

Extra weight? Drop it the smart way

**Do's** **vs** **Don'ts**







If you want to lose fat instead of muscle mass (and who wouldn't, right?), it's important you eat enough nutrient-dense food to keep your metabolism burning. When choosing your foods, it is crucial you eat foods that keep your sugar and insulin levels low, because Insulin transforms sugar into fat, whoops! This means you should combine protein (meat, poultry, egg, beans, dairy, nuts, etc.) with enough vegetables and a maximum of 3 portions of fruit per day. Try to eat only 3x per day. In between meals just drink water or 1 cup of black coffee.

**Please note:** this is general advice, intended for healthy individuals. Should you have any allergies, food intolerances, auto-immune diseases, or suspect issues of the metabolic syndrome spectrum (impaired insulin sensitivity, high cholesterol, and triglycerides, chronic inflammation, high blood pressure, or obesity), please consult a health specialist. Best results are achieved with a personalized approach and individual meal plan, ideally based on a blood test.

**For more information or support, please contact me!**

– [www.gruber-ernaehrung.ch](http://www.gruber-ernaehrung.ch)

*~Julia Gruber*





## Do's

- Half of your plate should be filled with vegetables
- You can add a maximum of 1 portion of fruit to your meal (= 1 handful)
- Buy fresh, seasonal, and regional foods
- Cook from scratch
- Eat slowly and chew well
- Breathe well, practice deep breathing
- Eat only 3 meals per day (breakfast, lunch, dinner)
- Should you really need a snack, eat protein-rich foods like seeds, almonds, nuts
- Only drink still water and drink enough (30-35 ml per kg of body weight)
- Use good quality fat (extra-virgin olive oil, native coconut oil, Ghee)
- Refrain from starchy foods like bread, pasta, rice, etc. or keep them at an absolute minimum
- Replace starchy foods with small quantities of vegetables like sweet potatoes, squash, carrots, celeriac
- 30 minutes of exercise a day (walking works)
- Sleep 7-8 hours every night
- Check your vitamin D levels
- Take a high-quality probiotic
- Consider strength training



## Don'ts

- Products that contain wheat
- Processed or ready-made foods
- Seasonings containing sugars, preservatives, colorants, etc.
- Fast food, deep-fried foods
- Eating out all the time
- Skipping meals (can lead to cravings)
- More than 1 glass of wine with your meal more than 3 times a week
- Sugary beverages (like soda, lemonade, ice tea, energy drinks, and fruit juice)
- Zero or light soda
- Chewing gum
- Sugar, Honey, and sweeteners like agave, maple syrup etc.
- More than 3 coffees or tea per day
- Cornflakes, muesli, croissants, pizza, risotto, French fries, chips/crisps, and generally all store bought baking goods
- Margarine, hydrogenated fats, fat of lesser quality
- Stress, anger, fear (easier said than done, I know!)
- Excess exercise without appropriate recovery
- Smoking

