



Understanding your calorie limit is crucial for controlling your weight. Do you know yours?

How do you



lose weight?

The secret is knowing one critical number—your daily calorie limit.

When it comes to losing weight, there is one universal truth—you have to take in fewer calories than you burn. This can be achieved by eating less, exercising more, or both, but weight loss cannot happen unless there is a “calorie deficit.” So how do you know how many calories you need to lose weight?

WHAT IS YOUR CALORIE LIMIT?

Your calorie limit tells you how many net calories you need to consume each day to maintain your current weight. If you consume more, you'll gain weight. If you consume fewer, you'll lose weight.

A NOTE ON HEALTHY WEIGHT LOSS

It's important to recognise that the rate of healthy weight loss is 500 grams to one kilo a week. Weight loss is a process, and steady, moderate progress is the best way to achieve lasting results.

CREATING A CALORIE DEFICIT

Since 500 grams of body fat contains about 3,500 calories, you need to cut that many calories a week to lose 500 grams. That averages out to about 500 calories a day. That means that to lose 500 grams a week, you would need to create a calorie deficit of 500 calories every day.

For example, you could eat 200 calories below your calorie limit and burn 300 more calories by running on the treadmill.

WHAT IS MY DAILY CALORIE LIMIT?

Daily Calorie Limit to Maintain Weight

For a quick estimate, simply find the number below that most closely resembles you.

WOMEN	
Current Weight (kg)	Calories/Day
57	1500
68	1650
79	1775
90	1900
102	2050

MEN	
Current Weight (kg)	Calories/Day
68	1900
79	2050
90	2200
102	2350
113	2500

To calculate your exact calorie limit, use an online calorie calculator:

www.calculator.net/calorie-calculator

LIMIT
1775
calories
per day

CHOOSE YOUR CALORIES WISELY

When it comes to managing your weight, any real, lasting change will unavoidably involve changes in how you eat. But that doesn't mean you have to starve yourself.

To see how to fill your day with more healthful calories, turn to pages 10–13.

Your Weight Loss Formula

To determine how many calories you should eat each day, simply take your daily calorie limit and subtract 500 or 1000 depending on your goal.

MODERATE

Weight Loss

your daily
calorie limit

– 500 calories/day

= 500 GRAMS/WEEK

SIGNIFICANT

Weight Loss

your daily
calorie limit

– 1000 calories/day

= 1 KILOGRAM/WEEK

Small Changes, Big Benefits

Creating a 500 calorie deficit in your day is simpler than you might think. All you have to do is:

Go on a brisk walk
for 45 minutes
(220 calories)



Trade in 2
cans of soda
for unsweetened
SplasH2O® or water
(280 calories)

=
500
calories

Food 101

Every food you eat has an effect on your body and your weight. Some foods are certainly better for you than others.

Understanding which foods your body needs to function optimally will help you more quickly achieve your ideal weight.

SIMPLE SWITCHES

Making four simple switches is enough to lose **4.5 kg of fat a year!**



Choose mozzarella instead of cheddar



Choose light popcorn instead of potato chips



Choose greek yogurt instead of sour cream



Choose salad instead of french fries

Those few changes add up to about 35,000 calories a year. Enough for the average adult to lose 4.5 kg of fat!

COMPLEX IS BEST

YES



When it comes to carbohydrates, complex is best.

bran cereals • green vegetables
fresh fruits • whole grain breads

NO



lollies & desserts
soft drink • refined breads

MAKE FRIENDS WITH FIBRE

- fruits
- vegetables
- wheat bran
- rice



Full-Body Benefits:

- feel full longer
- slow glucose absorption
- stabilise blood sugar

The goodness of whole grains

more fibre,
more minerals,
more nutrients



- whole wheat flour
- whole oats/oatmeal
- popcorn
- brown rice
- buckwheat
- quinoa
- bulgur

PROTEINS

The essential building blocks

to build,
repair, and
maintain
your body



chicken • lean beef • fish
egg whites • beans • dairy

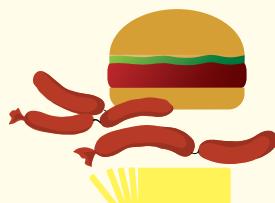
GOOD FATS vs. BAD FATS

Monounsaturated Fats



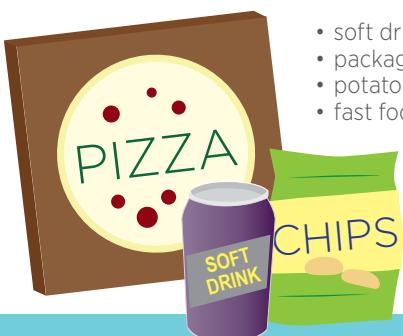
healthy oils • fish • nuts

Saturated Fats



fatty meats
butter • cream

PASS ON THE PROCESSED



- soft drink
- packaged meals
- potato chips
- fast food

Empty
calories
leave you
tired and
hungry.

DRINK LOTS OF water



CHANGE YOUR RELATIONSHIP WITH FOOD

Most people would balk at the idea of filling their car's gas tank with just any flammable liquid, but few people are as finicky when it comes to fueling their own body. When we realize that everything we put into our body has a direct effect on our health—for good or bad—making smart choices becomes easier.



Eat around the clock to **stay thin.**

We have all grown up thinking that three meals a day is the best way to eat. But anyone who has ever struggled to lose weight can tell you that the six-hour gap between lunch and dinner can be excruciating, and it often ends in “cheating” on your diet or eating far more than you planned at night.

Eating three smaller meals and two substantial snacks throughout the day is the easiest way to lose weight.

But what difference does it really make? Turns out, it's pretty big! Eating smaller meals more often can boost the rate at which you burn calories, make it easier for your body to absorb the nutrients, and help stabilise your blood sugar levels over the course of the day.

SMALLER MEALS
300-400 calories

HEALTHY SNACKS
2 or 3, about 150 calories each

LOSE WEIGHT



Eating smaller meals and healthy snacks throughout the day is an effective way to lose weight!

4 REASONS to eat often

- 1. Optimised metabolism
- 2. Better nutrient absorption
- 3. Higher energy levels
- 4. Lower risk of overeating

IMPORTANT: While the number of times you eat each day should increase, your total daily caloric intake should not. *In short, eat smaller meals more often.*

Give your stomach time to adjust: Adopting the strategy of eating less more often will take a little adjustment. Your stomach will shrink and, after time, the idea of eating 3 large meals will be unappetizing. To calm your grumbling tummy in the meantime, keep plenty of water on hand.

Simple Steps to Success

Melaleuca's industry-leading nutrition products combined with eating right, getting active, and staying accountable create simple steps that lead to healthy weight loss.



Pack 1 WEIGHT MANAGEMENT BASIC PACK

Complete 30-day supply

1

- 1 Vitality Pack (women, men, 50+)
- 1 Attain Shake
- 2 Boxes of Attain Bars
- 1 Herbal Tea
- 1 Sustain Sport



Pack 2 WEIGHT MANAGEMENT COMPLETE PACK

- Weight Management Basic Pack +
- 1 Proflex 20 Shake
- 1 FibreWise
- 1 Box of Access Bars

ADVANCED FORMULAS. SUPERIOR RESULTS.

The ideal blend of nutrition and performance, these packs are specifically designed to enhance your weight loss efforts and achieve your health goals.

Packs are available for purchase at Melaleuca.com or by calling 1800 07 33 99 / 0800 08 33 99 NZ.

To build your daily eating plan, turn to page 28.



FOCUS AREA

CARDIOVASCULAR HEALTH

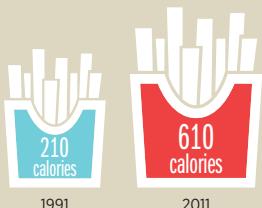


**The previous pages
in the guide focused
on sound eating
principles that make
sense for everyone.**

This information will give you specific tools and tips for enhancing your cardiovascular health. Whether you have high blood pressure or you're just concerned about your cholesterol, this section is for you.

Beware portion distortion

Over the last 20 years, this nation's portion sizes have expanded dramatically. A typical restaurant portion is nearly twice the recommended amount.



As a rough rule of thumb,
**consider your fist as
a full portion size.**

For best results, try to break up your eating into three smaller meals and two to three substantial snacks that add up to your daily calorie limit or less if you are trying to lose weight.

BENEFIT: Smaller meals and portions reduce your likelihood of consuming excess fat and calories that lead to excess body fat and increased risk of heart-related issues.

FOCUS ON FRUITS AND VEGGIES

Fruits and vegetables are some of the best sources for nutrients important to overall health. They are also high in soluble fibre, which reduces the absorption of cholesterol into your bloodstream.

In addition, numerous studies have found that a higher intake of fruits and vegetables may be protective against cardiovascular disease—especially in women.

GO FOR WHOLE GRAINS

Whole grains not only have more nutritional value than their stripped-down counterparts, but there is also evidence that they aid in helping control blood pressure.

CUT DOWN ON CHOLESTEROL

Eating foods high in cholesterol and saturated fats or trans fats can elevate your LDL or "bad" cholesterol levels and increase your risk of serious cardiovascular problems. Cholesterol intake should be kept under 300 mg a day for healthy adults and less than 200 mg a day for those who have high levels of LDL cholesterol.

FOODS TO AVOID include cheeseburgers, ice cream, lobster, fried chicken, fried potato chips, and crackers.

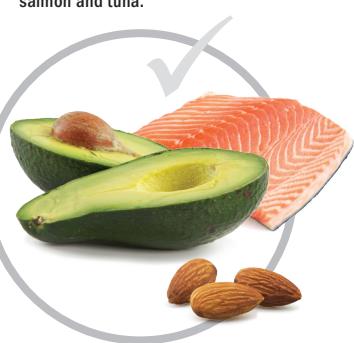


CHOOSE FATS WISELY

As a rule, less than 10% of your total calories should come from saturated fats. Your best bet is to avoid anything that lists "hydrogenated oils" or "partially hydrogenated oils."

But just because it's fat doesn't mean it's bad. In fact, omega-3s, monounsaturated fats, and polyunsaturated fats are good for your heart and cholesterol levels.

GOOD SOURCES include olive oil, canola oil, avocados, almonds, walnuts, and fatty fish such as salmon and tuna.



SKIP THE SALT

High sodium intake is tied to high blood pressure levels. The most effective way to reduce sodium levels is to limit processed foods.



Healthy adults should consume **no more than 1,600 mg** of sodium a day.

For more great products to aid you in your battle for heart health, visit Melaleuca.com

FOCUS AREA

METABOLIC SYNDROME



**While pages 10-13
focussed on sound
eating principles
that make sense for
everyone...**

This information will give you specific tools and tips for dealing with metabolic syndrome or prediabetes. Whether you have high blood sugar, or just a family history of diabetes, this section is for you.



EAT OFTEN

One of the best things you can do to help stabilise blood sugar levels is to eat smaller meals and snacks every two to three hours. This also reduces the likelihood of energy crashes.

For the best results, choose meals and snacks that balance carbs with proteins and fats.

AVOID PROCESSED FOODS

In addition to generally having higher levels of sodium and preservatives, processed foods are often loaded with refined carbohydrates that can lead to rapid and high spikes in blood sugar levels.

Strive to fill your day with food that is natural and fresh.

LIMIT THE SODIUM

It's true, sodium is an important electrolyte, but as you work to restore your body back to regular levels you should limit your sodium intake.

1,600 mg a day unless instructed otherwise by a health professional.

For more information on metabolic syndrome and steps you can take, visit: betterhealth.vic.gov.au

**eat
every
2–3
hours**

**drink
30mL
for every
1kg
of body
weight**



DRINK YOUR WATER

Your body is made of fluid and you need to replenish that on a daily basis. Aim for 30mL per 1kg of body weight.

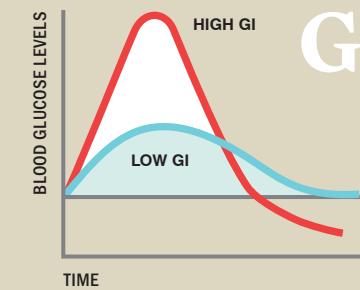
FIBRE IS YOUR FRIEND

Dietary fibre can help balance insulin levels!

Good sources include whole grains, beans, fruits, and vegetables. Fill the gap with Fibrewise.TM

Understanding the Glycemic Index

The glycemic index (GI) measures how fast and how much a food raises blood sugar levels. Each food is assigned a value on a scale of 0–100, based on how fast blood sugar rises in the two hours after the food is eaten. The higher the number, the more rapidly blood sugar rises.



GI

The glycemic index can be a powerful tool when it comes to healthy meal planning and managing blood sugar levels.

HIGH

Glycemic Index

- Release energy quickly
- Feel hungry sooner
- Eat more

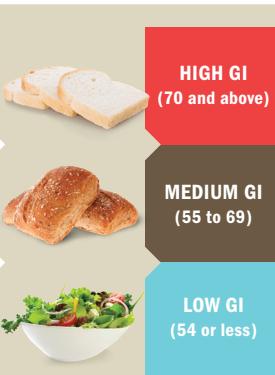
LOW

Glycemic Index

- Release energy slowly
- Feel full longer
- Eat less

HIGH GI FOODS = Examples include white bread, white rice, corn flakes, pasta, pretzels, potato chips, and sweets.

LOW GI FOODS = Examples include most fruits and vegetables, legumes, whole grains, nuts, kidney beans, and beets.



In general, the less processed a food is the lower the glycemic index.

High-fibre content will also lower the GI. Foods that do not contain carbohydrates (such as fats and meat) do not have a GI.