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First Name

Last Name

Date Modified

Type of Consultation

Location

Goals

1.

Regulate meal pattern & nutrient intake

Plan

Plan to achieve goals

1. * Have a look at the standard food plan attached. It reflects the body's natural digestive rhythms meaning that by following it you are giving your body the best chance of working most efficiently. If you aren't getting all the nutrients you need at the right times, the body is in a constant state of low-level stress which can effect all sort of things from the immune system to weight management. On the second page there are examples of foods from each group.

* You need 5 fist-sized portions of carbohydrates (to provide energy); 2 palm-sized portions of protein (needed to make cells, enzymes and hormones); 5 cupped hands of fruit/veg (vitamins and minerals are necessary for every process in the body); & 3 portions of calcium every day (important for bone health). I have attached an information sheet on calcium.

* Think about how your plate looks at mealtimes. A good rule of thumb is to fill half with vegetables, a quarter with carbs and a quarter with protein.

* Try to have breakfast quite soon after you get up so you aren't running on empty for the first part of the day. Try not to skip breakfast because you need the energy to get you through the morning and not having it will upset your metabolism.

* Carbohydrates are important so spread them out throughout the day, but getting the right amount is key. Count the portions up throughout the day to try and figure out what you usually have and where you might need to tweak your intake. Aim for about 1-1 1/2 fist-sized portions per meal plus a bit extra for snacks.

* Refined carbs cause blood sugar spikes so its a good idea to swap these for whole grain varieties. Wholemeal or granary bread, wholemeal pasta, brown rice, popcorn without the sugar are all examples of whole grain foods but I have attached some info about this and the glycaemic index.

* The purpose of the snacks is to keep your blood sugar level nice and even and to give an additional opportunity to consume some nutrients. It's best to avoid eating sweets, chocolate and cakes as stand-alone snacks as they can cause uneven blood sugar. It's best to have these foods as part of a meal. I have attached some information about good snacking.

* I have also attached a meal plan with some recipes for you to try. I think you should take leftovers from your evening meal to eat for lunch the next day and then you can use up ingredients. You don't have to stick to the day, feel free to mix it about if you like. You can also look at the BBC Food website which has loads of good recipes that you can use for inspiration.

* I have also attached some information about carbs and exercise for you to have a look at. We can go through this next time in more detail but I thought you might find it interesting to read through.

Next consultation

TBC