

A full-page photograph of three young women on a beach. The woman on the left is wearing a white bikini top with large polka dots and white shorts, riding a bicycle. The woman in the middle is wearing a green dress and sunglasses, standing next to her bicycle. The woman on the right is wearing a red tank top and green shorts, also riding a bicycle. They are all smiling and looking towards the right. The background shows the ocean and a clear blue sky.

look good  
feel good

a  
**WEIGHT  
LOSS PLAN**  
for young women



# 3 steps to weight loss

Follow all 3 steps to lose weight and keep it off.

1

eat healthy foods in the right amount

2

be physically active for 30-60 minutes a day

3

find solutions to personal barriers that cause weight gain

## choosing a healthy eating plan

To lose weight and keep it off, choose an eating plan that keeps you satisfied and prevents you from over-eating. Some people find it easier to lose weight by eating more protein-rich foods.

“The higher protein diet was easy to follow because I didn’t feel hungry between meals. Since losing weight, I feel better about myself and even enjoy exercising.”

Participant in a University of Sydney weight loss study which compared the benefits of a higher protein with a higher carbohydrate diet. Whilst women lost weight on both diets, those on the higher protein diet tended to lose more weight.

The eating plan in this brochure is higher in protein and includes low Glycemic Index (GI) foods.

# make every bite count

Protein-rich foods help fill you up and provide critical nutrients that may be lacking in your diet (see page 4). Being low in nutrients, such as iron, can make you feel tired, unwell and lacking in motivation to exercise and be healthy.

Get more critical nutrients and less kilojoules

## pasta with tomato pasta sauce

2,580 kJ

- 3mg iron
- 1mg zinc
- 105mg calcium

+ 3 critical nutrients



2 cups

## beef and vegetable stir fry with rice

1,960 kJ

- 7mg iron
- 8mg zinc
- 3.5µg vitamin B12
- 67mg omega-3

+ 4 critical nutrients



150g beef strips, 1.5 cups vegetables, 1/3 cup rice

## café style muffin

2,535 kJ

- 187mg calcium
- 2.0mg iron

+ 2 critical nutrients



1 large muffin

## low fat yoghurt

580 kJ

- 231mg calcium
- 0.8µg vitamin B12
- 0.8mg zinc

+ 3 critical nutrients



1 tub low fat yoghurt

## instant noodles

1,550 kJ

- 0.7mg iron

+ 1 critical nutrient



1 packet

## tuna and salad sandwich

1,260 kJ

- 3mg iron
- 2mg zinc
- 90mg calcium
- 149mg omega-3

+ 4 critical nutrients



2 slices bread, small tin of tuna with salad

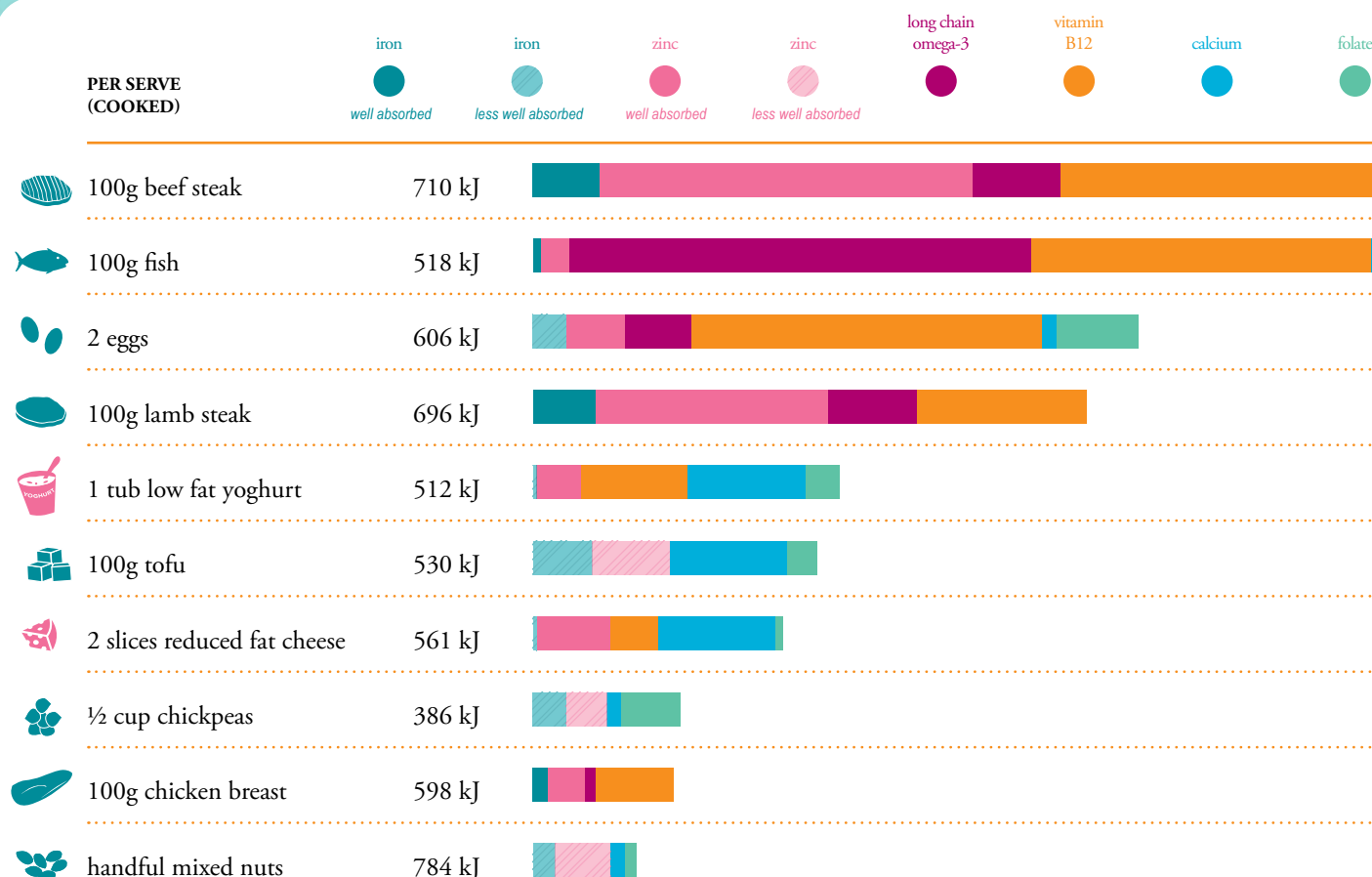
# nutrient-rich protein food guide

These nutrient-rich protein foods contain valuable amounts of two or more critical nutrients that may be lacking in your diet.

Critical nutrients include **iron**, **zinc**, **long chain omega-3**, **vitamin B12**, **calcium** and **folate**.

Choose foods high in iron and zinc that are well absorbed by the body.

*Eating red meat such as beef and lamb 3-4 times per week is recommended to meet iron and zinc needs.*



**iron**

for energy and concentration

**vitamin B12**

for nerve function

**zinc**

for a healthy immune system

**calcium**

for strong bones and teeth

**long chain omega-3**

for a healthy heart

**folate**

for pregnancy



# your daily food guide

Choose foods from each food group using the number of daily serves indicated. The serves per day and serving sizes for each food group are based on a higher protein weight loss plan\*.

## protein-rich foods

3 serves per day

### One Serve Equals:

- 100g (raw weight) meat trimmed of fat (beef, lamb, veal, chicken, pork, turkey), fresh or canned fish
- 2 eggs
- 170g tofu
- 1 cup (150g) cooked or canned legumes/beans e.g. lentils, chickpeas (no added salt)
- 30g nuts and/or seeds (no added salt)

## grains & cereal foods

4 serves per day

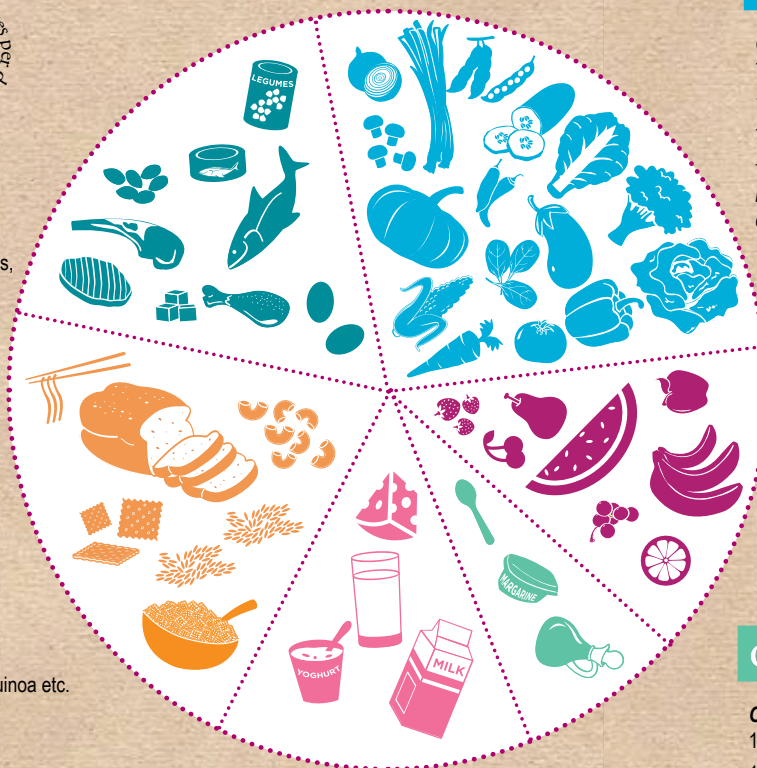
### One Serve Equals:

- 1 slice bread (40g), half a bread roll or flat bread
- $\frac{3}{4}$  cup (30g) high fibre breakfast cereal flakes
- $\frac{1}{4}$  cup (30g) muesli
- $\frac{1}{2}$  cup (120g) cooked porridge
- $\frac{1}{2}$  cup cooked pasta, rice, noodles, couscous, barley, quinoa etc.
- 3 crisp breads (35g)
- 1 crumpet (60g) or English muffin (35g)
- Choose wholegrain and low GI foods



Combine serves into one portion

- e.g. {
- 1 cup pasta = 2 serves
  - 200g steak = 2 serves



## dairy foods

2 serves per day

### One Serve Equals:

- 1 cup (250ml) low fat milk or calcium fortified soy milk
- $\frac{3}{4}$  cup (200g) low fat yoghurt
- 2 slices (40g) reduced fat cheese
- $\frac{1}{2}$  cup (120g) ricotta cheese

## vegetables

5 serves per day

### One Serve Equals:

- $\frac{1}{2}$  cup (75g) cooked vegetables
- 1 cup salad or green leafy vegetables
- $\frac{1}{2}$  medium potato or sweet potato\*
- \* A serve of potato or sweet potato can be substituted for one of your grain and cereal serves.

## fruit

2 serves per day

### One Serve Equals:

- 1 medium piece or 2 small pieces of fruit (150g)
- 1 cup (150g) diced or canned fruit (no added sugar)
- 30g dried fruit
- $\frac{1}{2}$  cup (125ml) 100% fruit juice (no added sugar)

## oils & spreads

3 serves per day

### One Serve Equals:

- 1 tsp oil (e.g. canola, olive, sunflower)
- 1 tsp margarine spread

## treats

2 serves PER WEEK

### One Serve Equals:

- 1 glass (150ml) wine
- 1 bottle (375ml) light beer
- 30ml spirits
- 20g chocolate
- 2 plain sweet biscuits
- 1 small packet potato crisps (20g)
- Or other food up to the value of 430kJ

## stay fuller for longer

- Have protein-rich foods at lunch and at dinner.
- Choose low Glycemic Index (GI) foods.

## free foods...

The 'free foods' are low in kilojoules and can be enjoyed freely.

### vegetables and salad

Asparagus, green beans, bean sprouts, bok choy, choy sum, broccoli, brussel sprouts, beetroot, cabbage, capsicum, carrot, cauliflower, celery, cucumber, fennel, lettuce, mushrooms, onion, radish, spinach, snow peas, swede, peas, tomatoes, turnip, pumpkin, spinach, zucchini.

### add flavours *not* kilojoules to meals

Clear soups/broths or low kilojoule packet soup (salt reduced), diet topping, diet jelly, oil free salad dressings, soy sauce (salt reduced), chilli sauce, curry powder, pickles, mustard, herbs, spices, ginger, garlic, lemon, vinegar.

### drinks

Water, diet drinks (e.g. cordial), mineral water (unflavoured), tea.

\*Use this information as a guide.

Your daily kilojoule requirements will vary depending on your height and activity levels. The serves per day for each food group are recommendations only and do not cover special dietary requirements. Consult an Accredited Practising Dietitian (APD) for tailored dietary advice.



# eating plan

Here are some breakfast, lunch and dinner ideas to help you design your own eating plan.

## breakfast

- Porridge: ½ cup rolled oats, 250ml low fat milk, 1 banana, ½ tsp. cinnamon and 1 tsp honey.
- 30g high fibre cereal, 250ml low fat milk and 150g fresh fruit sliced on top.
- 1 tub low fat yoghurt, 1 slice whole grain bread with 1tsp margarine spread and 1tsp peanut butter and a piece of fruit.
- Regular skim cappuccino, 1 slice fruit bread topped with reduced fat ricotta and sliced banana.
- 2 eggs (poached, scrambled or omelette), 40g reduced fat cheese, 1 slice wholegrain toast with 1tsp margarine spread and half glass orange juice.
- 1 wholemeal bagel spread with 40g light cream cheese and sliced tomato. 2 small pieces of fruit e.g. nectarine and kiwi fruit.

## lunch

- Sourdough bruschetta (see recipe on page 14). 1 tub low fat yoghurt with 150g fresh fruit salad.
- Beef pasta salad (see recipe on page 15). 1 tub low fat yoghurt and a piece of fresh fruit.
- Tuna and brown rice salad: small can tuna, ½ cup cooked rice, 40g reduced fat cheese, 2 cups mixed salad vegetables, 1 tsp oil and 2 tsp sweet chilli sauce. A piece of fresh fruit.
- Sandwich bar – 2 slices wholegrain bread, 3 falafel (chickpea patties), one slice reduced fat cheese, avocado and 1 cup salad. 30g almonds and a piece of fresh fruit.
- Asian noodle or soup bar – choose an option with protein such as tofu or prawns and ask for extra vegetables and a smaller serve of noodles or rice. 1 tub low fat yoghurt and a piece of fresh fruit.
- Salad bar – chicken breast (skinless), couscous and mixed salad vegetables. Ask for extra chicken and salad vegetables. 1 tub of low fat yoghurt and a small fruit salad.

## dinner

- Beef and vegetable stir-fry (see recipe on page 12).
- Lamb rump steaks with red lentil salad (see recipe on page 13).
- Tuna and soba noodle salad: 200g tuna steak (pan fry), ½ cup noodles, 2 cups mixed vegetables, 1 tbsp sweet chilli sauce and 1 tsp oil.
- 200g beef sirloin steak (grilled) with 2 cups mixed steamed vegetables, a medium baked potato with 1 tsp margarine spread.
- Thai chicken stir-fry (chilli/garlic/basil sauce) with 2 cups mixed vegetables and ½ cup steamed rice.
- Lamb and hummus wraps: flat bread, 200g lamb rump steak (grilled), 2 tbsp hummus, baby spinach, tomato, grilled zucchini slices, 1 tsp oil.
- 200g fish fillet (grilled), with 2 cups mixed vegetables, ½ cup quinoa salad and 2 tsp oil/vinegar dressing.

This eating plan is based on 3 meals per day. If you prefer eating smaller meals and snacks, set aside foods from the breakfast or lunch options to eat mid-morning and afternoon, such as fruit, yoghurt or nuts.

*tip*

Aim to include:  
1 serve of wholegrain bread or high fibre cereal at breakfast to boost fibre intake.

*tip*

Sandwich bar:  
Look for regular sized sandwich bread or flat bread wraps. Avoid large bread rolls, Turkish bread and focaccia as they contain extra kilojoules.

*tip*




















At dinner:  
Load half your plate with vegetables or salad to fill you up.

# managing alcohol

## alcohol is high in kilojoules and contains no nutrients

Take care when drinking alcohol - it can quickly lead to excess kilojoules as well as poor food choices when drinking or nursing a hangover, contributing to weight gain.

If you choose to drink alcohol as part of your weight loss plan, the following may help you keep to your 2 serves/week allowance:

1 bottle alcoholic cider (345ml)		= 762kJ	= 1 3/4 chocolate biscuits		= 17 mins jogging (9kmh) OR 39 mins walking (6kmh)	
1 shot vodka (30ml) with cranberry juice		= 714kJ	= 1 3/4 chocolate biscuits		= 16 mins jogging (9kmh) OR 36 mins walking (6kmh)	
1 bottle of pre-mixed alcoholic soda (full strength) (275ml)		= 701kJ	= 1 3/4 chocolate biscuits		= 16 mins jogging (9kmh) OR 36 mins walking (6kmh)	
1 glass wine (150ml)		= 414kJ	= 1 chocolate biscuit		= 9 mins jogging (9kmh) OR 21 mins walking (6kmh)	
1 glass sparkling wine (150ml)		= 405kJ	= 1 chocolate biscuit		= 9 mins jogging (9kmh) OR 21 mins walking (6kmh)	
1 shot vodka (30ml) with diet soft drink		= 266kJ	= 2/3 chocolate biscuit		= 6 mins jogging (9kmh) OR 14 mins walking (6kmh)	
1 glass diet soft drink		= 2kJ	= N/A	= N/A	= N/A	

tip

Choose drinks lower in kilojoules e.g. diet soft drink with a shot of spirits

Drink water between alcoholic drinks

Take breaks from drinking e.g. dancing

# be active

## the more active you are, the more kilojoules you burn

Aim for 30-60 minutes of physical activity on most days of the week. Start slowly and build up to higher intensity exercises. The more you move the better.

### heart pumping exercises

- brisk walking
- jogging
- swimming
- cycling
- gym classes e.g. aerobics, boxing, spinning etc
- team sports e.g. basketball, netball
- skipping rope

### strength and flexibility

- lifting weights
- whole body exercises e.g. push ups, tricep dips, lunges, squats
- group classes e.g. Pilates, yoga

### get movement into your day

- stand rather than sit
- walk rather than drive
- take the stairs rather than the lift
- break study or work time sitting at a computer with quick bursts of standing, walking, stairs or stretching

## find solutions for you

### barriers

#### emotional eating

### solutions

Identify situations which trigger emotional eating. Try an alternative action such as going outside for a walk, reading or talking to a friend.

#### excuses

Replace excuses (e.g. I'm too busy to exercise) with positive thoughts (e.g. exercise gives me more energy) so that you feel empowered to make better choices.

#### peer pressure

Find a supportive friend or family member who also wants to lose weight or join an online forum. Work together to set goals and stick to them.

#### eating out

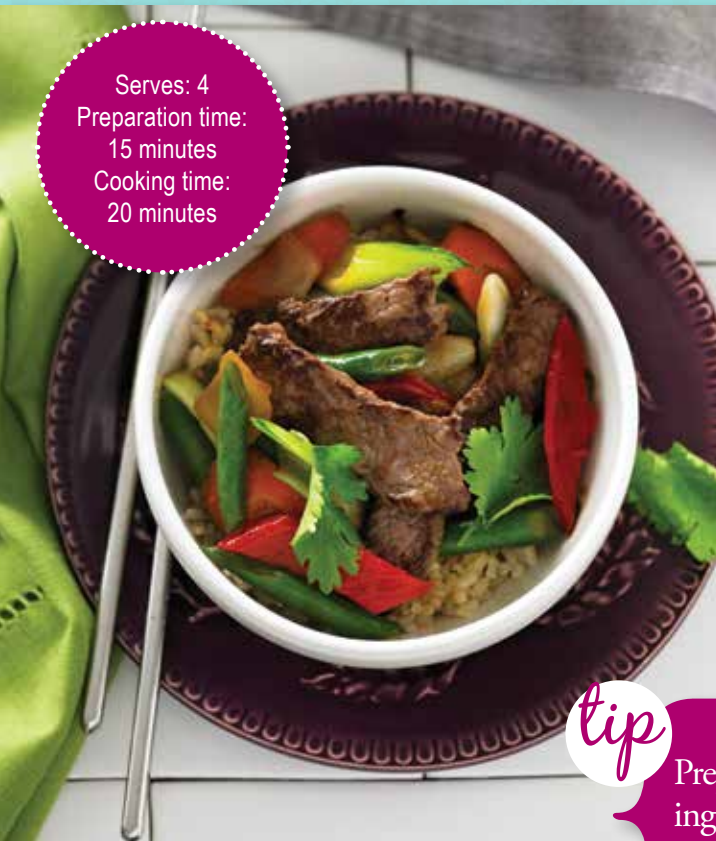
Look for healthy options when eating out and try cooking easy recipes at home more often. Set milestones, such as dropping a dress size to keep you motivated and reward yourself upon reaching your goals.

Think about the barriers that prevent you from following your weight loss plan and find solutions



# beef stir-fry

Serves: 4  
Preparation time:  
15 minutes  
Cooking time:  
20 minutes



## ingredients

800g beef rump steak, trimmed of fat  
2 bunches bok choy  
200g green beans  
2 carrots  
½ bunch spring onions  
1 onion  
1 red capsicum  
2 tbsp canola oil  
3 tbsp oyster sauce  
1 tbsp brown sugar  
50ml soy sauce, salt reduced  
1 tsp corn flour  
¼ bunch coriander, chopped

*tip*

Prepare all your ingredients in advance to make cooking easy.

## method

- 1 Slice the beef thinly and cut the vegetables into even pieces so they cook through at the same time.
- 2 For the dressing, combine oyster sauce, soy sauce, sugar and corn flour. Mix to dissolve and set aside.
- 3 Place wok over high heat, add a little oil and cook the beef in 3 batches; set aside when cooked and loosely cover with aluminium foil.

- 4 Add remaining oil to the wok and cook onion for 1 minute; add carrots, capsicum and beans and cook for 2 minutes. Add bok choy and stir until slightly wilted, then return the beef to the pan and add spring onions and dressing. Serve with coriander.

*Serving suggestion: steamed brown rice or noodles.*

# lamb rump steaks with red lentil salad

Serves: 4  
Preparation time:  
15 minutes  
Cooking time:  
20-25 minutes



## ingredients

4 x 200g lamb rump steaks, trimmed of fat  
¾ cup raw red lentils  
1 small red capsicum  
1 small yellow capsicum  
3 tomatoes  
1 Lebanese cucumber  
¼ bunch parsley, chopped  
¼ bunch mint, chopped  
½ tsp cumin  
1 red onion  
zest and juice of 1 lemon  
2 tbsp olive oil  
Pepper to taste

*tip*

For juicy and tender lamb, rest after cooking.

## method

- 1 Pre-heat a frypan and brush the steaks with olive oil. Cook lamb over high heat for 4-5 minutes on each side or until cooked to your liking. Remove from heat and allow to rest, loosely covered with aluminium foil.
- 2 For the salad, cook lentils in boiling water for 3-4 minutes to retain texture and colour. Drain and place in cold water.

- 3 Dice all vegetables and place in a bowl. Add lentils, chopped parsley and mint.
- 4 Season with cumin, pepper, lemon zest and juice. Stir to combine.

*Serving suggestion: serve with a mixed green leaf salad.*



# sourdough bruschetta

Serves: 4  
Preparation time:  
15 minutes  
Cooking time:  
10 minutes



*tip*

For this recipe you could use any type of leftover meat, even what's left from a roast.

## method

- 1 Brush the bread slices with olive oil. Place them under a hot grill for 1 minute on each side until toasted.
- 2 Heat a frypan and brush steaks with a little olive oil. Cook on one side, turn steaks once only. Test the steaks for degree of doneness with tongs. Rare is soft, medium feels springy and well done is very firm. Set aside and loosely cover with aluminium foil.

- 3 Add a little olive oil to another frypan and heat; add cherry tomatoes, honey, garlic, balsamic vinegar and pepper. Sauté until the skin of the tomatoes starts to break. Keep juice for seasoning at the end.
- 4 Place a slice of toast on each plate, spread with avocado, top with meat slices and cherry tomatoes. To serve, add the alfalfa sprouts and drizzle with juice from tomatoes.

# beef pasta salad

Serves: 4  
Preparation time:  
20 minutes  
Cooking time:  
15 minutes



*tip*

Leftovers of this salad are perfect to take with you for a lunch on the go.

## method

- 1 Cook the pasta as per packet instructions, strain in colander and leave to cool in cold water.
- 2 Heat a wok to hot, add 1 tbsp oil and cook the beef in 3 batches, set aside when cooked and loosely cover with aluminium foil.
- 3 Cook the sliced onions in the wok over low heat until soft and translucent.
- 4 In a bowl, mix the cherry tomatoes, sun-dried tomatoes, olives, onions, herbs, cooked beef and pasta; season with olive oil, balsamic vinegar and soy sauce. Just before serving, add rocket or mixed lettuce leaves.

## ingredients

4 x 200g oyster blade steaks, trimmed of fat, diced  
2 cups dry pasta, e.g. spirals  
2 onions, sliced  
100g sun-dried tomatoes, sliced thinly  
100g Kalamata olives, pitted  
¼ bunch basil, chopped  
¼ bunch chives, chopped  
250g cherry tomatoes, halved  
200g rocket or mixed lettuce leaves  
2 tbsp olive oil  
1 tbsp balsamic vinegar  
1 tbsp soy sauce, salt reduced



# look good feel good



Meat & Livestock Australia (MLA) is a producer owned company that delivers marketing and research services for Australia's cattle, sheep and goat industries. MLA provides health professionals and consumers with accurate nutrition information about the role of red meat as part of a healthy balanced diet.

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MLA is a DAA corporate partner. For expert nutrition and dietary advice contact an Accredited Practising Dietitian (APD) in your local area by visiting 'Find an APD' at [www.daa.asn.au](http://www.daa.asn.au) or call 1800 812 942.

Lean red meat trimmed of all visible fat has less than 4% saturated fat and earns the Heart Foundation Tick of approval. For more information on the Tick Program, visit [www.heartfoundation.org.au/tick](http://www.heartfoundation.org.au/tick). CERT TM used under licence.

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This information has been independently reviewed by the Dietitians Association of Australia. Background information and references are available at [www.themainmeal.com.au](http://www.themainmeal.com.au)

Information in this brochure is aimed at young women aged 18 years and over. Care is taken to ensure the accuracy and currency of this publication. However we do not guarantee accuracy or currency. This publication is only intended to provide general information. It is not intended to be comprehensive. You should make your own enquiries before making decisions concerning your nutritional requirements. This information is not medical advice and you should consult a health professional before making any decisions concerning your interests.

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