



# Weight Management

• • • Your 'at a glance' guide to staying healthy for life By Quest Vitamins • • •

In the UK over half of women and two thirds of men are overweight or obese and the number is growing. The situation is widely viewed as a health time bomb since being overweight is associated with cardiovascular disease, diabetes and osteoarthritis. A balanced diet combined with a regular eating pattern and physical activity form the foundations of any weight management programme while key supplements can support this process.

## Diet & life-style

Our bodies are perfectly designed to enable us to survive for periods of time without access to food; we readily store energy when it is available, a process that is particularly efficient following a period of starvation. The problem of course is that in modern Western societies food is always readily available.

The optimal eating pattern for weight loss is a heavily debated issue and has led to a great deal of confusion among those looking for advice on the best way to eat themselves slim and healthy. Try following this established advice:

Remember that weight loss can only occur if there is a "calorie deficit" i.e. you burn more energy than you consume! **Any** food in excess of the body's energy and physiological requirements will be stored as fat (**fat does not make you fat, calories do**). Write down everything you eat and drink, you may find yourself surprised by how many calories you actually consume.

Get moving! Being more physically active rather than severely restricting calorie intake is better in the long run; low calorie diets result in a slowing of metabolic rate to conserve energy, effectively meaning that you will have to remain on a low calorie eating pattern for life.

Research suggests that moderate exercise for 30 minutes a day 3-5 times a week is optimal. Low impact exercise that gets your heart rate up but that can be sustained for a more prolonged period, such as brisk walking, is the most effective for fat burning; strength training, such as weight lifting, builds muscle mass which increases your calorie needs.

Eating a diet that contains a balance of fruits, vegetables, unrefined grain foods and high quality protein is the best way to stay slim and healthy in the long term.

Try to limit consumption of refined carbohydrates such as white rice, corn flakes, white bread, crisps, biscuits and confectionary; these foods stimulate a rapid release of the hormone insulin, which lowers sugar in the blood and stimulates the synthesis of stored fat, potentially leaving you feeling hungry and more efficient at storing energy. Limit "hidden calories"-this includes alcohol, biscuits and nibbles like a handful of crisps or a chocolate.

### Don't skip meals.

Skipping breakfast, consuming little but coffee through the day and then a large meal in the evening simply tricks your body into thinking food availability is low and it will efficiently store excess energy from your last meal. Additionally if you have substantial meals containing protein and plenty of fibre you will find you have less need to snack.

### Don't become paranoid about food.

It is fashionable to cut out whole food groups; this is detrimental to most people, if our ancestors ate it your body can probably metabolise it.

### Don't deprive yourself.

Having treats and really enjoying what you eat will prevent you from bingeing and encourage you to eat sensibly. Some treats have nutritional benefits- for example a small amount of dark chocolate daily is positively good for you.

## Key Nutrients For Weight Management

- ✓ CLA
- ✓ Green Coffee
- ✓ L-phenylalanine
- ✓ Multi-Nutrients

Information created by Quest Vitamin's Nutritionist.

Questions and Comments please email us; [nutritionists@questvitamins.co.uk](mailto:nutritionists@questvitamins.co.uk)

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## Is it my metabolism or my genes?

Being overweight or obese in most cases is largely due to a calorie intake in excess of requirements, but this does not imply that overweight people are lazy and eat too much. It is this perception that has raised many a cry of "it's my metabolism!"

In reality metabolic rate increases with weight as there is more tissue that requires energy. Dispelling another myth, as body weight increases levels of the hormone leptin, which suppresses appetite, also increase, a situation which helps explain why overweight people often seem to eat less and which may exacerbate a pattern of starve/ binge eating that contributes to weight gain.

Recent research has unveiled a genetic component to weight gain, but having one or two copies of the so-called "fat gene" only increases the likelihood of obesity, it does not cause obesity. Our relationship with food is complex and anyone embarking on a weight management plan must examine the influences behind their eating patterns.



## Natural weight loss aids

### Conjugated Linoleic Acid (CLA)

Evidence suggests that conjugated linoleic acid (CLA) reduces body fat and increases lean muscle mass. It is thought that CLA either increases the loss of stored fat tissue cells (a process called adipocyte apoptosis), increases energy expenditure or increases the breakdown of fat for energy; a recent analysis found that treatment with CLA for 6 months increased energy expenditure and fat breakdown during sleep as compared to treatment with a dummy pill (placebo).

In one recent study 118 participants were randomly assigned to receive either 4 grams CLA three times daily or a dummy pill (placebo) for six months. It was found that CLA significantly decreased body fat at month three and at month six compared with placebo; waist-hip ratio also improved significantly compared with placebo. Lean mass increased within the CLA group. All changes were independent of diet and physical exercise. A recent meta-analysis, published in the *American Journal of Clinical Nutrition* in 2007, concluded that a dose of 3g/day of CLA produces body fat loss in humans.

### Green Coffee

Green coffee beans are rich in antioxidant compounds, in particular a substance called chlorogenic acid, which is largely lost during roasting. Green coffee has been found to inhibit fat absorption and activate fat metabolism in the liver.

### L-Phenylalanine

L-Phenylalanine is a potent releaser of the satiety hormone, cholecystokinin (CCK), in supplement form it has been found to be an appetite suppressant.

## Additional support

### Multi-Nutrient Supplements

When reducing calorie intake it is crucial to ensure you are not missing out on vital nutrients, a high quality and potency multi-nutrient formula will insure against deficiencies.

**Losing weight may seem like climbing Everest, but with a sensible diet and some support from key supplements a healthy weight can be achieved and maintained.**