

# Tefal<sup>®</sup>

## Body partner

Advice from Dietician BioparHom  
Marie-Noëlle COUX



To lose weight

Your objective:

# To lose weight



1

Keep cheese for mornings or afternoons. The calories it contains will then be used during the day.

2



**Avoid carbohydrates in the evening and opt for vegetables which contain fewer calories!**

Carbohydrates belong to a different dietary group. It includes pasta, bread, rice, dried vegetables, polenta, potatoes, quinoa, semolina, etc.



3

If having drinks, choose still or sparkling water with lemon juice over alcohol, to limit your calorie intake.

For example: 1 glass of **Martini = 128 kcal**;

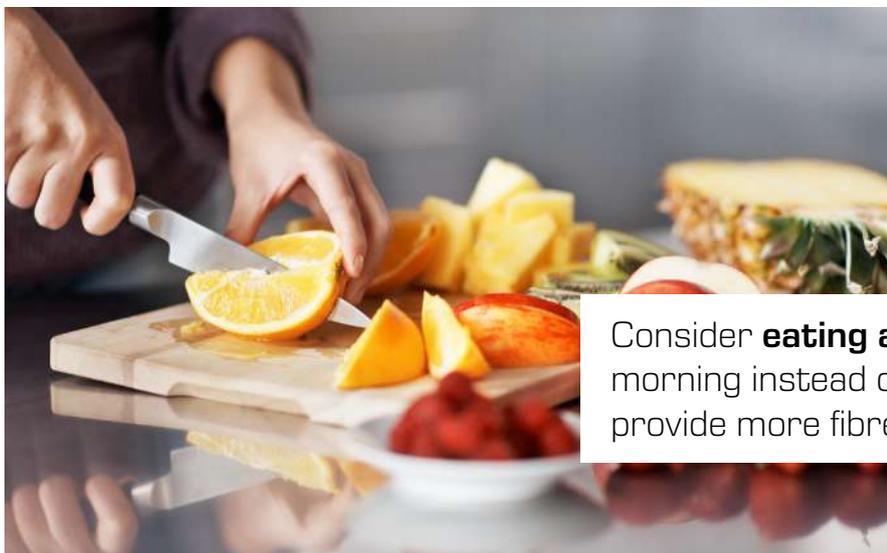
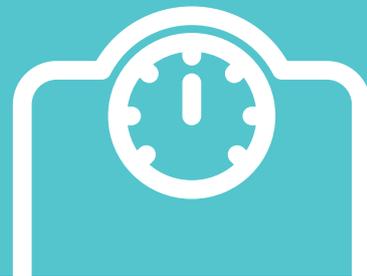
1 glass of **whisky = 200 kcal**;

1 glass of **wine = 100 kcal**,

compared to **1 glass of water with lemon = 1 kcal**.

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4

Consider **eating a piece of fresh fruit** in the morning instead of having fruit juice. It will provide more fibre, vitamins and minerals.

5



Watch out for bananas, which have a high sugar content. **Avoid eating them in the evening.** Replace them with an apple or a pear.

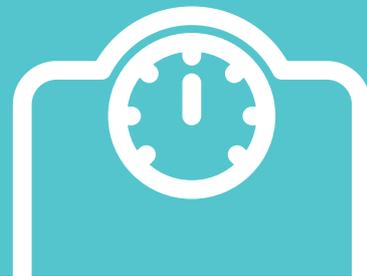
6



**Polenta** is a type of cornmeal from the north of the region of Piedmont in Italy. It is gluten free, easy to digest and simple to cook. It is **rich in vitamin B9**. Once cooked it can be poured into a cake tin. Allow it to cool, turn it out of the mould and then cut it into slices which can be pan fried.

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7

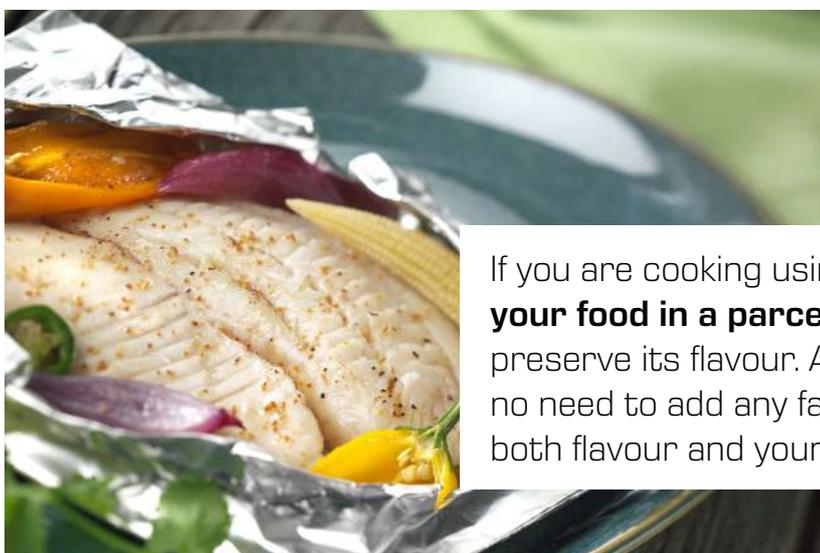
Be positive, persevere! Find the balance between pleasure and excess! Instead of eating three squares of chocolate together, **cut 1 square into 4**, and enjoy each piece, letting it melt slowly on your tongue. The flavour of the chocolate will last longer, and you won't feel the need for another square!

8



Always remove the fat from the meat (chicken, roast pork, piece of beef, etc.) before cooking!

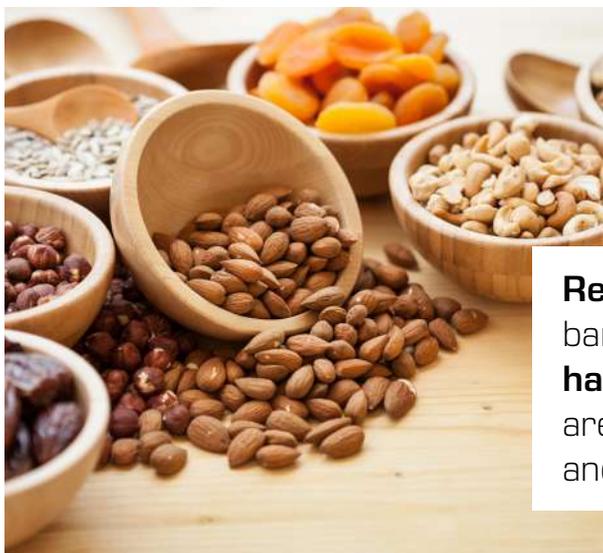
9



If you are cooking using the oven, **consider cooking your food in a parcel** (steam cooking) which will preserve its flavour. As with all steam cooking, there's no need to add any fat! A winning method of cooking for both flavour and your figure!

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## 10

Replace **sweet foods** (biscuits, chocolate bars, sweets, etc.) with **dried fruit, walnuts/hazelnuts/almonds** and **dark chocolate** which are rich in protein, essential fatty acids, vitamins and minerals.

## 11

Processed foods are often too high in fat and salt in the case of prepared dishes (canned or frozen) and too high in fat and sugar in the case of biscuits and cakes. Their consumption should be limited to **2 to 3 times per week**.



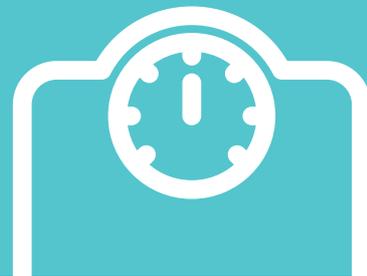
## 12

Opt instead for **natural dairy products**: yoghurt, fromage blanc, faisselle, petits suisses. They are sugar-free and therefore contain fewer calories than dairy products that contain fruit. It is better to manage your sugar intake and add 1 teaspoon to your dairy products.



Your objective:

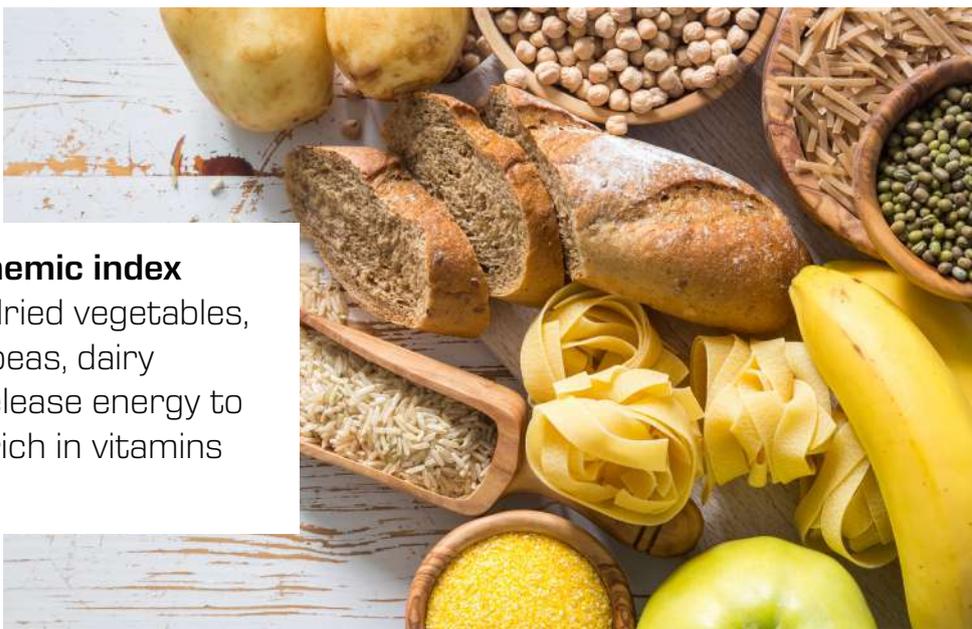
# To lose weight



# 13

Eat **seasonal fruits and vegetables!**  
They taste better and have higher nutritional content!

# 14



## Opt for foods with a low glycaemic index

(wholegrain bread, rolled oats, dried vegetables, wholegrain cereals, fresh fruit, peas, dairy products, etc.) that gradually release energy to the body. These foods are also rich in vitamins and minerals.



# 15

Cooked ham is a type of charcuterie, but you can eat it **3 to 4 times a week**, since it contains less than 10% fat, especially if you remove the rind!