



20 February

**"If you can dream it, you can do it." (Walt Disney)**

- AFTER CHRISTMAS AND THE HOLIDAYS eatfit CLIENTS WERE **50Kg** LIGHTER FOR JANUARY!

### eatfit success story - Jan, 54 "I grew in confidence and competence"

Changing habits takes time, effort commitment – and support. When I began my 16-week journey with eatfit I was 10kgs heavier than I am now, unfit and worried about my health. My waist circumference was in the 'danger' zone for heart health and my size 16 clothes were feeling tight and uncomfortable.

With the support from eatfit I began a personalised, collaborative and empowering journey of learning how to eat again. I thought I had a good knowledge of nutrition and I certainly knew how to lose weight by counting 'points' – resulting in 16kgs about 6 years ago that crept back on when I stopped the counting! This time I decided was going to be the last time. Setting goals was important. The encouragement and weekly contact was very important and motivational for me as I grew in confidence and competence taking responsibility for my food choices. As I became fitter I became even more confident that I could make these changes long term ones.

Throughout the programme I faced many of life's challenges but all the time with the quiet, knowledgeable and friendly support and guidance I got from my eatfit coach I pretty much achieved the weight I wanted before Christmas.

I follow the eatfit principles consistently and if I drift off I am able to challenge my old habits before they take root. I now also understand that very few people are naturally slim. People make choices about their personal health and well-being and generally work at maintaining good health and shape. My clothes are now a loose size 14 so at age 54 I feel very good!

### Snacking: 'Say Cheese'

Snacking helps reduce portion size of main meals and can minimise hunger promoting good food choices at main meals. Snacking strategically can be difficult with many snack foods being high in sugar and high in fat.

Snacks that contain protein can provide the feeling of 'fullness' and suppresses appetite, extending the gap between eating. Cheese is a compact form of nutrition that is a good source of protein and calcium but can be high in fat. The best choice of cheese contains <22% total fat.

Varieties include:

Cottage cheese 4% 360 mg  
Ricotta 7% 70mg  
Lite chream cheese 16% 530mg  
Lite Crème Fraiche 20% 30mg  
Feta 21% 1270mg

Mozzarella 21% 460mg

Research has found that eating low fat dairy foods such as cheese (also trim milk and yoghurt) limits fat absorption and assists with weight reduction. Cheese makes a great addition to sandwiches, salads and crackers. Different types of cheese vary in salt and can be high in saturated fat. Choose low fat varieties and if greater than 5% fat use minimally. If cheese is strong in flavour less may be required, reducing total calorie intake. Grating cheese spreads further so also minimises the amount eaten.