



In this Issue:

- **Meet the Meat**

**Looking Good Feeling Great
Weekly Newsletter
Issue 27**

Welcome valued clients to the 27th in our series of weekly newsletters. Each week we will examine different aspects of exercise, nutrition and goal setting.

Meet the Meat

Beef, fish, chicken, pork, kangaroo and lamb. Everyone has their preferences when it comes to mealtimes. But do you know which meats are the best choices for weight loss?

The traditional roast lamb dinner. Such an icon of family mealtimes. But is it necessarily a good choice for those wanting to lose body fat? Let's look at the calories in lamb:

100g Lean boneless lamb 201 calories

Hmm. That's pretty high in calories for 100g of meat. This means that if we are not to exceed our calories for the meal, we can't eat much lamb. As the traditional side servings of a roast tend to be potato and gravy, maybe we should examine the calories in these too...

1/4 cup gravy 15 calories

2 medium baked potatoes (346g) 322 calories

Wowzers! In one meal consisting of 100g of lamb, 2 medium potatoes and a dash of gravy, we have eaten 538 calories! And remember that 100g isn't much meat. Chances are we would eat at least double that! Maybe we should look at other meat options: What about chicken breast with a side of pumpkin

100g Lean chicken breast 165 calories

346g mashed pumpkin 176 calories

This meal looks a lot more promising calorie wise. And we are still eating the same volume of food. But the caloric total is only 341 calories. But what about beef? Steak is always a popular choice...

100g Lean rump steak (beef) 177 calories

So beef is lower in calories than lamb, but higher than chicken. Not the worst choice for weight loss, but certainly not the best. What if we compare it to fish, since "Surf and Turf" seems so popular now?



100g Fish (average) 125 calories

Obviously fish is lower in calories than beef and even lower than chicken! A good solid choice for our goals. But is there any meat with fewer calories than fish? You betcha!

100g kangaroo 98 calories

That's right. Roo is much lower in calories than fish. So in order of highest to lowest calories, we have Lamb, Beef, Chicken breast, Fish and Roo.

Why is lamb so high? Because of the fat content. Remember, that 1 gram of fat has 9 calories. 1 gram of protein or carbohydrate only has 4 calories. So food that is higher in fat boosts the calories right up. How does this help you with choosing your meals? Choosing meats that have less fat in them lowers the caloric content of your meals.

“Wait”, I hear you say, “I cut all the fat off my meat”.

Sorry, it's not just the visible fat unfortunately. Lamb and Beef have a higher level of fat within the muscle tissue itself which can't be cut out.

To summarise, choosing chicken, fish or roo allows you to eat more for the same amount of calories. 100 calls of lamb or beef might be a mouthful, but 100 calls of roo will be a feast!

Group Training Can Motivate You!

Would you like to look good and feel great? Join us at any of the classes below for an amazing workout, a fabulous time and meet new people who you can help motivate and who will motivate you in turn. That is the benefit of group exercise. We look forward to seeing you this week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Kick Boxing</u>	<u>Boot Camp</u>		<u>Kick Boxing</u>		<u>Boot Camp</u>
7:30pm	6:30pm		6:30pm		7:00am
Penrith Sports Stadium Herbert St Cambridge Park (Opposite High School)	Jamison Park (Opposite the Netball courts near the little hill)		Penrith Sports Stadium Herbert St Cambridge Park (Opposite High School)		Jamison Park (Opposite the Netball courts near the little hill)

If you would like to come along and try out a class you're all more then welcome to come along your first session is only \$7.5c



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: