

WEEKEND NUTRITION

DON'T LET THE WEEKEND GET YOU DOWN!

The weekend can be an easy time to fall off track with your nutrition goals and easily ruin a weeks hard work. We all like to let our hair down a bit over the weekend and relax, the guidelines below should make staying on track a bit easier while still allowing you to enjoy yourself and not be too stringent.

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FRUIT & VEG

Making sure you get a good amount of vegetables and some fruit in your diet has numerous benefits including keeping you fuller at meals with little extra calories - potentially helping you turn down a dessert?

Quite often, making sure you have vegetables with at least one meal (especially dinner) can mean a healthier choice altogether - not many times has a curry been ordered with a side of broccoli.

Try to aim for three different vegetables and two pieces of fruit - these can easily be eaten as a healthier snack than biscuits or crisps etc.

PROTEIN

Similarly to vegetables, making a meal choice that has protein in can in itself mean picking a healthier meal. Protein can also easily be eaten as a snack e.g. ready to drink shakes or cold meats etc. Snacking on high protein foods can help you from overindulging as they are rarely as more-ish as high sugar foods such as chocolate.

Aiming for two servings of protein a day, one in a meal e.g. chicken breast and one as a snack can be a good starting point to ensure you're staying clear of a lot of junk food.

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FAST FOOD & DESSERT

This is really a case of damage limitation and self control. Everyone from time to time veers off course and eats poorly, setting yourself boundaries and avoiding extremely hedonistic foods can help.

e.g. if you know you are likely to finish a whole tub of Ben and Jerry's if you open it then swap it for something you aren't as crazy about like a sorbet, you will still get to enjoy something sweet with a similar texture but the likelihood of you binge eating it will massively decrease.

Increasing your activity throughout the day and burning more calories or dropping calories in the days leading up to a meal out can be a good way of making sure you stay on track with a weekly total amount. If you are going to indulge then be aware that it won't be the most optimal thing for your health but as long as the majority of your diet is on track then there's only so much damage you can do with one donut or one unhealthy meal so enjoy it and get back on track with the rest of your eating.

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HYDRATION

Keeping on top of hydration levels can drastically lower sweet cravings and make it a lot easier to resist temptation or help you keep your consumption of sugary foods in moderation. As a minimum try to drink 2L of water throughout the day, 2.5-3L if you are being active and walking around a lot.

ALCOHOL

The hidden killer in a lot of peoples diets! Alcohol contains 7kcal per gram as opposed to carbohydrates and protein which contain 4kcal per gram. With 210kcal in a pint of Guinness and over 300kcal in half a bottle of wine calories can easily stack up even with a few drinks.

Simple changes like slimline tonic with gin or diet soft drinks can make a large difference in your total calories.