

Using Meal Replacements To Achieve Your Ideal Body Weight

Take a rub of a crystal ball and you may well see what many experts are saying will become common dietary practice. For many years, meal replacements were laughed off by weight loss experts, today it is a different story as the technology has lifted the nutritional content and made them both economical and tasty.

Meal replacements provide a strictly limited amount of energy for your body to use each day. As the amount of energy provided is less than your body needs, you will start to use your stored fat as the main source of energy. As your body burns your fat for energy, you will start to lose weight.

At the same time the high quality protein provided by the meal replacement helps preserve your muscle mass which is a key to long term weight loss success. The more muscle, the more energy burned daily, even at rest!

When considering a meal replacement it is best to choose one that is nutritionally balanced and that contains the right amount of protein and calcium mix along with omega 3 and 6. KicStart is produced by a Sydney-based pharmacy product-development team. It is well balanced, relatively tasty and has extra ingredients such as omega 3 and omega 6 fats in a healthy ratio. There are currently two flavours, chocolate and vanilla and 10 additional flavour sachets which can be added to vanilla to “custom make” your favourite taste.

To get the most benefit, meal replacements are used in combination with other lifestyle modifications. The following are recommendations when using meal replacements for weight loss success:

- Use once or twice a day instead of meals that are easy to replace.
- Mix shakes with low fat or skim milk, if not satisfying with water.
- Use quality products that are properly formulated and nutritionally balanced.
- Use fruit and low calorie foods as snacks.
- Ensure you still eat every 3-4 hours. Use fruit and veggies (as above) to maintain this routine.
- As part of a structured program, use two replacements per day for weight loss, then one per day for maintenance.

While certainly not the total answer to the obesity problem, most nutrition and obesity associations, under the appropriate circumstances, have now accepted meal replacements when used with appropriate supervision. If you feel that you have tried the strategies provided to date with minimal success or you feel you need additional support, meal replacements may be an effective strategy worth considering.

There is no magic to their success. Indeed, if this occurs it's purely through their ability to reduce hunger and therefore the total volume of food that is eaten over a 24-hour period. Given that most people in today's society eat too much, at least one meal replacement per day for everyone might be the way of the future!

Weight Loss Success Tools: Don't forget to utilise the Lifestyle Medicine Health Tools to assist you in developing a weight loss strategy and monitoring your progress and remember to keep your doctor involved throughout the process.

For more information on exercise and fitness go to www.lifestylemedicine.net.au OR email info@lifestylemedicine.net.au