



## LGFG Newsletter Issue 10

### The Little Things Add Up

*"I don't know why I'm not losing weight, I'm so careful with what I eat!"*

I've heard this more than once. When people say this, in one sense they're right. The food they put on their plate for breakfast, lunch and dinner IS healthy, low calorie food. But the little things add up.

Let's examine a few ways the sneaky snack calories add up.

- 1.) The tea and coffee. These may be mostly water, but the milk and sugar can add up. Your average teaspoon of sugar is 20 calories. Two teaspoons of sugar in your tea is 40 calories. Add on another 10 calories for your milk. 50 calories in a cup of tea or coffee! Have 4 cups of tea or coffee throughout the day and you've just slurped down 200 calories! A snickers is only 294 calories....
- 2.) Biscuits. Have a scotch finger biscuit with your tea? Say hello to another 90 calories. 4 cups of tea with a scotch finger each time? That's 360 calories just for the bikkies! That is the caloric equivalent of a meal!
- 3.) The "not on my plate so it doesn't count food". Ever been out for a meal with someone watching their weight? They order a salad or similar. You order a standard meal. Suddenly they're snaffling a handful of your chips! Listen folks, just because it doesn't touch your plate doesn't mean the body can't tell.
- 4.) The "standing while eating" food. You know the ones! Whilst leaving the house or the office, you grab something tasty from the counter. Just because you're leaving the scene of the crime doesn't mean your body won't digest it.
- 5.) Fruit Juice. Juice has long been seen as the healthy alternative. And certainly when compared to soft drink, it is! But when you consider that 1 cup of orange juice is 138 cal, it's easy to see how it adds up.

The food from breakfast, lunch and dinner may only total 1200 calories, but 4 cups of tea, 4 bikkies and a glass of juice can add an extra 698 calories. The scary part is that we tend not to realise how many of the sneaky calories get by us without our notice.



*We hope you have enjoyed the information carried out in this issue. Here at 'Looking Good and Feeling Great' we aim to provide our valued clients in the Penrith area with nothing but the best in customer service and results. If you have any feedback on future issues feel free to email or contact us on the details below:*

Yours sincerely

Denver Oliveux

***PS. Remember – To Look Good you have to Train Ugly!***