmed milk)

Dinner: (3 hours before sleeping)

As breakfast choices but double the amount of proteins or try the option of eliminating carbohydrates at night:



"Breakfast & lunch are the best times to consume carbs but consider the whole grain option. Quantities also should be controlled."

Options for lunch:

- 1/3 cup cooked rice
- 1/2 cup cooked pasta
- 1 small baked or boiled potato
- 1/2 cup mashed potato
- 1/2 hamburger bun (small size)
- 1/2 cup corn
- 1/2 cup lentils and peas
- 1/2 cup bulgur
- 1/2 cup cooked couscous
- 1/2 cup moghrabieh or wheat

Options for breakfast 1 PROTEIN (55 kcal)

- 2 Tbsp labneh fat free
- 30 g white cheese low fat as in 3 cheese slices (double crème, akkawi, feta 9%, halloum)
- 2 slices turkey or 1 turkey slice + 1 cheese slice
- 1 egg
- 2 picon light
- 1 Tbsp Philadelphia cheese light



"Salad (1 tsp oil or 1 tsp mayo light). You can add balsamic vinegar, lemon juice or mustard freely. Always start your meals with salad or steamed veggies. 2 carb, 3 proteins (90g), 1 fat."

Healthy proteins

1 can tuna in water or smoked salmon or grilled fish filet or grilled chicken or grilled Halloumi or Labneh fat free or Omelette (2 eggs) or Steak (2 times per week maximum)



Vegetables+ 1 tsp oil

Composed salad or steamed vegetables or "Yakhni" no rice or Vegetable soup or cooked vegetables (green beans in oil)

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Options for lunch 3 Proteins (165 kcal)

- 90 g breast of chicken no skin
- 100 g fish
- 90 g lean meat trimmed of fat
- 1 small tuna canned in water
- 100g smoked salmon
- Handful of kibbe
- 3 kafta rounds
- 1 medium burger patty

1 FAT (45 kcal)

- 1 tsp oil
- 5 olives
- 1 tsp light mayonnaise
- 1/8 of avocado
- 6 nuts (almonds, cashews, peanuts, pecans, walnut)

EXCHANGE LIST

Options for breakfast 1 Carb (80 kcal)

- 2 wasa fiber (rye bread)
- 1/2 cup cereals
- 1 soft French toast
- 3 cracottes
- 1/2 loaf of Arabic bread medium size
- 1/4 markouk
- 1 small French bread (mini baguette)
- 3 hard toast
- 1/2 cup lentils and beans
- 2 pomo bread (wheat bran)

