

Goldster Weight Wise Nutrition Programme:

Guiding Principles

1. It's what you eat that really matters, not how much.

Focus on what you CAN eat. Don't get caught up worrying about portion sizes at the beginning. Enjoy the approved foods, the delicious flavours and variety. You can eat plenty of nourishing foods on a daily basis without feeling restricted or hungry. This also keeps excessive cravings at bay. Your energy will improve, and pounds will come off! Once you are comfortable with your food choices, as a general rule of thumb we think of: protein – as the size of your palm; healthy carbohydrate (eg brown rice, sweet potato) – as the size of your fist; 2-3 vegetable portions – as the size of your computer mouse.

2. Eat fat to lose fat

Your brain is always searching for a source of sugar or fat. Avoid the sugar and give your body plenty of good, healthy fats & oils. This communicates the perfect biochemical message to your body and encourages the weight loss process. Enjoying oily fish, nuts & seeds, avocado and cold-pressed oils is also a great way to help manage cholesterol and support brain function.

3. Stay hydrated

As we age our thirst mechanism can decline and we might not feel as thirsty. Water is a key nutrient helping us flush out toxins, lubricate the joints, deliver oxygen around the body and give us the Goldster glow. Aim to drink at least 1.5 litres of fluids every day. Remember to have water ready for when you wake up in the morning as this is the time of day we are most likely to be dehydrated.

4. Include protein with every meal and snack, everyday

This is an incredibly important principle. Protein is vital for balancing blood sugar and maintaining lean muscle mass. During our sessions, you'll be learning more about balancing blood sugar and how fundamental it is to successful weight loss. There are many great sources of protein such as nuts, seeds, eggs, lentils, chickpeas, edamame beans, avocado, fish, chicken..

5. Follow the sun

Aim to eat approximately 70% of your daily food intake by 5.30 pm. Our metabolism follows the path of the sun, and part of this programme is about rekindling the connection with our metabolism. Did you know that the sun is highest in the sky at lunchtime, and so too when our metabolism peaks? When the sun sets, our metabolism slows. Have a snack at 5:00 pm to take the pressure off dinner so lunch becomes a relatively bigger meal.

6. Mediterranean inspiration

Many of our approved foods and meal ideas are inspired by the Mediterranean Diet which is famed for supporting longevity, cognitive function and cardiovascular health. Mentally transport yourself to the Med and enjoy extra virgin olive oil on salads and as a spread (instead of butter), legumes, fish and chicken instead of red meat, and a variety of veg.

7. Enjoy a rainbow of veg

Savour plentiful vegetables in many colours. We are aiming for at least 5 veg a day, and 2 fruit with breakfast. Fruit is limited to breakfast time to help reset the tastebuds and keep blood sugar balanced. Dark green veg in particular are a wonderful source of calcium and magnesium. Other colours provide us with a range of different phytonutrients. All are helpful in reducing inflammation and supporting immunity.

8. Fibre is our friend

Linked with longevity, quality fibre (such as oats, brown or wild rice, legumes and beans, and veg) is wonderful for the digestive system. It provides fuel for the healthy gut bacteria and keeps the bowels regular. Constipation is not supportive for weight loss.

9. Limit sugar, alcohol and refined foods

The leading cause of weight gain is too much sugar in the diet. Excess sugar is converted into fat by the body. A large part of this programme is about getting us off the sugar train, moving past the cravings and no longer desiring it by resetting the taste buds.

10. Explore possible underlying food intolerances

Food intolerances commonly trigger bloating and fluid retention, neither of which are supportive for weight loss. For 10 days we will avoid all wheat (please read labels) and tolerance test on Day 11 to see if this is an issue for you. We will inspire you with many alternatives. Avoiding dairy for 10 days is optional but recommended if you experience post-nasal drip, excessive mucus production, rosacea, eczema, auto-immune conditions, or diarrhoea. We will tolerance test on Day 15.

If you suffer from rheumatoid arthritis you may also choose to avoid the nightshade family of veg (tomatoes, aubergine, peppers and white potato) as they are associated with flare ups.

11. Gut health

Introduce fermented foods to fuel your microbiome. Reducing sugar and increasing fibre will naturally cause positive changes in your gut bacteria. This can be enhanced with extra fermented foods like kimchi, sauerkraut, tempeh and live cultures. Also, consider making some bone broth or chicken stock to support gut lining repair.

12. Caffeine

Limit caffeine to 1 cup of coffee or tea a day (with alternative milk if you are avoiding dairy).

Caffeine can disrupt the blood sugar.

Replace regular tea with green tea which has much lower caffeine levels and extra antioxidants.

13. Salt

Use herbs and spices as your main source of flavouring. Salt can contribute to high blood pressure and fluid retention. Cutting down on processed foods will also reduce your salt intake.