

# LOSE BELLY FAT FAST



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# Introduction

To this day I remember the incident which happened with one of my female friends when I was in my early 20's. She arrived to our usual midday coffee date absolutely devastated. When asked what was wrong she replied that one neighbor had just congratulated her for her pregnancy. She was single, a European size 10 and far from pregnant. Well I thought it was hilarious that her 'love handles / belly fat' was mistaken for early pregnancy but she obviously wasn't impressed at all. Ten years later and after an expensive but not so productive liposuction, she decided to follow a healthy balanced Mediterranean style diet and exercise. I must admit she looks better than ever and has no problem to parade on the beach in her bikini.

If only she knew 10 years ago that it would be as simple as changing her diet and taking on exercise, she would have saved a lot of money and heartache. I am sure that this may be a familiar story for many, and when you are part of it, it is not funny. Statistics from the world health organization indicate that there are approximately 1.5

billion people in the world (20yrs or over) who are overweight and at average a person in the USA consumes 3,766 kcal per day.

With ever growing waistlines many thousands of people per day visit our web site with one main question; '**How can I lose belly fat?**' With that in mind we have created an easy to follow, diet which aims to provide a healthy and balanced solution to your belly fat issues.

In addition to the **Calorie Secrets Diet** we have included practical tips and weight loss information which can help you with any weight loss quest you may have. So we have gathered our experience and expertise in order to provide individuals with all the necessary information and tools to achieve their weight loss goals.

*Good luck with your weight loss goals!*

*The Calorie Secrets Team*

## What is “belly fat?”

You would think that fat is fat and it is all the same no matter where it is. Well this is not the case. In simple words fat is some of the excess energy fuel the body will store in the tissues and organs for later use. Fat is not only used for energy but it also used as building block in cells, hormones, etc, for some processes and for insulation among other things. So fat is a vital component for life.



Fat can be divided into white fat and brown fat. Brown fat in general is found in very small amounts in the human body (there are some differences from person to person) and is considered to be metabolically active. White fat is in general the fat we mostly know and can be divided to subcutaneous and visceral.

Subcutaneous fat is the fat stored in the surface, directly under the skin. Well it may be loads of it for some people but still is in the surface and it is considered less

dangerous for health in comparison to visceral fat. ; the kind which is stored deep in the abdominal cavity and in the organs.

Visceral fat is considered to be metabolically active and an endocrine organ which means that it produces hormones which are involved in energy metabolism and appetite regulation.

The visceral kind of belly fat has been associated with a number of conditions and diseases. Some examples are increased risk for 'metabolic syndrome' insulin resistance and type 2 diabetes. The list goes on and on and can include increased risk for cardiovascular disease, liver disease, inflammation, cholesterol, dyslipidemia, and so on, and in general with the metabolic complications of obesity.

It must be noted that you don't need to be obese to have a high risk of developing any of the above conditions/diseases. Being relatively slim but with a belly can still have the same effect. In additions, visceral fat is the one which you can't always see, and is easy to ignore.

## Do I need a special diet to lose belly fat?

In cases where belly fat is due to specific health conditions, there may be necessary to follow a specific diet to tackle the problem. **I always advise to consult a medical professional before making any changes to your diet, more so if such conditions are present.** The appropriately qualified professionals will be the most appropriate to provide further dieting and treatment advice.

In general, following any weight loss diet which will allow losing weight should result in losing belly fat (you should still advise a medical professional to ensure a diet is appropriate). As many may have noticed, the weight loss world is inundated with diets. Some of them although they promise the world in terms of weight loss may, in fact, be hard to follow, and/or pose risks to health, and/or not return any results.

Following a healthy balanced diet which suits your own style and preferences, is always the best way to go. For best results regarding both belly fat and health, try to couple any diet with exercise.



## What's different about this diet?

The Calorie Secrets Diet regime aims to provide a flexible dieting solution. It is designed to allow dieters to choose what they want for each meal from the given food lists. With nutritional information provided it makes it easy to stay within a calorie range which will allow each individual to lose weight.

In addition, it is based on a Mediterranean dietary pattern with a moderate macronutrient (carbohydrate, protein and fat) intake. This style of dieting has been linked with weight loss and positive health outcomes. One of the main elements of the Mediterranean dietary pattern is the high consumption of foods deriving from plant origin such as fruit and vegetables. Plant foods are rich in fibre, vitamins minerals, antioxidants and polyphenols, factors which can lead to a number of health benefits. Studies indicate that such elements can have a protective role from cancer and CHD (coronary heart disease).

A lot of the characteristic of the plant-derived foods consumed in a Mediterranean dietary pattern such as nuts, fruits, vegetables, garlic, herbs, and red wine contain a large amount of bioactive compounds. These can collectively provide significant health benefits. For example, nuts, are rich in phenols, flavonoids, and phytosterols, fruits and vegetables contain flavonoids, carotenoids, folic acid, and fibre, all of which are important in reducing the risk of cardiovascular disease.

## What should I expect from this diet?

If you want to achieve measurable weight loss results you should aim to follow the **Calorie Secrets Diet** for at least 2 weeks.

In the first week of dieting (with any diet) any weight loss is usually a combination of water, glycogen (stored sugar within muscle and liver), some protein and some fat. However, the amount of fat lost is not particularly measurably

significant. In addition, the body tends to take an average of 2 weeks to adapt to metabolic changes completely, and any benefits are likely to not be significantly obvious before that period.

The **Calorie Secrets Diet** does provide flexibility in the amount of calories per day each person can consume.

The amount of weight each individual will lose will be dependent on how many calories they choose to consume.

In the 'User's Guide' section of the book we have included tips on how you can calculate how many calories to approximately follow along with a recommended range.

Apart from the amount of calories someone consumes, there are a number of other factors which can influence weight loss such as individual differences, health state, level of physical activities and so on.

Finally, abdominal fat has been associated with increased risk of development of insulin resistance, 'metabolic syndrome' and type 2 diabetes amongst other conditions. As mentioned earlier, the diet is designed based on a Mediterranean style of dieting providing a moderate intake of protein-carbohydrate-and fat. This style of eating

has been associated with positive outcomes for insulin resistance (improving insulin sensitivity) and lowering the risk of developing diabetes, inflammation and other conditions.

**As you will notice the Calorie Secrets Diet is measuring carbohydrates in terms of Glycemic Load (GL) rather than the amount of carbs in grams.** Glycemic load is connected with the insulin response in the blood. Foods which have low GL are linked with lower or steadier insulin response to those foods.

### **What is the role of GL and insulin?**

Glycemic Load (GL) is the combination of the Glycemic Index of a food/s with the overall amount of carbohydrates (in grams, g). In simple words Glycemic Index is used to rank foods depending on the rate they are digested, absorbed and appear in the blood stream (glycemic response).

‘Simple carbohydrates’ which are considered to have a high GI tend to get broken down and absorbed quickly and increase the amount of glucose in the blood rapidly. When the blood sugar increases in the blood the body secretes a hormone called insulin which one of its roles is to aid the storage of sugar into the tissues.

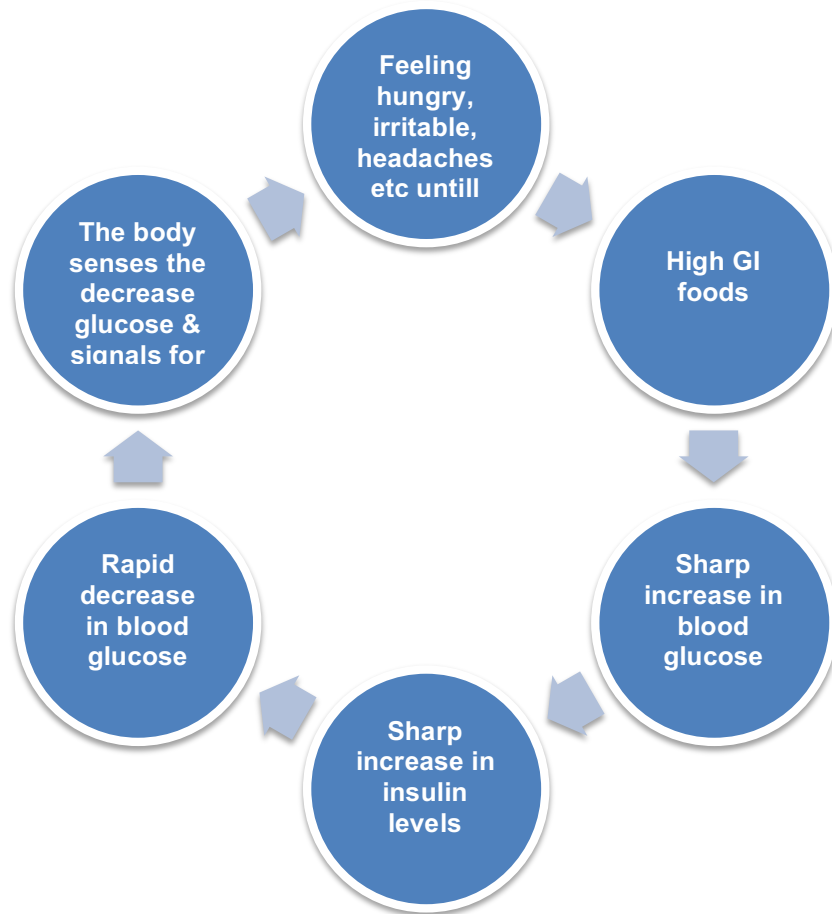
The body's glycemic response for a food depends on both the type of carbohydrate and the amount a food item contains. For that reason, the Glycemic Load, GL is also used.

The glycemic load and the glycemic index do come with their limitations. One of the limitations of GL and GI is the individual differences in the metabolism of foods and nutrients.

The GL is not to be used solely when ranking the quality of food but as with everything else to be used in combination with other elements.

The importance of keeping blood sugar and insulin levels stable or relatively constant is not only for the purposes of weight loss but also for health reasons. In general, rapid fluctuations of blood sugar in the blood can lead into feeling hungry between meals, can affect mood and also inhibit using fat as a fuel.

The diagram below explains the cycle of food intake, glucose and insulin on the body.



Rapid fluctuations in glucose and insulin have been suggested to be linked to insulin resistance, a precursor to developing conditions such as diabetes, metabolic syndrome and even possibly heart disease.

Low GL/GI diets have been proposed to be a way in positively influencing parameters considered as markers for a number of health conditions (i.e. obesity and coronary heart disease).

## What are the risks of the diet?

The contents of the book are only suggestions and as with every diet, it is recommended that you consult the appropriate medical professional before taking it on. This is especially important if you do suffer with any health conditions.

If you have any metabolic diseases/conditions, are pregnant or breastfeeding then a diet may not be suitable therefore it is vital that you consult the appropriate medical professionals and follow their recommendations. In addition, due to the high amount of protein intake involved in the diet, it may not be suitable for those suffering with kidney disease.

Finally, it is recommended through the diet to make sure that you do consume high amounts of water and keeping your body well hydrated.

# The Calorie Secrets Diet User's Guide

In this section we have included all you need to know in order to work out the **Calorie Secrets Diet**. We start by including the main principles upon which the Calorie Secrets Diet is based. We then have included a step by step guide to explain how you can follow the Calorie Secrets Diet, what you are allowed to do and what you should avoid.

## The Calorie Secrets Diet Principles

1. The main principle of the Calorie Secrets Diet is **flexibility** in both food choices and calories per day.
2. It follows some of the principles of a Mediterranean dietary pattern. For the Calorie Secrets Diet this translates in consuming ample amounts of vegetables, and salads, moderate amounts of fruits, olives and olive oil instead of vegetable oils and margarines.



3. It allows moderate consumption of carbohydrates, protein and fat. All sources of protein are included (i.e. fish, red meat, cheese, eggs) although advised to be of low fat content or fat removed. It includes fats such as omega 9 and fats from oily fish. In addition, low GL carbohydrates are recommended. Finally, it does permit a moderate consumption of red wine.
4. Breakfast, lunch and dinner are protein based with a small amount of carbohydrates if wished.

## Step by Step User's Guide

The diet is designed so it provides dieters with the flexibility to choose what they would like to eat, when they would like to eat it and how much they would like to eat. The diet consists of 2 main meals' 'food choice tables'. The 2 main tables are 1 table for breakfast and 1 table for lunch and dinner. In addition to these 2 main tables we have added tables for additional choices for breakfast, and lunch/dinner, and a table with snacks. Here are a few steps to help you work the diet:

- ✓ Use the 2 main tables as the 'spine' for the 3 main meals of the day which are breakfast, lunch and dinner.

### Example:

<b>Breakfast</b>	2 hard-boiled eggs (50gr each approximately) +			206 kcal
	2 slices of lean sliced cooked ham			

<b>Lunch</b>	<b>Mixed beans (approximately 150gr)</b>			<b>153kcal</b>
<b>Dinner</b>	<b>1 fillet of Cod (bake or sauté in 1tsp olive oil) with parsley sauce (2 table spoon). 180 g fillet</b>			<b>390 kcal</b>

- ✓ Then use the 'additional' tables and choose whatever else you would like to eat with the main meals. For example, you may want to add 2 rye crackers with your breakfast and/or a coffee, or you may want to add salad with your lunch and rice with your dinner. Just add on the main meals spine from the 'additional' depending on your taste and preference.
- ✓ In the same fashion use the snacks list to choose and add snacks as you like.

**Example:**

<b>Breakfast</b>	<b>2 hard-boiled eggs (50gr each approximately) + 2 slices of lean sliced cooked ham</b>	<b>2 rye crackers</b>	<b>1 black coffee</b>	206 kcal + 64 (2 crackers) + 5 (coffee) <b>= 275 kcal</b>
<b>Lunch</b>	<b>Mixed beans (approximately 150gr)</b>			153kcal + 13 (salad) <b>= 166 kcal</b>
<b>Dinner</b>	<b>1 fillet of Cod (bake or sauté in 1tsp olive oil) with parsley sauce (2 table spoon). 180 g fillet</b>			390 kcal + 111 (rice) + 26 (2 x salad portions) <b>= 527 kcal</b>
<b>Snack</b>	<b>Olives and cheese</b>	<b>1 cup of green tea</b>		59 kcal + 2 = <b>61 kcal</b>
<b>Total</b>				<b>1029 kcal</b>

- ✓ The above table is only an example of how you can make combinations for meals through the diet.

In this diet you **can**:

1. Increase the size of the main meals' portions (i.e. have 200g of beans instead of 150g). Make sure when you make changes in the portions (increase or decrease) to calculate the correct amount of calories.
2. Combine any of the food choices even from the main meals. For example if you want to have smoked salmon and eggs for breakfast that is absolutely fine, just remember to calculate the correct calories.
3. Set a calorie range goal rather than a strict daily calorie goal. You can deviate slightly each day but keep within your range. There have been mixed results regarding calorie cycling (i.e. 1 day high calorie - 1day low calorie intake and so on) however, a small deviation of around 100 - 200 kcal is unlikely to

stop you from losing weight. Have a look at the Q & A section of the user's guide for a more detailed explanation on how to calculate your range of calories to follow in order to lose weight.




4. Have up to 2 snacks through the day. The options are entirely dependent on each individual. If you don't like to have snacks you don't have to.
5. Have plenty of salads and vegetables.
6. **Drink plenty of water.** The food choices do contain a reasonable amount of protein which can lead to losing more water from the body. In general, it is recommended to consume an average of 2 liters of water per day. I prefer to say make sure you are well hydrated especially if you are exercising and/or you are in hot weather.
7. **Moderate wine intake up to 2 glasses per week.** Wine (red especially) is considered to have some protective benefits in respect to health so you can include it in your diet. However, for the purpose of weight loss keep it moderate (2 glasses per week) as it can also contain quite a lot of calories.

**Avoid:**

1. Fizzy drinks such as coke and lemonade. You can have sugar free drinks such as coke zero but do be aware that some of the sweeteners used may have negative health effects. In general, it is best not to have more than 2 glasses per day for the purposes of this diet.
2. Fruit juices. They tend to contain quite a lot of sugar and calories.
3. Alcohol. You are allowed to have 2 glasses of wine per week. Alcohol can contain quite a lot of sugar and calories. In addition, drinks such as beer have been related with increased abdominal fat.
4. If you are having rice as an 'additional' do not combine with rye crackers and/or rice crackers. It would mean increasing the GL of the meal quite considerably.
5. Sauces and spreads such as mayonnaise, ketchup and margarine.

# The Calorie Secrets Diet Food Tables

## BREAKFAST

For breakfast, choose any of the following combinations:		Nutritional Information				
		GL	Protei	Fat	Calories	NOTES
		1-100	n g.	g.	kcal	
	½ avocado (approximately 100gr), + 2					
	strawberries (medium 12g approximately) +	2	5	22	252	
	1 spoonful of mixed nuts (any of your choice approximately 12gr)					





**2 hard-boiled eggs** (50gr each approximately) + **2 slices of lean sliced cooked ham**

2

17

12

206

(12+10)  
0)

(10+2)

(154+52)

Good source of protein, iron and vitamin D.



**3 slices or half a fillet of smoked salmon** (approximately 124g)

0

32

5

185

Good source of omega-3 essential fatty acids.



**2 eggs scrambled with 0.51fl oz / 15g milk  
and a 18g tablespoon of ricotta cheese**  
(approximately 100g total)



3

10

9

140

Can use any cheese or smaller quantities. Nutritional values can vary depending on brand and/or type of cheese.



**1 tin of tuna** (165g tin preferably in brine or water) + **1 tea spoon of olive oil** + **1 wedge lemon dressing** (optional)

0

42

6

233

May have anti-inflammatory properties. Can add ½ chopped onion & parsley to taste.

## BREAKFAST ADDITIONALS

Choose any of the breakfast 'additional' to combine with the food choices from the main breakfast list

GL 1-  
100  
Protein  
g.  
Fat  
g.  
Calories  
kcal



**Rye crackers or crisp breads (up to 4 allowed)**

(values are displayed for 1 10gr. wafer and can vary slightly for each brand)

4 each      1      0      32



**Rice breads (up to 4 allowed)**

(Unsalted, preferably brown rice or rye. Values are displayed for a 9gr rice bread cracker and can vary slightly for each brand)

5 each      1      0      35



**1 cup of coffee (approximately 1 mug of 227ml / 8fl oz)**

(milk allowed, values are displayed for instant black coffee and with 1floz/30g skimmed milk serving)



0      0      5  
1 with      1with      0      16 with  
milk      milk      milk



<b>1 cup of tea no sugar (approximately 1 mug of 227ml / 8fl oz)</b> (milk allowed, values are displayed for brewed black tea and with 1 fl oz / 30g skimmed milk serving)	0	0	0	2
	1 with milk	1 with milk	0	13 with milk
<b>1 green tea or herbal tea</b> (no sugar, approximately 227ml / 8fl oz)	0	0	0	2



# SNACKS

Choose one of the following for snack in the morning or late afternoon	GL (1-100)	Protein g.	Fat g.	Calories g.
 <p><b>Dried mixed nuts 28g. approximately (or a handful)</b> (dry roasted or uncooked without added salt, avoid those cooked in vegetable oils)</p>	0	5	14	166
 <p><b>1Fruit (example: apple, pear, banana)</b></p>	Nutritional information for each fruit can vary. A medium sized apple can contain approximately 77kcal, a pear 86kcal whereas a banana can contain 105 kcal.			



Olives and cheese				
Values are displayed for 12 g olives (approximately 8 medium olives) and 17g (1 cubic inch) feta cheese	1	3	5	59

You can also pick from breakfast additional list for snacks.

## LUNCH AND DINNER

Choose any from the following for lunch or dinner. Adjust portions accordingly if chosen for lunch or dinner

GL	Pro	Fat	Calories	
1 -100	tein	g.	kcal	NOTES
	g.			



**2 large lean meat grilled burgers** (approximately 3 oz/85 g each values are displayed for 80% meat 20% fat)

0 42 30 432

Values can vary depending on the fat percentage and the cut of meat used.



**Mixed beans**  
(approximately 150gr)

11 9 1 153



**Grilled beef steak**  
(approximately 168 g sirloin cut, fat removed)

0 49 8 282

Nutritional values can vary according to the cut of the steak.



**1 grilled or baked chicken breast fillet**  
(approximately 140 g. skin removed)

0 43 5 231

Can use 1 large ready filleted breast or have the breast of 1 roast whole chicken

**Vegetable soup**

19

8

8

275

Values can vary depending on the brand and/or if homemade

(Values are displayed for a can of 536 g)

**Shrimps/prawns in garlic lemon and herbs**

1

42

16

323

(Oven-grilled or fried in 1tsp of olive oil, values are displayed for 200g).

**Mixed vegetable omelette (3 eggs)**

2

20

25

319

Values are estimated for mix of ½ baby zucchini, ½ red pepper, ¼ onion and 2 sliced mushroom



## LUNCH AND DINNER

Choose any from the following for lunch or dinner. Adjust portions accordingly if chosen for lunch or dinner

### Nutritional Information

GL	Protein	Fat	Calories	Notes
1-	g	g	kcal	
100				



**2 x Stuffed peppers and/or tomatoes with lean mincemeat**

**and brown rice.**

(no more than 1tsp rice per stuffed vegetable)

4      10      17      222

Can also stuff courgette and aubergines. Use the inside of the vegetables to mix with the lean mince and rice for taste.



**Trout with garlic (1 clove) lemon**

**juice and pine nuts**

1      17      12      187

(sauté in 1 tsp olive oil, values are displayed for a 62gr fillet)

Add garlic and lemon and herbs according to personal preference. Trout is high in vitamin D and omega-3 oils.



**1 fillet of Cod (bake or sauté in**

**1tsp olive oil) with parsley**

**sauce (2 table spoon).**

5      43      21      390

Values are displayed for 180 g fillet



**2 pork skewers grilled or**

**roasted in lemon and 1 tsp of**

**mustard sauce.**

1 33 5 179

Values are displayed for 150 g

loin, tenderloin lean meat cut.



**1 breast of turkey (210g) grilled/**



Adjust garlic to your own preference

**roasted in 1 tbsp yogurt and**

1 63 472

**garlic (1 clove) marinade**

## LUNCH & DINNER ADDITIONALS

Choose any of the following additional to combine with the choices from the main lunch and dinner list.		GL	Protein	Fat	Calories
		1 -	g.	g.	Kcal
		100			
	<p><b>1 small cup of brown rice</b></p> <p><u>*Choose only 1 per day.</u> Values are displayed for 100 g</p>	11	3	1	111
	<p><b>Mixed green salad</b></p> <p>Values are displayed for salad containing <b>lettuce, cucumber, peppers, &amp; spring onions.</b> Values are displayed for 70g. *Choose as much as you like.</p>	1	1	0	13



**Mixed green vegetables**

4

3

0

59

Values are displayed for broccoli, carrots, and peas (130 g).

\*Choose as much as you like.

**Cottage cheese or Ricotta**

1

3

1

24



Values are displayed for 28 g serving of low fat (2%) cottage

1

3

2

39

cheese (top figures) & 28 g low fat ricotta cheese (bottom figures)

**Rye crackers or crisp breads (up to 2 allowed for each meal)**

4

1


0

32




(Values are displayed for a 10gr. wafer and can vary slightly for

each brand) \* Do not combine with rice.

	<p><b>Rice breads (up to 2 allowed per meal)</b></p> <p>(Unsalted, preferably brown rice or rye. Values are displayed for a 9gr rice bread cracker and can vary slightly for each brand) <b><u>* Do not combine with rice.</u></b></p>	5	1	0	35
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### Sauces & dressings

	<p><b>Olive oil and balsamic vinegar</b></p> <p>1 tsp olive oil and 1 tsp balsamic vinegar (combine balsamic vinegar to own taste) *Can add herbs such as mint, parsley etc as preferred.</p>	0	0	5	44
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## How many calories should I consume per day?

Ok this is the 1-million-dollar question. There is not such a thing as 'one – fits them all' answer. **The general recommended daily calorie consumption is 1500 kcal to 2000 kcal for women and 2000 kcal to 2500 kcal for men.** Each individual's metabolic rate in a way influences calorie requirements. For majority of the average 'Joes' of this world there aren't a lot of differences in the metabolic rate.

However, there are factors which can make a difference in the metabolic rate. Some of these are summarized below:

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**Condition /  
factor**

**Effects**

**1. Health Conditions/ Health State / Diseases** There are a number of different conditions and these can range in the way they affect metabolism and the metabolic rate. For example, during a disease state our metabolic rate increases as the body uses energy to fight the disease. Moreover, thyroid dysfunction can lead to increased or decreased metabolic rate.

**2. Body build** Body size can change the rate by which we use calories. In general, larger people and obese people have a higher metabolic rate.



**3. Muscle mass / lean body mass** In very simple words the more muscle we carry the higher the metabolic rate and vice versa.

**4. Very low calorie intake** This could include very low calorie diets, fasting for religious or other purposes, and in disorders such as anorexia nervosa etc. Metabolism slows down to conserve energy and its own body stores. Also muscle mass can be lost which would further decrease the metabolic rate.

**5. Quantity and/or quality of sleep** Chronic lack of sleep does not directly lower metabolism. It affects production of some hormones which are involved in metabolic and appetite regulation.

**6. Stress** Stress affects hormone production which indirectly influences metabolic rate. Stress can have a dual effect. For some people it indirectly increases metabolic rate and for some it decreases it.

**7. Weather / temperature** Temperature can influence metabolic rate. For example in colder weather metabolic rate increases as the body works harder to keep warm.

**8. Menopause** During menopause a number of hormonal changes take place some of which influence metabolism. Menopause has been associated with low energy expenditure at rest and exercise and increase in central fat deposit and fasting insulin levels.

**9. Age** Metabolic rate decreases with age. Some scientist will argue that the decrease in the metabolic rate starts as early as 25 years of age. One of the reasons for metabolic rate changes is the decrease of muscle mass with age.

**10. Exercise** Metabolic rate increases during exercise as the body uses energy to fuel the activity. In addition, the body uses energy post exercise for muscle repair and muscle building.

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To return back to the main question; when deciding on how many calories you may need take into account what lifestyle you have and what factors may be influencing your energy demands.

- ✓ **Tip:** One step to start from is finding out an average of how many calories you already consume. Before you actually start the diet keep a foods and drinks diary for a week.
- ✓ **Tip:** In addition to the food and drinks diary keep an activities diary to find an average of how many calories you use for a week. For example, if you exercise or walk to work, or if you have a manual job, it all adds in the calories you consume.

When you have worked an average for how many calories are coming in and how many calories are going out it is easier to see how many calories you need to consume to lose weight. In simple words weight loss means to

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use more calories than you eat. This can take place by either decreasing the amount of calories coming in or increasing the calories going out (i.e. with exercise) or both together.

In simple math's terms 1lb of fat translates to 3500kcal. So in order to lose 1lb of fat per week you need to eat 500kcal less per day than you need ( $3500\text{kcal} / 7 \text{ days} = 500\text{kcal per day}$ ). In general it is recommended not to lose more than 1-1.5 kg per week and not to go below consuming 1000kcal per day.

**!** Be aware that when you lose weight you don't just lose pure fat. You will lose some water, some glycogen (stored sugar) and some protein along with fat.

So to put everything in practice:

1. If for example you consume around 3000 kcal per day and your energy needs are 2000 kcal you have a 1000 kcal excess which leads to you putting on weight.
2. A starting point is to go to at least to 2000 kcal dietary intake in order to have energy balance and not put on weight.

3. If you want to lose weight you need to consume less than what you use, so you need to consume less than 2000 kcal per day.
4. So if you work out the diet to follow a calorie range of 1500 kcal per day you will be losing an average of 1 lb of fat per week (as mentioned above be aware that in reality you will not be losing just pure fat).
5. A recommended way to follow this diet is working out a range of calories to follow. For the above example say that you will follow between 1300 kcal and 1600 kcal per day. Some days your choices may work out at 1400 kcal some days it may be at around 1600 kcal. This way you are more likely to be more relaxed about the diet, make the choices you want without worrying to be on the spot with calories and also it will provide a fluctuation for your body. Although there is not strong scientific evidence for calorie cycling, in general it is believed that calorie fluctuations may be helpful in avoiding a slowing down of metabolism.

**Note:** Always be aware that each individual has a different metabolism and as mentioned above, in reality you do not lose pure fat. Each person may lose weight in a different rate as weight loss is dependent on many factors.

## Will I need to weigh all foods for the diet?

The beauty of this diet is the flexibility it provides. Most foods provide weighing information on the packet so it is not too hard to know how much of each ingredient you have bought. Well they may not come with the exact weight you may want for a meal but just use an average.

That is one more reason for having a range of calories when following the diet rather than a strict calorie goal every day.

So for example if you buy a packet of mince meat which is 200g but you only want 150g then just take a piece out. If it is 145g or 160g your diet will not fail, trust me.

As long as you keep on an average and within a range is as good. The aim of the diet is not to make your life harder than it is but to give you a relaxed flexible solution to abdominal fat.

## How much weight should I lose?

The amount of weight each person should lose is partly a personal choice. So in some ways aim to lose the weight you want to lose. For some people it may be a matter of losing a couple of pounds for others it may be a lot more. If you do not have a personal goal and are unsure how much weight loss to aim for there are ways to work it out.

Bellow we have included some of the methods commonly used to classify people according to weight and specific measurements and they can help in determining the amount of weight loss each individual can aim for. You can use one of them or a combination of them.

For example, you may use the BMI classifications and find that you are within a 'healthy range' but you may combine it with waist circumference measurements which may indicate that you should decrease your waistline.

In general, it is recommended **not to aim in losing more than 1-1.5kg per week** and also **not to lose weight to the point you are underweight** to avoid any health risks. Always remember that your health is very important so it is highly recommended to look after it.

Bellow are ways to help you determine your weight loss goals:

**1. Body Mass Index (BMI)** is a simple way to classify individuals within ranges according to their weight and height. BMI does not actually measure or show the amount of fat and non-fat mass in the body. In some cases, such as in specific athletes, their BMI may indicate that they are within an 'overweight' range, however this is not the case and is due to the muscle mass they have. Moreover, some individuals may be within a 'healthy' BMI range but may carry excess fat in their abdomen (belly) and therefore be in high risk to developing health conditions.

You can calculate BMI as follows:

**BMI = weight divided by (height x height)**



**For example:** If your weight is 60kg and your height is 1.70m then:

$$60 \div (1.70 \times 1.70) \rightarrow 60 \div 2.89 = 20.76$$

Your **BMI** is 20.76

**2. Waist Circumference** it is often used to determine overall health risks in relation to the circumference of a person's waist. Increased abdominal fat has been linked with increased risk of developing some conditions. Waist circumference can be recommended for those people who may be classified within a healthy range with using BMI measurements but may have excess fat on their abdomen.

Use a tape measure to find the circumference of your waist. Find your upper hip bone and place the tape measure flat around your abdomen (tummy). The bellow table provides waist circumference measurements in relation to overall health risks.

**3. Waist –To – Hip Ratio (WHR)** is another way often used to determine the overall health risk. WHR is another simple way of categorizing individuals' health risk according to the circumference of their waist and hip. It can be used in combination with BMI calculations.

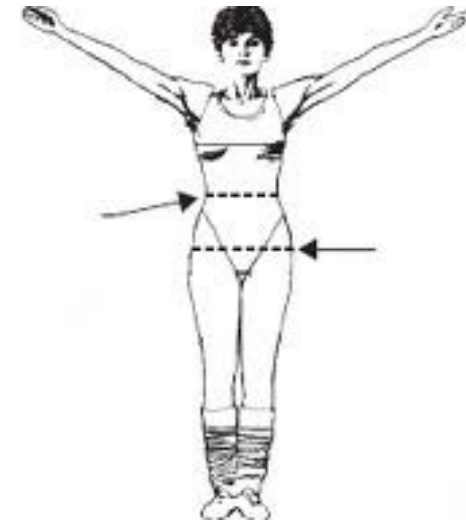
It is calculated as:

**WHR = Divide the circumference of the waist with the circumference of the hips.**

Use a tape measure to find the circumference of the waist bellow the lowest rib and of the hips at the widest point with the legs closed together (see picture).

## Waist to Hip Ratio Chart

Male	Female	Health Risk Based only on WHR
0.95 or bellow	0.80 or bellow	Low Risk
0.96 – 1.0	0.81 – 0.85	Moderate Risk
1.0 +	0.85 +	High Risk



## In Summary....

- ✓ Keep a food & drinks diary for approximately 1 week before starting the Calorie Secrets Diet.
- ✓ Set your weight loss goals and your daily calorie goals accordingly.
- ✓ Set a day in which you will start the diet. It may be better to start on a Monday which is the beginning of the week. Also choose a period in which you do not have any social commitments such dinner parties, weddings etc which may throw any dieting out of the window.
- ✓ Create your Calorie Secrets Diet weekly plan. Hang your weekly plan in the kitchen, and keep one copy in your bag. Whenever you want to remind yourself about it you have it at hand.
- ✓ Make a shopping list of what you will need for the diet. The Calorie Secrets Diet may be flexible in the food choices however, once you get started you do not want to miss a meal or day because you are not prepared or because you do not have the ingredients you need to prepare your meals.

- ✓ Before you get started take measurements of your waist and weight so you know the starting point and can keep track of your progress.

## Example Weekly Plan

<b>Monday</b>	2 hard-boiled eggs + 2 slices of lean sliced cooked ham  2 Rye crackers + 1 Coffee with Milk	Mixed Beans  Mixed green salad (2 portions) + 1 spoonful vinaigrette + 2 rice crackers.	1 portion fillet of Cod  (bake or sauté in 1tsp olive oil) with parsley sauce (2 table spoon).  Mixed boiled vegetable + 1 small cup of brown rice	1 portion of mixed nuts ( <b>AM</b> )  1 banana, 1 herbal tea ( <b>PM</b> )	<b>Total: 1362</b>
	<b>Total kcal: 286</b>	<b>Total kcal: 243</b>	<b>Total kcal: 560</b>	<b>Total kcal: 273</b>	

<b>Tuesday</b>	½ avocado + 2 strawberries + 1 spoonful of mixed nuts 1 green tea	Mixed vegetable omelette (3 eggs)  2 rye crackers + 1 green tea	Grilled beef steak  1 portion of rice +1 portion of vegetables	1 apple + 1 coffee (AM)  2 rice crackers (PM)	<b>Total: 1240</b>
	<b>Total kcal: 254</b>	<b>Total kcal: 385</b>	<b>Total kcal: 452</b>	<b>Total kcal: 149</b>	
<b>Wednesday</b>	Scrambled eggs + ricotta cheese  2 rice breads + 1 coffee with milk	2 burgers  1 portion of mixed vegetables	1 breast of turkey in marinade  2 portions of salad + 2 rye crackers	1 pear (AM)  1 pear (PM)	<b>Total: 1455</b>

	<b>Total kcal: 216</b>	<b>Total kcal: 491</b>	<b>Total kcal: 562</b>	<b>Total kcal: 186</b>	
<b>Thursday</b>	Tuna with lemon dressing	2 pork skewers grilled	Trout with garlic lemon and pine nuts.	Olive and cheese ( <b>AM</b> )	<b>Total: 1165</b>
	2 rye crackers + 1 green tea	½ portion of salad + 1 portion ricotta cheese + 2 rye crackers	1 portion of rice + 1 portion of vegetables.	1 portion of mixed nuts ( <b>PM</b> )	
	<b>Total kcal: 294</b>	<b>Total kcal: 289</b>	<b>Total kcal: 357</b>	<b>Total kcal: 225</b>	



**Friday**

Scrambled eggs and ricotta cheese	1 stuffed pepper 1 stuffed tomato	2 burgers	1 apple (AM)	<b>Total: 1174</b>
2 rice crackers	½ portion salad	1 portion of vegetables + 1 portion of cottage cheese 2 rye crackers.	2 rye crackers (PM)	
<b>Total kcal: 204</b>	<b>Total kcal: 229</b>	<b>Total kcal: 600</b>	<b>Total kcal: 141</b>	
<b>Saturday</b>				
Smoked salmon	Vegetable soup	3 pork skewers	Olives and cheese (AM)	<b>Total: 1272</b>
2 rye crackers + 1 black coffee	1 portion of salad + 2 rye crackers			

		1 portion of rice and 1 portion of vegetables	Mixed nuts + 1 herbal tea ( <b>PM</b> )	
<b>Total kcal: 254</b>	<b>Total kcal: 352</b>	<b>Total kcal: 439</b>	<b>Total kcal: 227</b>	
<b>Sunday</b>	Tuna and lemon dressing	Shrimps in garlic	Grilled chicken breast	1 coffee + 1 banana ( <b>AM</b> )
2 rice breads + green tea	½ portion of salad + 1 portion of rice	1 portion of salad 1 portion of vegetables + ricotta cheese	2 rye crackers + olives with cheese ( <b>PM</b> )	<b>Total: 1324</b>
<b>Total kcal: 308</b>	<b>Total kcal: 441</b>	<b>Total kcal: 342</b>	<b>Total kcal: 233</b>	

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