

FOOD LOGS & FASTING

By Tony Charles - Personal Trainer and Nutrition Adviser



SCAN ME

A food log is a simple way to help you to understand your eating habits. It can help you to know what you consume over the week and where bad habits occur.

Better and improved health

You can download a food log using the QR code above and keep it with you throughout the day; fold it up to fit it into a purse, wallet, credit card holder or phone case

You should log several pieces of information in it each time you eat and drink. These include:

- Listing the amount of food and drink you consume each time. Ideally, the correct measures are best, but numbers, i.e. six dough balls or small, medium or large and food or portion.
- Write down the kind of food and drink you consume, including seconds, extras, dressing, sauces or condiments.
- Keep track of the time of day you eat and drink
- Log where you eat and drink. Location, environment, people and occasion, even eating alone.

Timing meals helps to support a healthy weight plan and gut function!



Fasting your way to improved health

One of my preferred meal planning methods and food consumption is intermittent fasting, where I don't eat for some time each day or week. My approach is the 3 - 3 - 12 hour fasting time between meals as a standard, and after an indulging weekend, I opt for the 6 - 6 - 12.

My 3 - 3 - 12 Fasting method: This is generally based on an early evening meal as the start point, then leaving 12 hrs before breakfast then eating after 3 hour cycles. I plan the evening meal to conclude the day and start the next cycle

The three times shown in fasting cycles are the minimum times between meals, snacks or any food consumption, not the set time for food intake I increase to 6 - 6 - 12, or 6 - 9 - 12 depending on meal types and daily energy outage.

Intermittent Fasting and Weight-loss

Some studies suggest that alternate-day fasting is about as effective as a low-calorie diet for weight loss. That seems reasonable because reducing the number of calories you eat should help you lose weight.

Intermittent fasting can also improve your health and help you lose weight, so becoming more physically active and is as beneficial as any other type of diet that reduces overall calories. Some research suggests that intermittent fasting may be more beneficial than other diets for healthy guts, reducing inflammation and improving conditions associated with inflammation, such as:

- Alzheimer's disease
- Arthritis
- Asthma
- Multiple sclerosis
- Stroke

Intermittent fasting can have unpleasant side effects that usually fade within a month.

Fasting side effects may include:

- Fatigue
- Hunger
- Headaches
- Insomnia
- Nausea

Is Fasting Safe?

Intermittent fasting is safe for many people as this technique generally involves having a working meal plan and factoring in a daily fasting cycle and should not be mistaken for total fasting for prolonged times.

For some, missing meals may not be the best way to manage their weight, and that's why I have consultations about your lifestyle before discussing your requirements for weight management.

Contact me with any question, for more info or for help getting started with your diary.

email: tony@ss1000.co.uk