



Promoting healthy eating and active living.

How to reverse your metabolism?

Can the way you eat really influence your metabolic rate? Are there types of foods that will burn fat more efficiently than others?

The answer to both questions is yes.

Beyond the calorie in-calorie out theory, you can help control the timing of your eating and how your body responds to food.

Check out the following guidelines to see if you are practising any of these healthy eating habits. If you're not, it's time to start.



Small and frequent meals.

- ◆ **Split** up your calories between breakfast, lunch, dinner, and snacks.
- ◆ Don't make dinner your largest meal.
- ◆ Eat every **three to four hours**. Your body works hard to digest and absorb the food you eat, and your metabolism revs up in response.

Dont skip breakfast!

- ◆ Eat a healthy breakfast to jumpstart your metabolism.
- ◆ Have breakfast within two hours of waking. Studies show that if you do this, you are more likely to control your weight.
- ◆ Don't let tea or coffee ruin your appetite.



Never starve yourself.



- ◆ Don't skip meals. It's like going on a mini diet. Going long periods of time between meals each day may **slow your metabolic rate** so that you burn calories more slowly.
- ◆ Stop dieting. The same metabolic slowdown that kicks in when you skip breakfast also works against you whenever you drastically cut back on the amounts of food you eat.
- ◆ Don't take in **too few** calories or your body will try to store more fat.

Eat protein with almost every meal/snack!



- ◆ Eating protein boosts your metabolism more than carbohydrates or fats.
- ◆ Eating enough protein will help you maintain and build muscle mass. Keep protein intake anywhere from 0.5 grams to 0.8 grams of protein per kg of body weight. Use the higher end only if you exercise vigorously.
- ◆ Good sources of low-fat protein include lean meats, fish, cottage cheese, low-fat yoghurt, tofu, beans etc.



Balance your other nutrients.

- ◆ Choose whole-grain carbohydrates instead of refined ones.
- ◆ That means millet, quinoa, oatmeal, brown rice, whole-wheat bread, barley, whole-wheat pasta, beans, etc.
- ◆ Include healthy fats like avocados, olives, sunflower, sesame, pumpkin and flax seeds, walnuts, and fatty fish.
- ◆ Round out your diet with plenty of fruits and vegetables. The more colour and fibre, the better.

Exercise!

- ◆ Exercise to burn calories and speed up your metabolic rate.
- ◆ Move your body to stimulate fat-burning enzymes to break down fat.
- ◆ Do aerobic exercise (at least 30 minutes) four or five times a week. Your metabolism rises every time you work out.
- ◆ Do strength training at least twice a week. Lifting weights and doing push-ups or crunches will help you increase muscle tissue, which burns slightly more calories than fat.
- ◆ Always check first with your doctor before you start or increase your activity level.

SAMPLE

MENU



Early Morning

Soaked seeds and nuts

Breakfast

Sprouts Poha with low-fat curd

Mid Morning

Papaya

Lunch

Chaach (add 1 tsp of flax seed powder)

Oats chapati

Spinach Paneer

Vegetables + Green salad

Evening

Tea + Roasted Makhana

Dinner (before 7;30pm)

Curd rice

Green salad