



HOT TOPIC

eat fat.
LOSE
WEIGHT



REMEMBER TO
CONSULT A
DIETITIAN AND
PERSONAL TRAINER
BEFORE COMMENCING
ANY WEIGHT LOSS
PROGRAM.

A RECENT STUDY conducted in Australia showed that when overweight people took doses of omega 3 fats (approximately three grams daily) they lost more weight than those who did not.

Participants were split into two groups; both of which completed a structured exercise program of three bouts of high intensity running for 45 minutes each week. Each group was then given the same calorie controlled diet; however, one group was instructed to eat three grams of omega 3 fats daily, and this group lost an average of two kilograms over three weeks. In addition, they also showed a reduction in their LDL cholesterol levels by ten per cent!

It is suspected that fish oil improves blood flow to muscles during exercise, and improves the fat burning process, turning your body into a fat burning powerhouse.

In addition omega 3 fats have a powerful effect on metabolism because they decrease insulin activity. Insulin is a hormone in the body that promotes carbohydrate storage and can promote weight gain. Without the presence of insulin the body is able to switch on its fat burning enzymes and break down stored fat.

Other reasons to include fish oil into your diet are that it may help curb dieter's depression, since it has long been known that we need healthy fats in our diet to keep our hormones balanced (balanced hormones help us feel good mentally and physically). Interestingly, studies have shown that a large majority of dieters abandon their weight loss regime because of anxiety surrounding food, depression and feelings of being unwell. It has been speculated that the diet 'blues' may be caused by a lack of omega 3 fats.

So the bottom line is, not only will omega 3

fats help you burn fat better, they may even help you stay on track to achieve your weight loss goals.

And if these benefits are not enough, in addition to rapid weight loss and beating dieter's blues there are even more positive health benefits that omega 3 fats provide. These include:

- + Memory improvement
- + Reduced risk of heart disease
- + Enhanced immunity
- + Healthier looking skin
- + Reduced body inflammation, which is often a precursor to age-related diseases such as arthritis and heart disease.

So, the bottom line is this: to really kickstart your health and weight loss goals combine exercise with a healthy diet rich in omega 3 fats. The daily recommended intake for omega 3 DHA is approximately 3g (or 3,000mg), and this can be achieved through eating foods such as oily fish (e.g., salmon and tuna), olive and nut oils, avocado, nuts and seeds or supplementing with fish oil tablets.

The following is a list of delicious food ideas rich in omega 3s that you can also easily add to your meal plan this month:

- + Eggs with avocado and oat and pumpkin seed bread.
- + Stir fried soy bean tofu with Asian greens with black bean sauce.
- + Tuna and salad sandwich on soy and linseed bread, with omega 3 enriched margarine spread.
- + Mixed whole nuts (e.g., almonds, pecans, walnuts and cashews) with dried fruit and pepitas.
- + Grilled salmon with avocado salad and rice.

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