

# I LOST 2kg IN ONE WEEK!

How JOYCE SEE did it without exercise or calorie-counting.

Overweight and verging on obese. With a body mass index (BMI) of 28, that's what I am (even if I don't look it) – so warned clinical dietitian Jaclyn Reutens. I was horrified. How did that happen? I thought I had a fairly normal diet – I eat three meals a day and I don't fancy buffets or sweets.

But despite all that, I'm actually eating too much. Close to 3,000 calories a day, to be exact, and twice of what my body needs (only 1,500 calories).

"People often underestimate how much they're eating because that's how much they're served and there's a tendency to finish whatever's on the plate," says Jaclyn.

Guilty as charged. All my life, I've never given a second thought to how much food there is on my plate at mealtimes. Jaclyn convinced me that this had to change.

She proposed portion control. Just follow this rule of thumb: Have one portion of carbohydrate (100g to 150g or six to eight tablespoons of rice), one portion of protein (100g to 150g – about the size of your palm) and one to two types of high fibre food (100g or  $\frac{3}{4}$  cup) for each meal. Simply eat less of each portion if you're looking to lose weight.

And it worked! I lost 2kg in a week, and did little else other than pay attention to the amount I ate and keep to the formula as closely as possible. The best part: I didn't have to avoid my favourite foods (of course, if you eat unhealthy foods, you'll have to further reduce the portion to compensate for the high fat and/or sugar content) – it's about eating smart and feeding your body what it needs. Here, my food diary and how I managed to do it.

## SATURDAY

**BRUNCH:** European breakfast

**WHAT I WAS SERVED:** 2 thick slices of white bread, sauteed mushrooms, 2 poached eggs with hollandaise sauce, and 4 streaks of parma ham.

**WHAT I HAD:** One slice of white bread, sauteed mushrooms, 2 poached eggs (I scraped away the hollandaise sauce) and 2 streaks of parma ham + a skinny cappuccino



## SUNDAY

**DINNER:** Seafood hor fun

**WHAT I WAS SERVED:** Prawns, squid, fishcake, vegetables and flat rice noodles.

**WHAT I HAD:** All the ingredients and  $\frac{1}{2}$  of the noodles.





## MONDAY

**LUNCH:** Nasi biryani

**WHAT I WAS SERVED:** A chicken drumstick, a side of vegetables, rice and a pappadam.

**WHAT I HAD:** Rice, chicken drumstick (without the skin) and  $\frac{3}{4}$  of the vegetables.



**1kg down!**

## TUESDAY

**DINNER:** Yong tau foo with clear soup

**WHAT I WAS SERVED:** Rice, 4 pieces of tofu, stuffed mushrooms and peppers, and a few stalks of vegetables.

**WHAT I HAD:**  $\frac{1}{2}$  of the rice and vegetables, 2 pieces of tofu, 1 stuffed mushroom and 1 stuffed pepper.



## WEDNESDAY

**LUNCH:** Filet-O-Fish meal

**WHAT I WAS SERVED:** Filet-O-Fish, medium fries and a medium diet Coke.

**WHAT I HAD:**  $\frac{1}{2}$  of the top bun, the patty (without the tartar sauce), the diet Coke and 10 fries.



## THURSDAY

**BREAKFAST:** Vegetarian bee hoon

**WHAT I WAS SERVED:** Bee hoon, mock meat and cabbage.

**WHAT I HAD:**  $\frac{1}{4}$  portion of bee hoon, and all of the mock meat and vegetables.



## FRIDAY

**DINNER:** Spaghetti aglio olio and Caesar salad

**WHAT I WAS SERVED:** Spaghetti and a Caesar salad.

**WHAT I HAD:**  $\frac{1}{4}$  portion of spaghetti and  $\frac{1}{4}$  cup of Caesar salad (I scraped away the dressing and skipped the croutons).



**lost 2kg!**

## BEAT THAT HUNGER!

• **Never skip breakfast.** You should always feed your body as soon as you get up as it's just come out of a seven- to eight-hour fast.

• **Have a warm beverage (avoid milk, sugar and honey) when you're feeling peckish.** The warmth tricks your stomach into thinking that it's full, and having a drink stops you from reaching for food immediately.

• **Take your time with each mouthful.** Your body takes about 20 minutes to register that it's full, so if you take your time to chew your food, your body has time to react.

Expert source: Jaclyn Reutens, clinical dietitian at nutrition consultancy Aptima Nutrition & Sports Consultants