



DIETING DONE RIGHT.

When most people try to lose weight they turn to 'fad' diets.
The problem with these diets?

Most diets do not individualise. No one person is the same,
so it makes no sense that a single diet will work for
everyone. This is why it is vital to 'master your own diet'.

BY JAMES LANGFORD

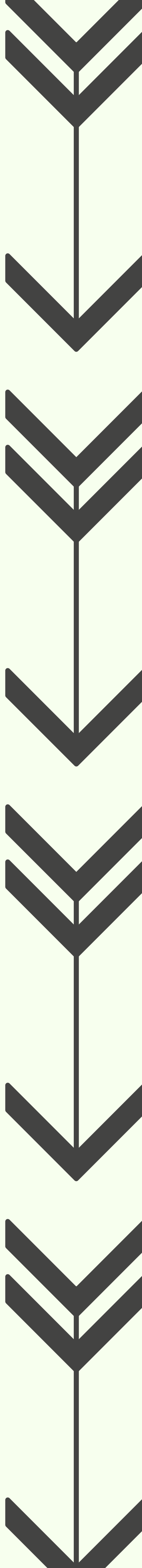
WHY?

Why you need to become the master of your own diet

When most people try to lose weight they turn to 'fad' diets. The problem with these diets?

Most diets do not individualise. No one person is the same, so it makes no sense that a single diet will work for everyone. This is why it is vital to 'master your own diet'.

This book will teach you how to set up, develop, track, and adjust your food intake to match your goal. After discussing topics such as calories, macronutrients, progress tracking, and breaking plateaus, you will have all the information you need to understand how to effectively programme your own diet, and how to make sure you consistently see results.



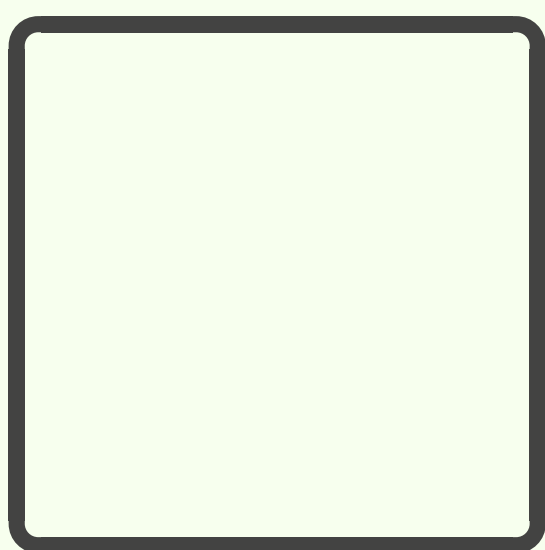
CALORIES

Why calories matter!

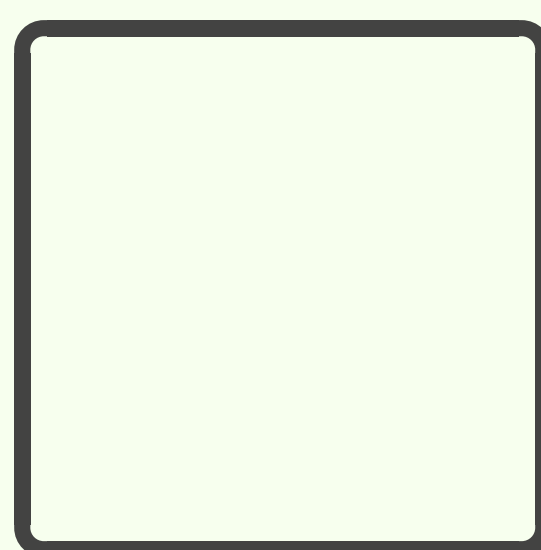
When trying to lose or gain weight, a correct caloric intake is vital. We all require a different number of calories to fuel our bodies through the activities of daily life. This number is known as our total daily energy expenditure, or TDEE. Our TDEE is a combination of the calories our body needs to survive, and the amount to fuel us through these daily activities. Therefore, establishing how many calories we require is crucial to dieting success.

Calculating your resting metabolic rate (RMR)

Your resting metabolic rate is the number of calories your body needs to be able to complete its basic daily functions.

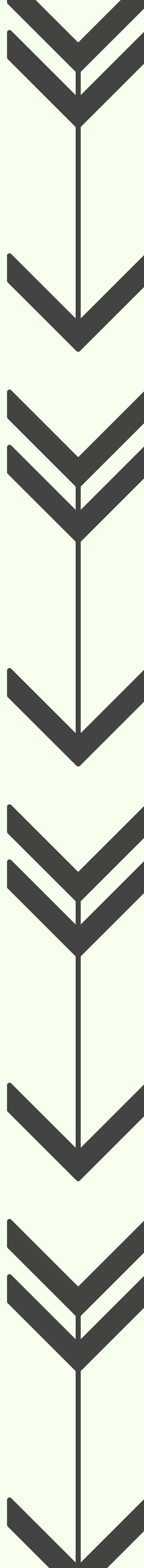


x10 =



Bodyweight
in lbs

RMR

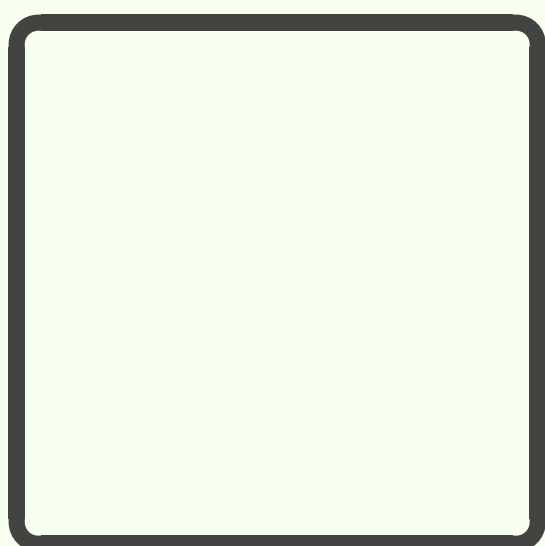


CALORIES CONT..

Calculating your total daily energy expenditure (TDEE)

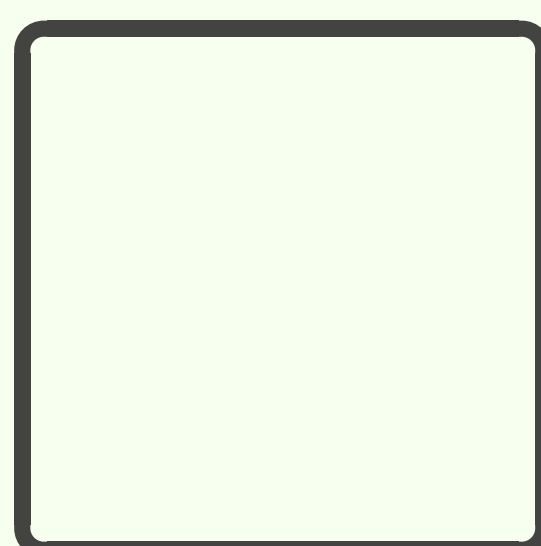
Once you have calculated your RMR it is important to now account for your daily activity levels. To do this you simply multiply your RMR by how active you feel you are.

Low activity levels



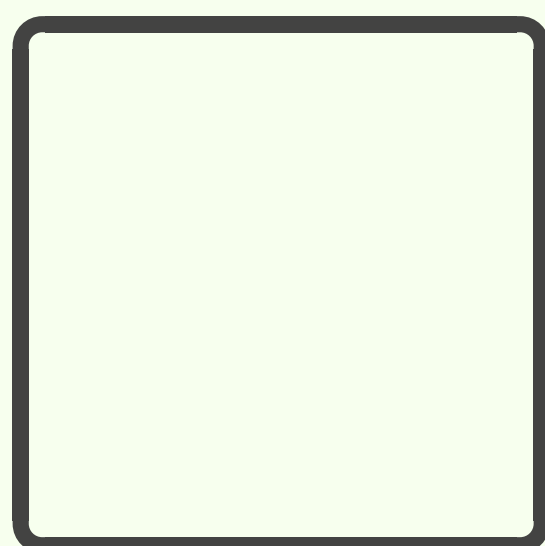
RMR

x1.1 =



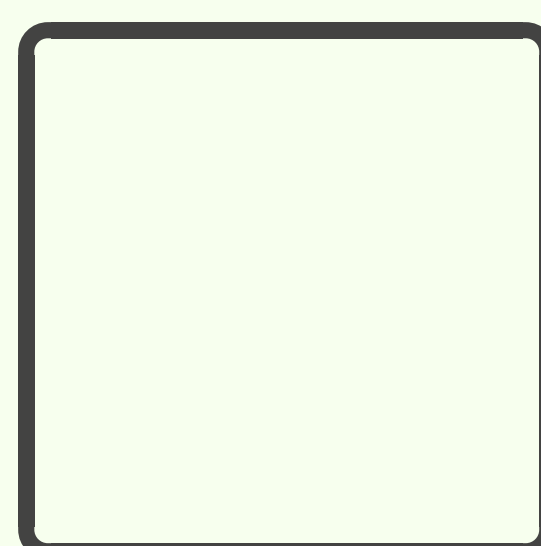
TDEE

Medium activity levels

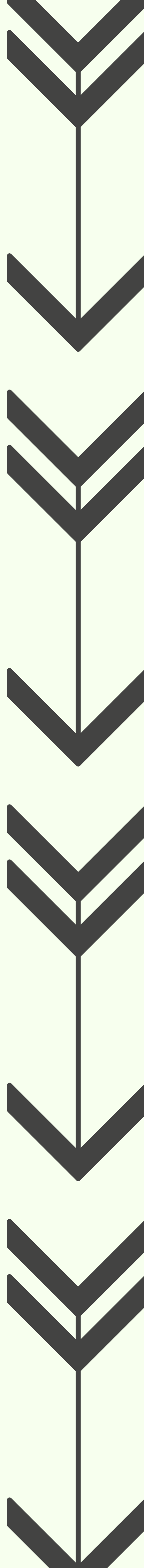


RMR

x1.2 =

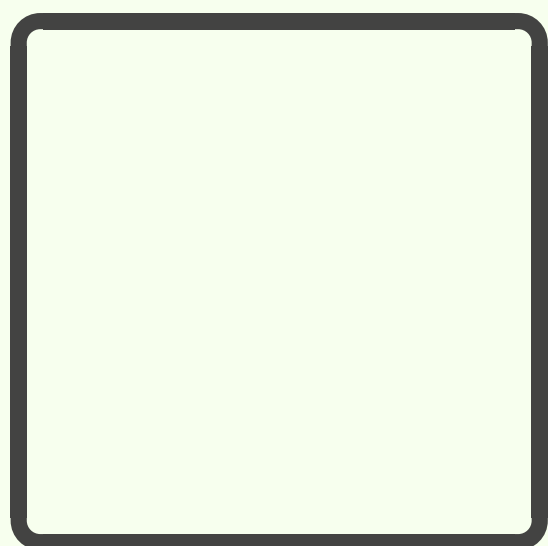


TDEE



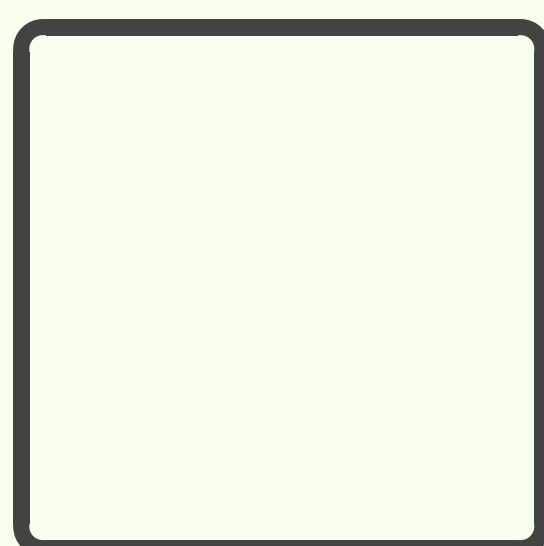
CALORIES CONT..

High activity levels

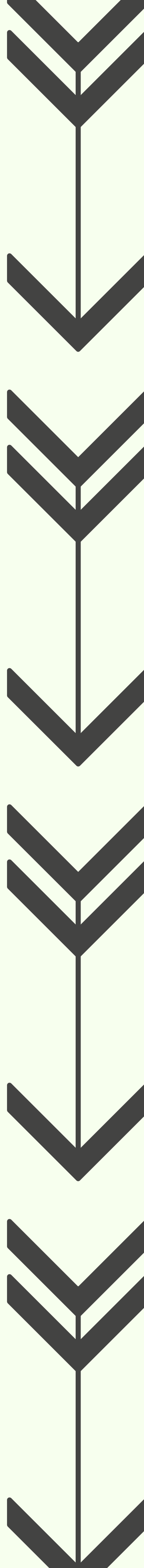


RMR

x1.3=



TDEE



MACRONUTRIENTS

What are macronutrients?

All food is made up of three macronutrients, these are proteins, carbohydrates, and fats.

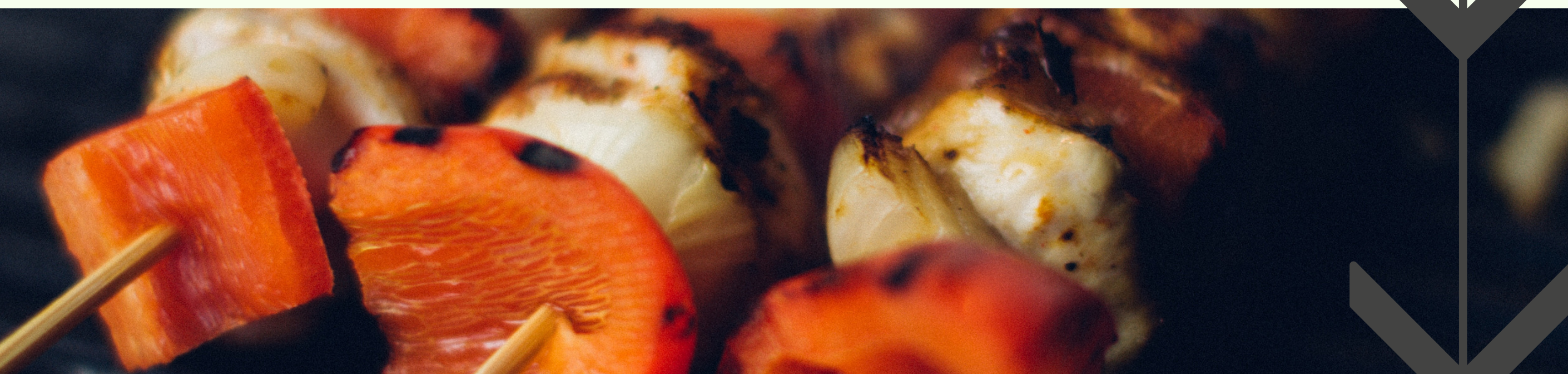
Protein

Despite what you might think protein is not just for young guys looking to put on slabs of muscle. Protein is a vital macronutrient, that we all require whatever our goals.

Protein is vital to rebuild and repair muscle after strenuous exercise, and it is the building blocks of bone, cartilage, skin, and blood. It is also vital in the production of enzymes, hormones, and other bodily chemicals.

How much?

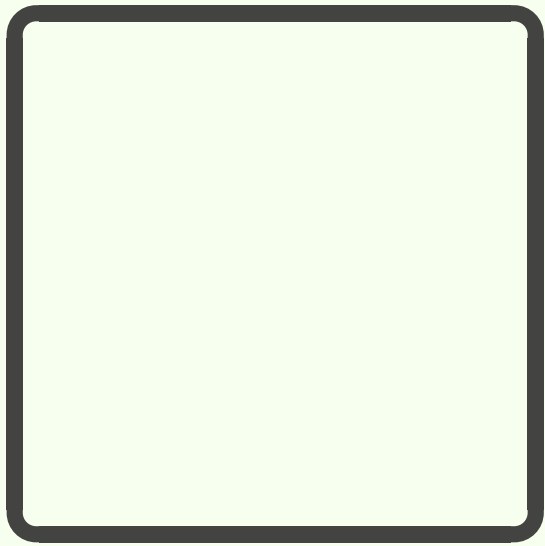
Firstly, it is important to note that each gram of protein we consume is equivalent to 4kcal. Therefore, your daily consumption of protein will take up a certain percentage of your caloric intake.



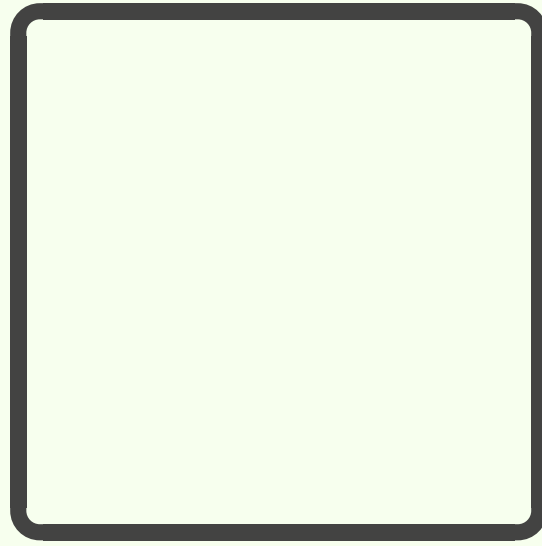
MACRONUTRIENTS

CONT..

Protein requirements

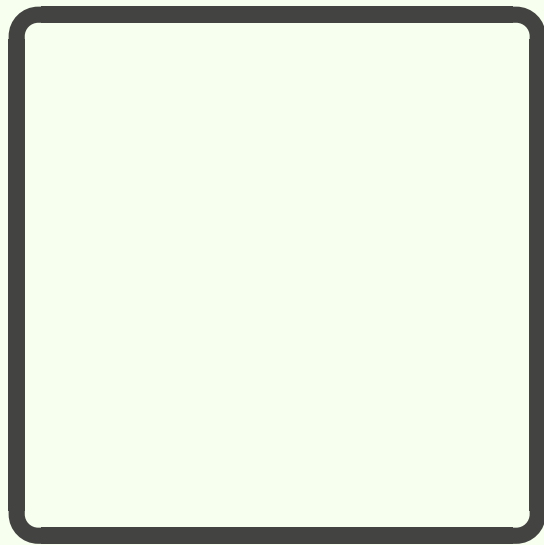


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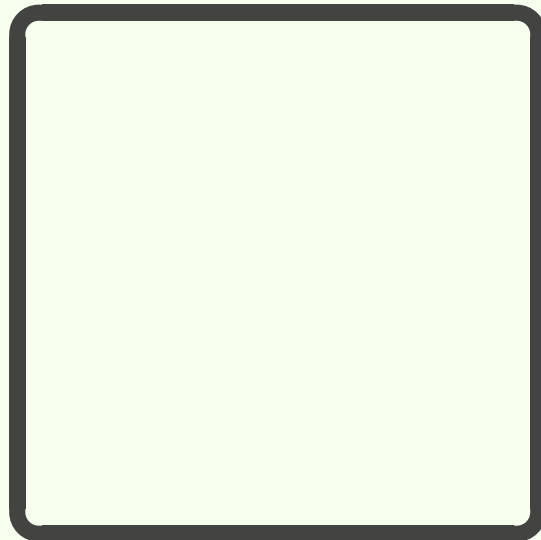


Bodyweight
in lbs

Protein in
grams

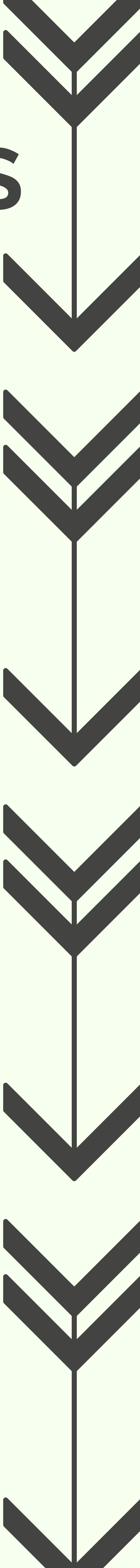


x4



Protein in
grams

Kcal from
protein



MACRONUTRIENTS

CONT..

Protein requirements example

200lbs

=

200g

Bodyweight
in lbs

Protein in
gramms

200g

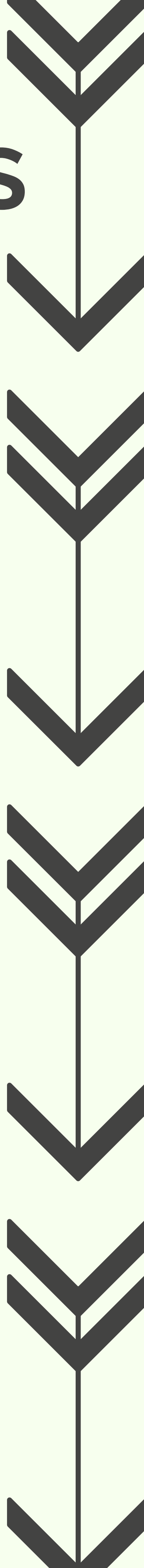
x4

800kcal

Protein in
grams

Kcal from
protein

Once you have established how much protein you require, it is important to deduct this from your overall calorie intake.

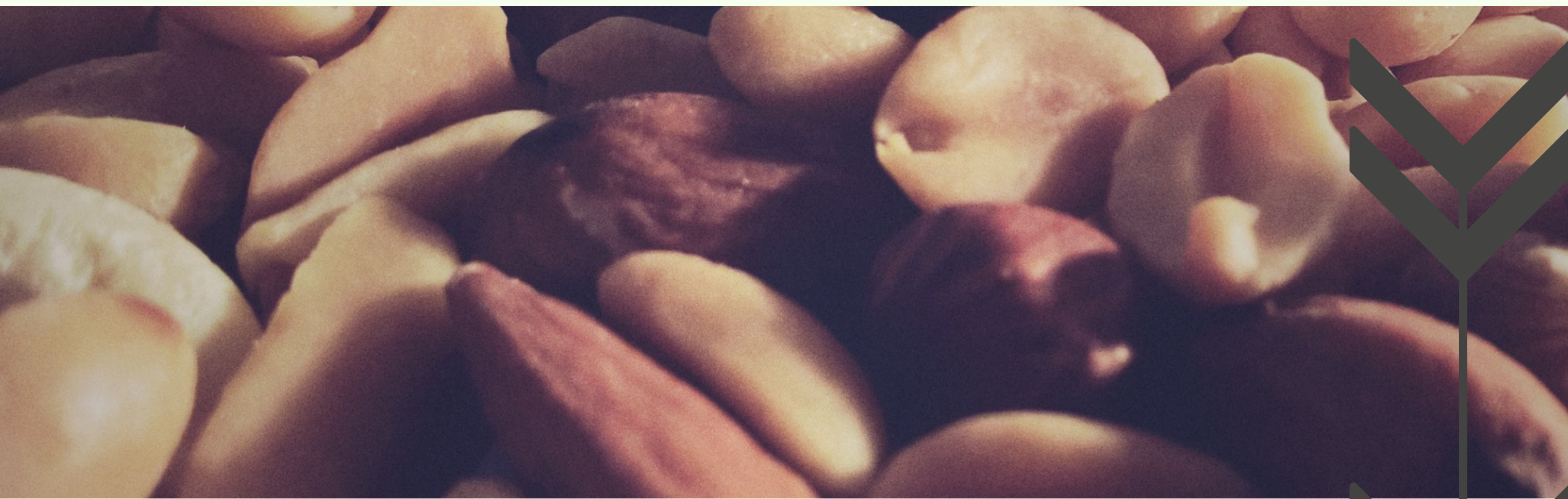


MACRONUTRIENTS

CONT..

Fats

For years we were sold this idea that we need to avoid fats, and that fat will make us fat. Unfortunately, over time, due to fats significant impact on the hormonal system, this has led to a population that suffers from hormonal problems, and metabolic issues. Fat is good for us, fact.



Fat is critical to our health for many reasons, it's a source of energy for our body to use, it assists in the absorption of vitamins, it is vital for the production of hormones such as testosterone, and oestrogen, and finally fat takes longer to digest, this means that it stays in our stomachs for longer and gives us that feeling of being full.

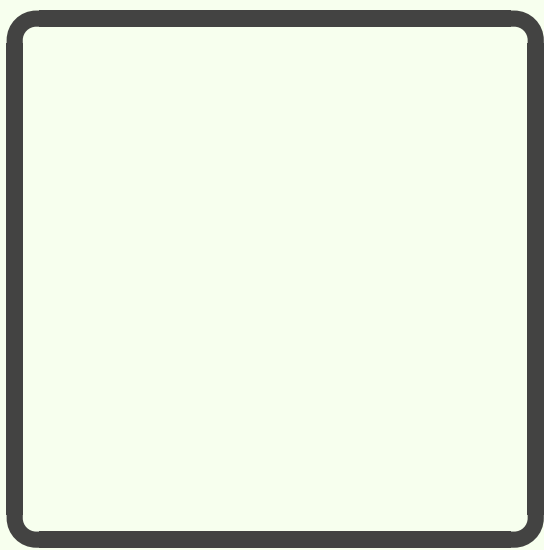
MACRONUTRIENTS

CONT..

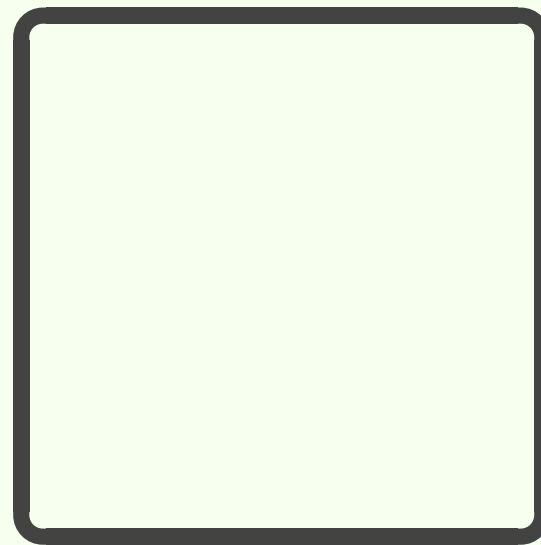
How much?

Whilst fats are more calorie dense than carbohydrates or protein, at 9kcal per gram, it is still vital we get the correct amount in our diets.

Fat requirements

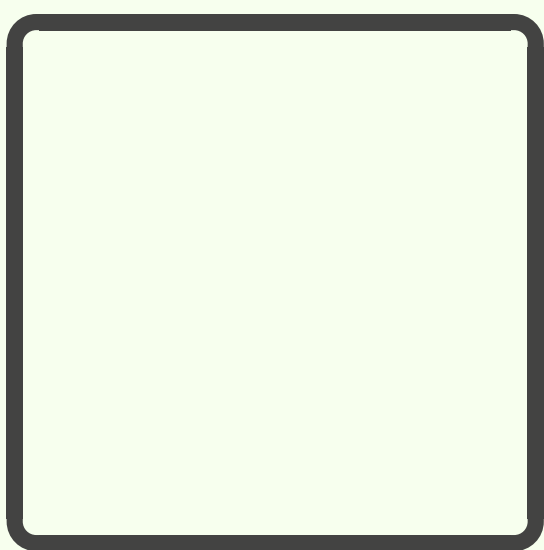


x0.5

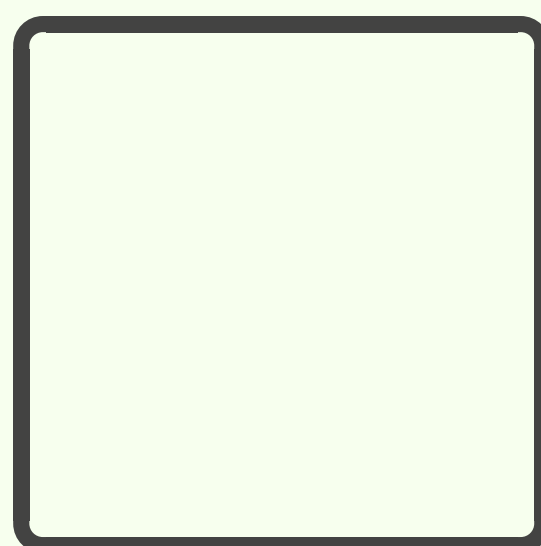


Bodyweight
in lbs

Fat in
grams

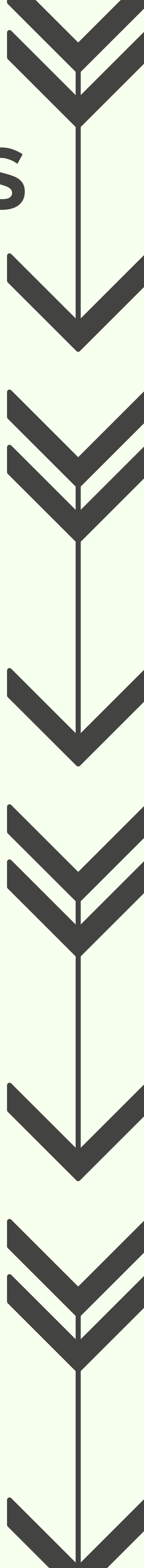


x9



Fat in
grams

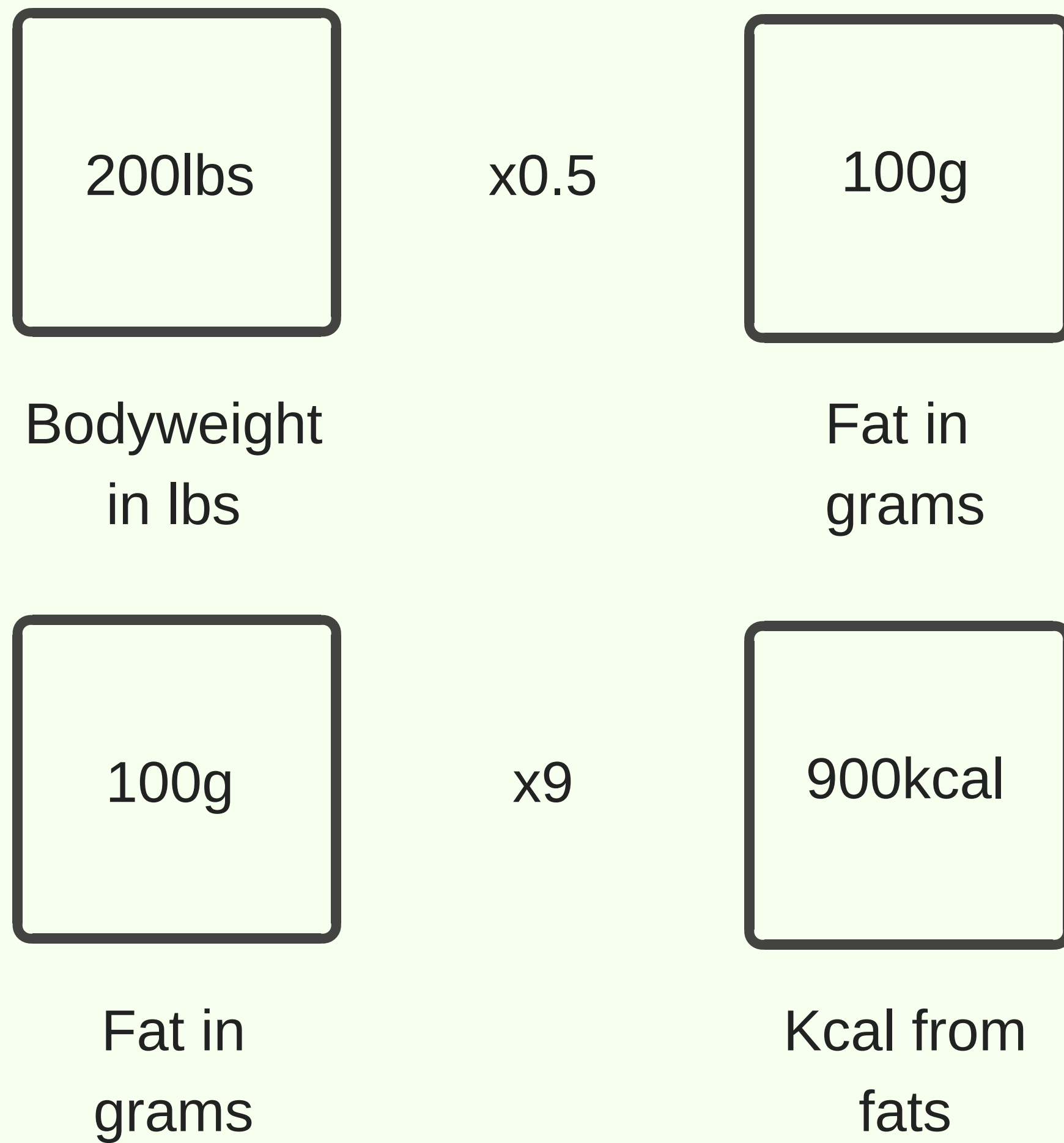
Kcal from
fats



MACRONUTRIENTS

CONT..

Fat requirements example



Once you have established how much fat you require, it is important to deduct this from your overall calorie intake, along with the deduction from protein.

MACRONUTRIENTS

CONT..

Carbohydrate

Carbohydrates get a lot of bad press. In fact, many people go out of their way to avoid carbohydrates completely. The truth is, just like proteins and fats our body needs carbohydrates for energy, and without it we will simply convert body tissue into carbohydrates if needed. Therefore, it makes sense to have a little bit of carbohydrate in our diets, without going over board, or feeling guilty for it.

How much?

Similar to protein, carbohydrate is 4kcal per gram, and the amount we need is actually dictated by what is left once we have fulfilled our protein, and fat requirements.



MACRONUTRIENTS

CONT..

Carbohydrate requirements

TDEE

-
kcal from
protein

kcal after
protein

kcal after
protein

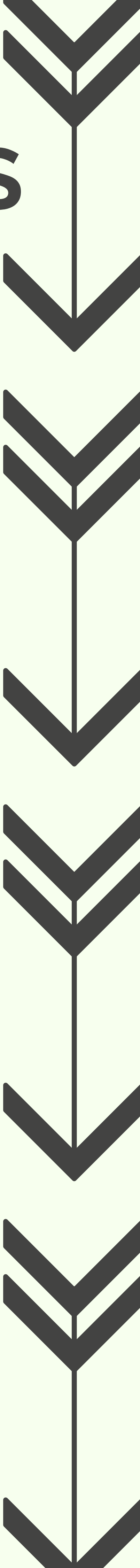
-
kcal from fat

kcal
remaining

kcal
remaining

/4

grams of
carbs



MACRONUTRIENTS

CONT..

Carbohydrate requirements example

2000kcal

TDEE

-
kcal from
protein

1400kcal

kcal after
protein

1400kcal

kcal after
protein

-
kcal from fat

500kcal

kcal
remaining

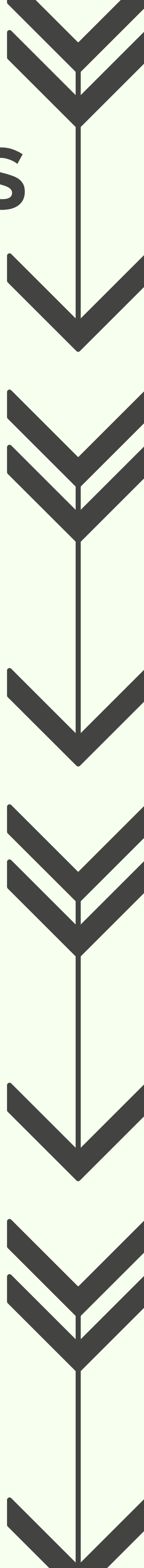
500kcal

kcal
remaining

/4

125

grams of
carbs



FOOD CHOICES

The importance of whole foods

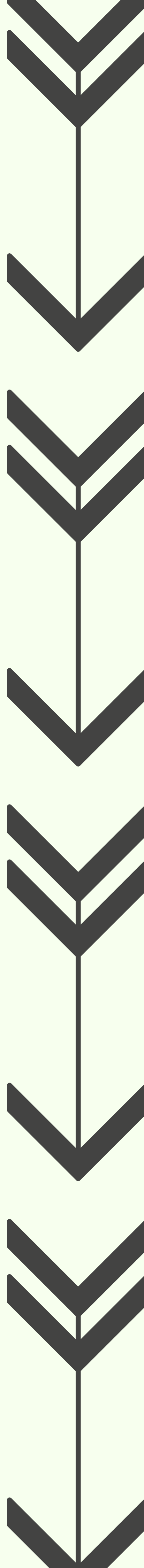
Whilst it is possible to eat the foods you enjoy and lose weight, this needs to be done in moderation.

Let's say you have a daily target of 2000kcal, and you get all those calories from junk foods, and snacks. Do you think your physique will look better or worse than if you ate 2000kcal per day from whole food sources?

It doesn't take an expert to realise that eating the right food is just as important as eating the right amounts.

Be realistic

Whilst it is vital to realise the importance of eating whole foods, to say you will never reward yourself or go off plan is highly unrealistic. We all enjoy eating out, we all like to relax on holidays, and every now and again we all like the odd drink. As long as you eat right 90% of time, there is nothing to say the following 10% can't be a reward to yourself.



PROTEIN SOURCES

CHICKEN BREAST
TIN OF TUNA
LEAN BEEF
WHITE FISH
EGG WHITES
SCOOP PROTEIN
POWDER
TURKEY BREAST
CHICKEN SAUSAGES
TURKEY BACON

TOFU
SOY
LOW FAT GREEK
YOGHURT
COTTAGE CHEESE
SALMON
PRAWNS



CARBOHYDRATE SOURCES

RICE

PASTA

NOODLES

SLICE BREAD

SMALL JACKET

POTATO

SWEET POTATO

TORTILLA WRAP

PITA BREAD

BAGEL

COUSCOUS

TIN BAKED BEANS

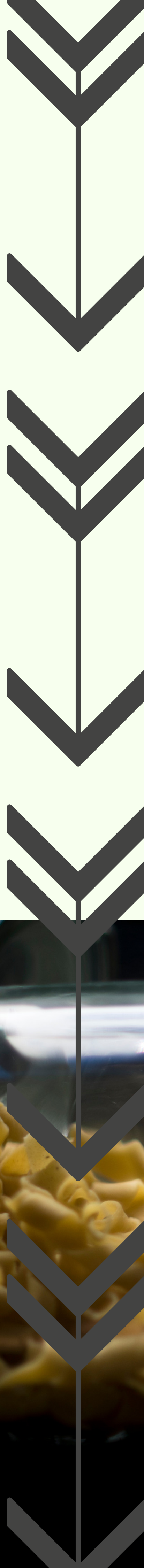
ROLLED OATS

MASH POTATO

QUINOA

WAFFLES

SMALL PANCAKES



FAT SOURCES

AVOCADO

OLIVES

OLIVE OIL

CHEESE

GLASS FULL FAT

MILK

ALMONDS

PEANUTS

PEANUT BUTTER

WALNUTS

80%+ DARK

CHOCOLATE

EGGS

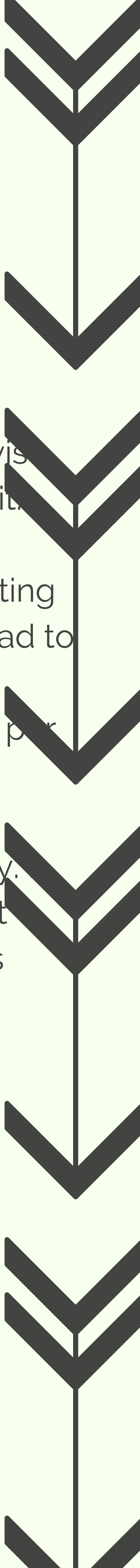


FRUIT AND VEG PORTIONING

When it comes to fruit and vegetables whilst it is important to have a diet containing both I would advise you lean more towards the vegetables side than fruit.

Fruit is high in fructose which in essence a sugar. Eating lots of fruit per day, especially pure fruit juice can lead to a higher carb intake, and a subsequent higher sugar intake. Therefore, aim to consume one piece of fruit per day, compared to 3-4 servings of vegetables.

Use vegetables to fill out meals and to create satiety. I have never known anyone say, "I did not lose weight because I ate too much veg". Therefore consume as much veg as you like with your meals.



FRUIT

APPLE

BANANA

CHERRIES

GRAPES

BLUEBERRIES

STRAWBERRIES

PEAR

SLICES MELON

KIWI

DRIED FRUIT

ORANGE



VEGETABLES

BROCOLLI

ASPARAGUS

CABBAGE

CARROTS

CAULIFLOWER

CELERY

CUCUMBER

KALE

LETTUCE

PEAS

PEPPERS

SPINACH

MUSHROOMS

SPROUTS

STRING BEANS

VEGETABLE SOUP

CARROTS



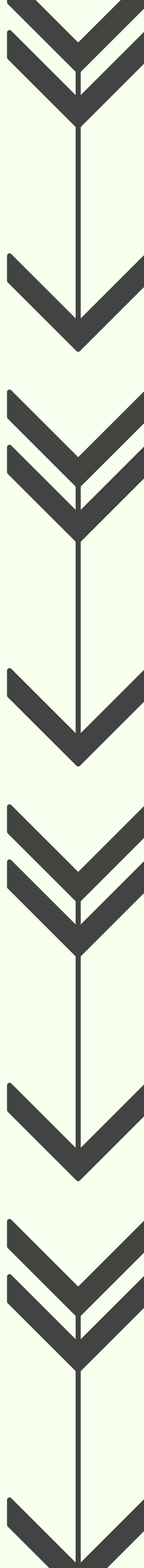
TRACKING YOUR INTAKE

Why do I need to track?

As I have highlighted previously, in a game of weight loss, calories are crucial. Eat above your TDEE and you will gain weight, eat below it and you will lose weight. Therefore, it is vital to track in the early stages to ensure you are eating below this number, and also getting those calories from the right places (protein, carbohydrates, and fats)

How do I track?

There are several methods you can use to track your daily intake in the beginning of your diet. These include writing food down as you go and using the internet to figure out how many calories you are eating, log your food over several days and then log afterwards. My personal recommendation however is to use an app called MyFitnessPal. MyFitnessPal allows you to search databases, scan barcodes, and enter your own food into a daily log, and in turn will tell you how many calories you have eaten, how many grams of protein, carbs, and fats, and even how much salt and sugar.



TRACKING YOUR PROGRESS

Tracking your progression

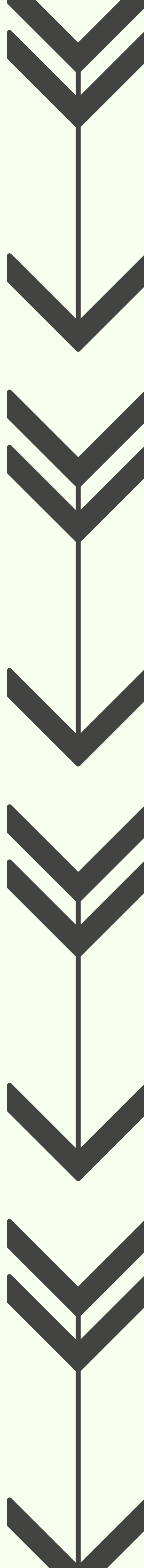
Whilst tracking your food is important, tracking your bodily changes are if not more important. Developing an understanding of what effect your current nutrition is having on you is vital to achieving your goals.

Weight tracking

Whilst weight does not always provide an accurate representation of what might be occurring during a diet, if your goal is weight loss, then it makes sense to track your weight. Track your weight every 4-5 days, making sure it is done at a similar time of day, in similar clothing. This will then begin to give you feedback on what effect your current nutrition is having on your body.

Body measurements

Like weight tracking, body measurements will give you real time feedback of what effect your diet is having. Taking measurements from areas such as waist, arm, chest, and thigh, will allow you to make sure you are consistently progressing.



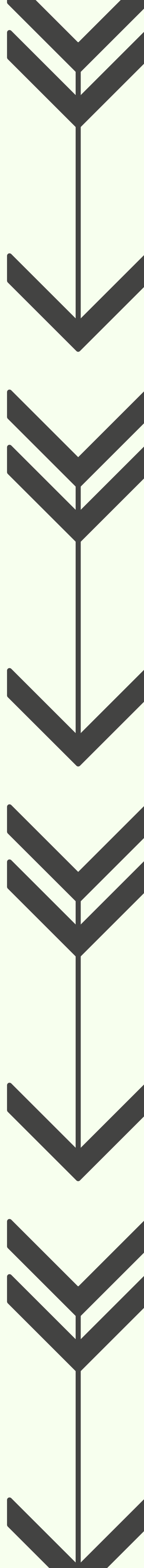
TRACKING YOUR PROGRESS CONT..

Progress photos

Progress photos are the best way to track your results. Sometimes it can be hard to see visible changes in the mirror because we see ourselves each day. Progress photos allow us to look back and see how far we have come. Taking photos from the front, side, and rear will allow you to monitor progression, and will provide motivation as you begin to change your lifestyle.

Bodyfat percentage

Bodyfat percentage can be tricky to measure as you need a fitness professional who is experienced in providing bodyfat testing using skin fold callipers, or depending on your financial situation you could pay to use a bodpod, or dexa scanner which will give you a very accurate bodyfat measure.



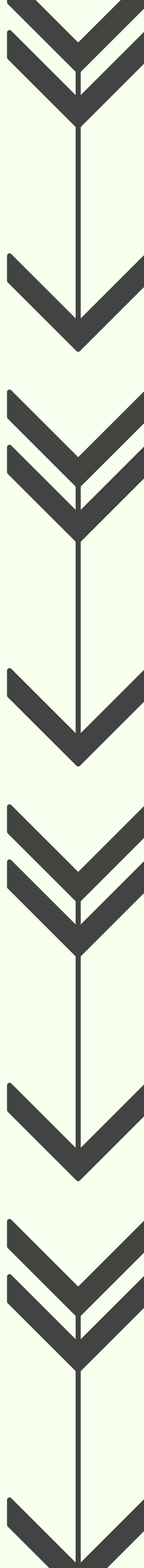
PUTTING IT ALL TOGETHER

Where to begin

Once you have calculated your starting point (calories, and macronutrients), decided how you are going to track your intake, and taken starting measurements (weight, body measures, photos, bodyfat), it is time to begin putting it all together. The first few weeks are the most important weeks on the journey of mastering your own diet. Nail these few weeks, and the rest will be easy.

As mentioned before, all these calculations so far provide you with an estimate of your requirements. Now it's time to put these to the test, and begin the tracking process.

After following your programme for a week it is vital to review what effect it has had on your goal. In other words, if you want to lose weight, did you?



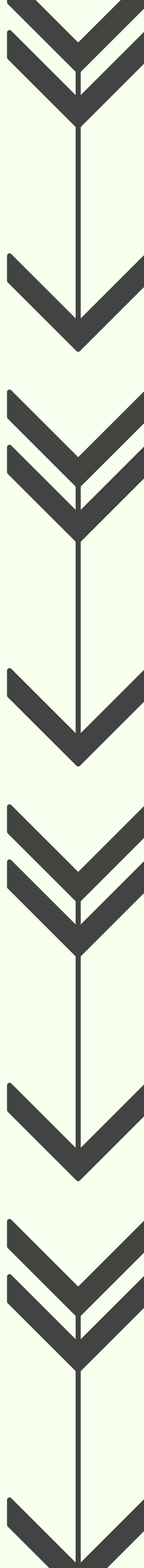
PUTTING IT ALL TOGETHER CONT..

Lost weight

If you lost weight over the course of these days, then the number of calories you consumed is below your daily metabolic rate (the number of calories your body needs daily to function). This is a good sign as it shows you are already in a calorie deficit. If this happens to you then continue to eat a similar number of calories, and macronutrients over the coming weeks, whilst continuing to track weight and measurements.

Maintained weight

This means you consumed the exact number of calories to match your daily metabolic rate (the number of calories your body needs daily to function). This means that for the coming weeks you need to eat lower than this number to lose weight, and drop bodyfat.



PUTTING IT ALL TOGETHER CONT..

Gained weight

If this happened to you then the number of calories you consumed over the week was above your daily metabolic rate (the number of calories your body needs daily to function). If this happened to you then for the next week try and reduce the number of calories by 200 per day (1400kcal over the week), after which weigh, and measure yourself again, and see if this has resulted in weight loss.



BREAKING A PLATEAU

Being realistic

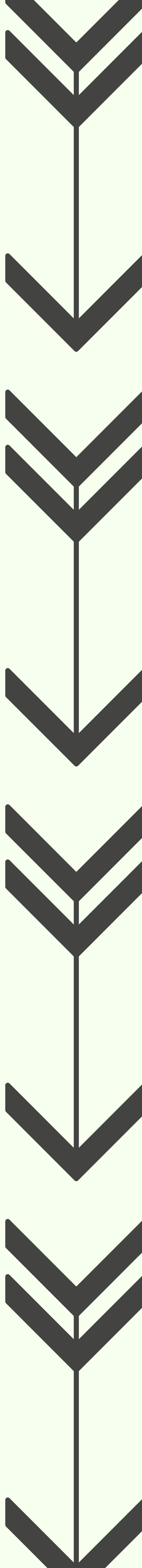
At some point, you will hit a plateau, that much is inevitable. Once you hit that plateau though it is important not to panic as the solution is actually very simple.

The exercise to food trade off

When we hit a plateau with weight loss it is down to one simple reason. The number of calories we are expending on a day-to-day basis is not greater than the amount we are taking in. There are two ways that we can begin to rectify this.

One option is to decrease the number of calories we take in on a daily basis, whilst keeping exercise levels the same. This will once again put you into a calorie deficit and weight loss will resume.

The second option is to keep your daily food intake the same, but increase your exercise levels. This will put your daily energy expenditure above that of your intake, and once again, weight loss will resume.



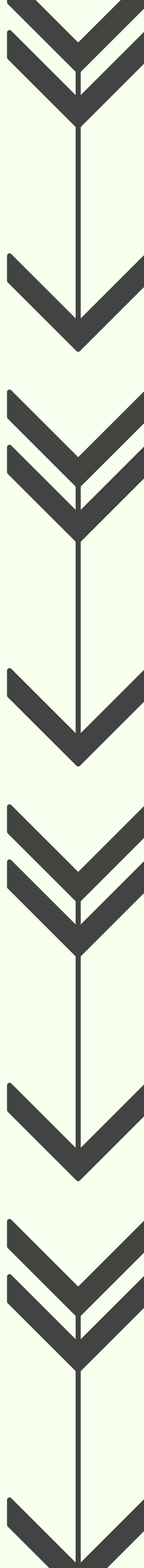
EXERCISE

Why?

It is possible to maintain regular weight loss without exercising, however, it is not something that is recommended. As mentioned previous, weight loss is a game of calories in, versus calories out. The more calories we burn, the more we can eat and still lose weight. Therefore, to lose weight without burning any calories through exercise will require a much lower volume of food than if you were to exercise.

What?

There is no 'best exercise to lose weight'. The best exercise for weight loss, is one that you enjoy. You are more likely to do exercise you enjoy, than exercise you dislike. Therefore, if you like walking, then walk, if you like running, then run, if you like playing sports, then play sports.



EXERCISE CONT..

Weight training

Whilst the best kind of exercise is one you enjoy, It is recommended that everyone should partake in some form of weight training.

There are a number of benefits to weight training for both men and women:

#1. Strength training improves your ability to perform activities of daily living.

#2. It improves bone density.

#3. It will increase lean body mass which will increase metabolism.

#4. It Increases the strength of connective tissue, muscles, and tendons, which leads to decreased injury risk.

#5. Strength training will improve your body image, and therefore your confidence.

#6. Finally strength training will enhance your performance in other sports you are involved in.

