



THE TRUTH

ABOUT

WEIGHT LOSS

Quick fix bull...

Why do we all look for quick fix solutions in whatever we do. We certainly want one with regards our health & fitness and more so weight loss. The truth of the matter though, whether you've read in magazines or seen it on a slimming pill packet from companies only interested in selling their product.

There is not a quick fix, quick fix solutions don't exist. Consistent routines done consistently will get you where you want to be. It is all about being consistent in what you do. Anything less than that just isn't valid. Consistency over time, is your only fix.

This goes for our diet/nutrition too we all want the quick fix easy option diet, when no diet works forever. The slimming world client who goes every week for their weekly weigh in. The weight watchers client who spends fortunes on pre packed meals both these have being successful as businesses but do you know any individual who having achieved results they wanted has managed to keep the results.

I bet very few.

Weight watchers worked for me last time, slimming world worked for me last time. Last time, exactly. These are the quick fixes, the quick fixes that don't last forever.

Enter 'diet' into a google search and you'll get almost 70 million hits! The online encyclopedia 'Wikipedia' lists an A-Z of over 100 common diets. So diets are everywhere yet the national waistlines of this country is expanding...again diets just don't work long term. Because again there isn't a quick fix.

Let me try and explain...

The truth about fat loss.

I'm not sure if it's true (I sure hope it's not), but I've yet to meet a woman who DIDN'T have something negative to say about her body, then it gets you thinking. What's the reason so many women are unhappy with the way they look? Is it their boobs? Their bum, the size of their hands. How about moles or teeth gaps? Tricep flab or stretch marks? Cellulite or a lazy eye?

Honestly, I have no idea and I doubt I ever will. But, one thing I have noticed is every woman I've ever worked with I'm not exaggerating here; EVERY WOMAN has asked me what is the fastest way to lose weight?.

Whether they need to lose weight or not? Well, that's up for debate. But, every woman has made it clear that finding the fastest way to lose weight is something that's really important to them.

So, ladies, today I'm going show you how to do it.

Regardless of whether you're a man or a woman, there are a few things you need to understand and accept before you embark on your fat loss journey:

1) You're going to have to make sacrifices

I know this seems like common sense, but you'd be surprised at the number of people that decide to chase a goal without giving one thought to the work required to achieve it.

Fat loss? It's hard. It never stops being hard and it requires a lot of sacrifice in time, money, energy, food, etc. that not many people are willing to make.

If you are, if you care about losing weight more than you care about the stuff you'll have to give up to do so you *will* succeed. If not, you won't.

2) You have to be consistent

Consistency is definitely the key.

This is with anything, but your results aren't predicated on what you do in a day or a week. They're predicated on what you do in a month or a year (or longer depending on how far you want to take things). If you train hard and eat right on a consistent basis, you'll wind up with a great physique. If you don't if you're on and off with your training or eating, or only stick to a program for a short period of time you'll wind up exactly the same as you are

3) You'll have to keep doing what you're doing

Why do so many people end up regaining all of the weight they lost if not more after a diet? It's because diets don't really work forever after which

It's because they revert back to their old eating habits. Or their old training habits. Or they stop training and eating well all together.

Whatever you did to lose body fat is what you'll have to keep doing in some way, shape, or form to maintain it. Be smart about the methods you choose to induce fat loss. Because, eventually, it'll become part of your lifestyle.

4) You won't always be motivated

Some days you will want to give up and you know what? That's OK.

Nobody has an unlimited supply of motivation. What makes someone successful at anything, not just losing body fat isn't an ability to always be motivated. It's an ability to just "show up" and put in the work regardless of whether or not they're motivated.

There are going to be days where you don't feel like following your diet, going to the gym, or doing an hour of low intensity cardio. It's on those days (not the days you feel awesome) that dictate your success.

5) Perfection isn't possible (nor is it necessary)

If you're making progress, stick to the process. It won't go perfect it's not about being perfect. It's about being better. Perfection doesn't exist, and chasing it will only lead to frustration and burnout. Don't try to be perfect. Try to be better.

In the grand scheme of things, that's all that really matters.

6) Progress Isn't Linear it's not a straight line

Lastly, understand that just as there'll be weeks where you drop inches, pounds, and look noticeably leaner, there will also be weeks where you don't. This doesn't mean you're a failure, it just means you've stuck to the plan long enough to hit a plateau (which means you've also made progress).

And when you do, this is when you have to slightly alter your approach.

Now that we have the groundwork laid, let's talk about how to actually shed body fat. We're going to cover nutrition first (since it has the biggest impact on fat loss). Then, we'll go over strength training and cardio. How to make adjustments when fat loss stalls; and finally, we'll finish up with some common myths and misconceptions.

Nutrition

Nutrition is the most important fat loss variable, and it can be broken down in to five categories:

1. Calories
2. Macronutrients
3. Nutrient Timing
4. Micronutrients/Fiber
5. Supplements

Let's cover each category individually:

Calories

Calories are just a fancy way of saying "energy". Everything you eat is made up of calories, and the total amount of calories you consume by the end of the day determines whether you gain, maintain, or lose body fat.

Macronutrients

Macronutrients are "major nutrients" protein, carbohydrates, and fats and they combine to make up the calories you consume on a daily basis (protein and carbs are 4 calories per gram, and fat is 9 calories per gram).

Each macronutrient has a different function within the body, and the amount of protein, carbs, and fat you eat in relation to your total calorie intake has a huge impact on your physique.

Micronutrients/Fiber

Micronutrients refer to "small nutrients" vitamins and minerals and have a huge impact on your health. Fiber is important for your health too (and for staying regular) and both micros and fiber are found in the foods that make up your daily.

Now that you have a simple overview of each category, here's a step-by-step guide for setting up a nutrition plan:

Step 1: Create a Caloric Deficit

A caloric deficit (burning more food/energy than you're taking in on a daily basis) is required to lose body fat, and you can create a deficit by either

- Decreasing your food intake and or
- Increasing your cardiovascular activity.

We're going to talk about cardio in a bit, so in regards to your food intake, you want to eat the most amount of food possible that still allows you to make progress.

If you know how many calories you're taking in (i.e. if you already track your food intake), start with a 300-500 drop in calories below maintenance daily (the amount of calories required to maintain your current body weight), and adjust from there. 500 calories daily times 7 as there's 7 days in a week equals 3500 which is equivalent to 1lb of fat.

If you don't know how much food you're eating, you can either put your stats in to an on line calculator which will give you an "estimated" maintenance intake. You will have a rough guide to work from then.

Step 2: Set Up Your Macronutrients

Calories reign supreme in your journey to shed body fat, but macros come in at a close second. Protein is the building block of muscle tissue, and it's also the most satiating macronutrient (meaning it keeps you fuller longer). Carbs are your brain's main energy source, your body's main energy source during high intensity exercise, and the macronutrient that has the largest impact on your metabolism. And fat is your body's main energy source at rest.

You need different amounts of each macronutrient not only to maximize performance, but also to maximize your physique so the way I would set them up is as follows:

If you track your macros/calories, you don't have to get so concerned initially with macro nutrients but if you decide you want too here is a rough guide as to what you should be aiming for.

- Set protein close to 0.8g per pound of your body weight
- Set fat anywhere from 0.3-0.5g per pound of your body weight
- Fill in the rest of your calories with carbohydrates

If you don't track your macros/calories, ideally from fruits and vegetables

- Eat a protein source with each meal (size of your palm)
- Fill up half of your plate with veggies
- Don't add extra fat to any meals (we don't seem to have a problem getting enough fat in)
- Try to eat nutrient dense, whole foods as the majority of your diet (fruits, veggies, quality starches, etc.)

Step 3: Make Sure You're Getting in Enough Micronutrients & Fiber

This matters more for your health than anything else, but because being unhealthy would trash your ability to perform at a high level (which would negatively impact fat loss), it needs to be accounted for. The way you ensure you're getting in enough micros and fiber is by eating nutrient dense, whole foods at least 80% of the time. Fruits veggies etc. One ingredient foods. Moderation is important. Flexibility is important.

And there's nothing wrong with eating "junk" food from time to time.

But, micros and fiber are important too. And if you want to stay healthy, you need to be (at least the majority of the time) eating "healthy" food. Fruit, veg, meat and water.

Step 4: Figure Out the Structure of Your Meals & When You Want to Eat Them

This comes down almost entirely to personal preference. If you want to eat three meals per day, eat three meals per day. If you want to eat every two hours, eat every two hours. Want to train on an empty stomach? Train on an empty stomach.

As long as you're eating in a caloric deficit, consuming the proper amount of each macronutrient (that you need) are able to train hard, are able to sleep at night and aren't thinking about food all day, your meal structure/timing is probably fine. If any of those things are off, make an adjustment.

Step 5: Buy Some Supplements (If you want)

Again, supplements aren't going to have much of an impact on fat loss, but protein powder, fish oil, and vitamin and mineral supplements are decent investments. Everything else? Probably worthless (at least from a fat loss standpoint).

So don't waste your money.

Strength Training & Cardio

Moving on to physical activity, strength training is the most beneficial activity you can do to lose body fat (this is even more true for women than it is for men), and cardio is important for your heart health, work capacity, and ability to create a caloric deficit

Strength Training

Strength training refers to any activity that forces you to use your muscles to generate force against an external resistance.

In other words, it's any activity that has you lifting weights.

For the purpose of this article, those weights can come in the form of your own body weight, dumbbells, barbells, or exercise machines (i.e. just a normal strength training routine).

Cardio

There are two types of traditional cardiovascular exercise:

- Low intensity steady state cardio (LISS)
- High intensity interval training (HIIT)
-

LISS cardio is characterized by activities that are low in intensity, high in duration, and don't put a ton of stress on your joints (jogging, walking, swimming, biking, etc).

HIIT is characterized by activities that are extremely high in intensity, short in duration, and are structured with periods of all-out effort followed by periods of low effort or rest (sprints, bike sprints, jump rope intervals, basketball, etc). Both forms of cardio are beneficial, and both have their place in a well-designed fat loss

Now that you have a simple overview of each activity, here's a step-by-step guide for implementing them in a fat loss program.

Step 1: Start Strength Training

Strength training builds muscle tissue. More muscle tissue increases your metabolism and a faster metabolism leads to more fat loss in the long run.

Strength training also:

- Builds confidence.
- Builds strength (duh).
- Improves athleticism.
- Improves balance and stability.
- Improves movement capacity.
- Helps you avoid injury.

In an ideal world this is what we should be doing:

- Train 2-4 days per week
- Perform compound exercises as the foundation of your program (squats, deadlifts, presses, rows, lunges, carries, etc.), with isolation exercises thrown in as accessory work.
- Perform 3-6 exercises per workout.
- Perform 3-6 sets per exercise.
- Train in the 3-12 rep range.
- Take 60-120 seconds of rest in between exercises.
- Add weight, reps, or sets on a weekly to monthly basis.
- Change either your exercises or the rep ranges you're working at every 4 weeks.
- Don't go to failure (at least not on main lifts).

Strength training is a constant in your fat loss program. Your food intake and cardiovascular activity will change, but strength training as a whole will remain the same.

Step 2: Establish a Starting Point for Cardio

If you're an endurance athlete, do as much cardio as needed to perform well in your desired sport. If you're not an endurance athlete, do the least amount of cardio possible that still allows you to lose body fat. For most women, this will be *1 to 3 sessions per week*.

Some will want to do more, some less.

Step 3: Pick Your Cardiovascular Activities

Just like with nutrient timing, this comes down almost entirely to personal preference. If you like to dance, dance. If you like to swim, swim. If you like to play tennis, football, or run on a treadmill.

In most cases, you want to pick an activity that you enjoy and are willing to stick with in the long-run. The only caveat is you have to be mindful of fatigue. Your body doesn't have an unlimited ability to recover especially when your food intake is limited so if the cardio you're doing is starting to detract from your strength training sessions (which is far more beneficial, and therefore more of a priority, than cardio is), you need to change it.

Making Adjustments

The things written before this provide good starting points, and they should get you moving in the right direction. But, eventually you're going to hit a plateau, and you can either decrease your food intake or increase your cardiovascular activity to get the ball rolling again. Doing either will create a further deficit, and re-stimulate fat loss.

The key is to:

- 1) Decrease your food intake OR increase your cardiovascular activity (try not to do both at the same time).
- 2) Make adjustments only when you have to (don't get impatient).
- 3) Make the smallest adjustments possible.

Honestly, this comes down to trial and error, and you'll learn what works best for YOU through experimentation. But, the above "keys" are pretty vague, so here are some simple guidelines:

1. When you hit a plateau, decrease your food intake or alter your food choices if you don't want to do more cardio, or increase your cardio if you don't want to eat less food.
2. Reductions in food should come primarily from carbs and/or fats (protein stays constant), and should be characterized by a drop of about 100-200 calories.
3. Increases in cardio can come from either adding duration (30 minute session to a 60 minute session), adding intensity (30 second intervals turn in to 45 second intervals), or adding another session (1 session per week to 2 sessions per week).
4. Measure progress by 1) What you see in the mirror, 2) Measurements (hips, abdomen, legs, arms, etc), and 3) The scale.
5. Keep making adjustments until you reach your goal.

Myths and Misconceptions

As you can probably tell by now, the recommendations proposed are similar to the recommendations that would be given to both a man and a woman for good reason. How women and men lose body fat is very similar. Sure, there are some differences between the two; women store more fat in their hips, men tend to get bigger around the midline, women also tend to get more emotional about the scale weight but there's not nearly as much difference as most people think.

And a lot of the misguided fat loss advice given to women (eat like a bird, avoid strength training, do a TON of cardio, etc.) is based on a few key myths and misconceptions:

1) Women have slower metabolisms than men

True, but only for one reason: Women tend to have less muscle mass. If they had the same amount of muscle mass, they would have the same metabolic rate (or close to it).

That's why strength training is important (it helps women build muscle, which in turn speeds up their metabolism). And it's also why – although most women will likely have to eat less food than men because of their smaller structure – they shouldn't eat like birds just for the hell of it (EAT AS MUCH FOOD AS POSSIBLE).

2) Strength training will make women bulky

Not true. Most men have a hard time getting bulky, and they have a boatload more testosterone (which is the hormone that drives muscle growth). Strength training won't make women bulky. What it will do however is make them strong, confident, powerful, speed up their metabolism and give them the "toned" and "shapely" look most women are looking for.

3) The best way for women to get lean is by doing cardio

Nope. The best way for women to get lean is by being in a caloric deficit for a prolonged period of time. Cardio is useful tool in creating a deficit. But doing too much of it will start to eat away at muscle tissue and take away from their ability to train hard in the weight room. And, based on what we've discussed about strength training, muscle growth, and the benefits it has on fat loss, that's obviously not a good thing.

4) Carbs make women fat, so they should avoid them

Wrong. Too many calories make women (and anyone for that matter) fat.

Carbs are extremely beneficial for health, performance, and body composition, and although they're the nutrient that most often gets cut in a fat loss program (because they're less "essential" than protein and fat), women should eat as many carbs as possible.

5) Fats make women fat

Again, this is completely off base. Eating too many calories makes you fat!!

6) Too much "junk" food will make women fat

Lastly, too much "junk" food will make anyone fat, but it's not really the "junk" food that's the problem; it's the total number of calories.

"Junk" food has a high caloric density (high number of calories in a small volume of food), making it extremely easy to overeat. If women can consume "junk" food in moderation while staying within their target number of calories, they're fine. And, because mental health matters just as much as physical health (depriving yourself will get you nowhere), they probably should.

Wrapping Up

The Fastest Way to Lose Weight (And Keep it Off for Life)

There's nothing fancy about this article and that's because there's nothing fancy you ladies need to do in order to lose body fat. Eat well. Train hard.

Make adjustments when progress stalls and keep grinding.

You do that, while tailoring the specifics of your plan to meet your individual needs and you'll have no choice but to be successful.

Dietary habits

Like with exercise, in order for an improvement in fitness body composition, performance or health to happen dietary changes must be sustainable.

Most nutritional changes undertaken usually fail. Maybe this is due to a lack of planning or too much reading glossy magazines and their false diet promise advertisements. Where you will often choose that latest shake diet or the abs in 3 week one. Sold only by companies with their pockets in mind.

Over a more considered and sustainable approach because you want something to happen yesterday. This is the way of the impatient world I'm afraid. Health is important, in fact our health (the state of freedom from illness or injury) is the most important thing we as individuals have. Our health can make us or break us. What we consume has a massive impact on our health. We truly are what we eat.

From body composition to illness, disease and injury our diet is a huge factor in what we've become. This is why what we eat is so important, these fad diets don't address the issues of your diet, they give you a fix. That 4 week fix before your holiday before you go away. You come back where you've put more weight on than even before you lost it. You can see dieters like addicts trolling through articles looking for their next yo yo diet drug fix. When all they need to do is address their diet rather than go on one.

You've probably, most defiantly experienced slip ups in which ever diet you chose no doubt (where the old habit reappears) the sod it times when you think you've let yourself down. So you slide back down that slippery slope. This can last for weeks to months until you get your head in check before repeating this cycle again.

Diets are a very extreme approach to change. If you look at a diet in terms of the amount of change required and the speed of that change (how quickly that change is being implemented) it's both physically and psychologically unlikely to work. One important aspect of any work I like to do is to discourage 'dieting'. People who follow extreme diets try to achieve too much too soon.

Would you try to run the London marathon if the only thing you've run in years is the bath for your kids? Diets work the same way we need to slowly introduce dietary changes.

Diets are that extreme. Ok so I don't like the word diet, can you honestly say you know anyone who a diets worked for. You had to think long and hard then. They may have worked short term. But your mate Julie who you said it worked for is now back queuing to be weighed again at slimming world. Repeating that never ending cycle.

Sorry I'm wrong diets do work, they just don't ever last.

What if I asked you how hard you would like to work to temporarily lose some weight and then put it back on. Exactly you wouldn't want to work hard for nothing.

What I'd like to ask you is please, are you prepared to work hard with mind and body to improve your nutrition over time. A similar process to how we'll be going about making you fitter and healthier done in a way that is gradual, achievable and as painless as possible. For both we will use the one step at a time approach.

We are looking for improvements, not perfection. We're going to use similar approaches to improving your nutrition, as we will be doing for your fitness. We want long term personalised, practical and sustainable changes. Changes that will last forever.

Why this way you ask? Because, if we try to change too many diet habits at once, it's damn near impossible. But try changing too many habits one at a time over a period of many weeks is much, much more manageable. That's why I like to give a single, achievable habit to focus on, that way you'll develop a real sense of mastery over your progress, which leads to greater diet compliance over the long haul. After all we are wanting sustainability.

What I've found works best is actually prioritizing diet changes into bang for your buck categories and focusing initially only on a foundational change diet habit. For even better success, I like to have you select which of the foundational changes you'd like to work on. You need to be involved in the decision making process after all it's you I want to comply with the process. This way I feel is best so you won't feel as though you are being forced into doing something you aren't prepared to do.

We complicate everything when we can make it so much simpler.

Here are 3 doable things to get you started, don't laugh, just try it, then see if you laugh. No drastic measures. Just simple changes you can implement immediately that over time will have a sustainable lasting effect on your waist line.

Foundational Change

Start

Let's Increase protein intake initially, we will start out with a protein based breakfast. And a protein source with each meal

Then

If we are going to have a starchy/ sugary/ carbohydrate source make this predominantly during/after workouts. Or I like to say when you deserve them, when you've being physically active.

Does your body actually need this type of carbohydrate source anyway? That's another topic.

Then

Eat as many servings of vegetables a day as you can, this is a must. Eat as many colours as possible.

Always do this

Drink water

These are initial changes you can address the biggest bang for your buck things you can do.

Make these your dietary habits initially. Master these basics for a couple of weeks. Then you can introduce a few more tweaks. Consistency over time is the key to your success.

Put yourself first

If you really want to make a change in your lifestyle and lose weight, the people with the most success learn that it is okay to put yourself first. You need to realise it is okay to be selfish when it comes to your health and weight loss goals. Schedule time for yourself to workout and be active every week; let nothing get in the way of it. Start with one day a week and DON'T MISS IT! After a few weeks of being consistent increase the amount of time you set aside for yourself. Now is the time that you have to create a new path to better your health and improve your lifestyle.

You will slowly start to lose weight and see the fitness results that you desire. You will have more energy to go to work and be there for your family. When it comes down to it that is all we really want. So why not give yourself the best chance to achieve all this by putting yourself first?

More importantly than exercising once a week comes your dietary habits after all we really are what we eat. Here I've listed 10 pointers to help you with some direction.

Ten rules of good nutrition

1. Eat every 2 to 3 hours

You doing this – no matter what? Now, you don't need to eat a full meal every 2-3 hours but you do need to eat 6-8 meals and snacks that conform to the other rules below. Obviously done within your calorie limits.

2. Eat complete, lean protein each time you eat.

Are you eating something that was an animal or comes from an animal – every time you feed yourself? If not, make the change. Note: If you're a vegetarian, this rule still applies you need complete protein and need to find non-animal sources.

3. Eat vegetables every time you eat.

That's right, in addition to a complete, lean protein source, you need to eat some vegetables every time you eat (every 2-3 hours, right?). You can toss in a piece of fruit here and there as well. But don't skip the veggies.

4. Eat carbs only when you deserve to.

Well, not ALL carbs – eat fruits and veggies whenever you want. And if you want to eat a carbohydrate that's not a fruit or a vegetable (this includes things like simple sugars, rice, pasta, potatoes, bread, etc), you can – but you'll need to save it until after you've exercised. Yes, these often heavily processed grains are dietary staples in North America, but heart disease, diabetes and cancer are medical staples – and there's a relationship between the two! To stop heading down the heart disease highway, reward yourself for a good workout with a good carbohydrate meal right after (your body best tolerates these carbohydrates after exercise). For the rest of the day, eat your lean protein and a delicious selection of fruits and veggies.

5. Learn to love healthy fats.

There are 3 types of fat – saturated, monounsaturated, and polyunsaturated. Forget about that old “eating fat *makes* you fat” maxim. Eating all three kinds of fat in a healthy balance (about equal parts of each) can dramatically improve your health, and even help you *lose* fat. Your saturated fat should come from your animal products and you can even toss in some butter or coconut oil for cooking. Your monounsaturated fat should come from mixed nuts, olives, and olive oil. And your polyunsaturated fat should come from flaxseed oil, fish oil, and mixed nuts.

6. Ditch the calorie containing drinks (including fruit juice).

In fact, all of your drinks should come from non-calorie containing beverages. Fruit juice, alcoholic drinks, and pop – these are all to be removed from your daily diet. Your best choices are water and green tea.

7. Focus on whole foods.

Most of your dietary intake should come from whole foods. There are a few times where supplement drinks and shakes are useful. But most of the time, you'll do best with whole, largely unprocessed foods.

8. Have 10% foods.

I know you cringed at a few of the rules above. But here's the thing: 100% nutritional discipline is never required for optimal progress. The difference, in results, between 90% adherence to your nutrition program and 100% adherence is negligible. So you can allow yourself “10% foods” – foods that break rules, but which you'll allow yourself to eat (or drink, if it's a beverage) 10% of the time. Just make sure you do the math and determine what 10% of the time really means. For example, if you're eating 6 meals per day for 7 days of the week – that's 42 meals. 10% of 42 is about 4. Therefore you're allowed to “break the rules” on about 4 meals each week.

9. Develop food preparation strategies.

The hardest part about eating well is making sure you can follow the 8 rules above consistently. And this is where preparation comes in. You might know what to eat, but if it isn't available, you'll blow it when it's time for a meal.

10. Balance daily food choices with healthy variety.

Let's face it, when you're busy during the week, you're not going to be spending a ton of time whipping up gourmet meals. During these times you're going to need a set of tasty, easy to make foods that you can eat day in and day out. However, once every day or a few times a week, you need to eat something different, something unique and tasty to stave off boredom and stagnation.

Let's take calorie counting out of the equation too, this gets rather complicated. So rather than calorie count try a much more simpler method.

All you need is the ability to count to two; and your own hand. Here's how it works:

Your palm determines your protein portion, your fist determines your veggie portions, your thumb determines your fat portion and your cupped hand determines your carb portion.

To determine your protein intake

For protein-dense foods like meat, fish, eggs, dairy, or beans, use a palm-sized serving. Women eat one palm-sized portion with each meal.
Note: a palm-sized portion is the same thickness and diameter as your palm.



To determine your vegetable intake

For veggies like broccoli, spinach, salad, carrots, etc use a fist sized serving. Women eat one fist-sized portion of vegetables with each meal. Again, a fist-sized portion is the same thickness and diameter as your fist.



To determine your carbohydrate intake

For carbohydrate dense foods like grains, starches, or fruits use a cupped hand to determine your serving size. Women eat one cupped-hand sized portion of carbohydrates with most meals.



To determine your fat intake

For fat-dense foods like oils, butters, nut butters, nuts/seeds use your entire thumb to determine your serving size. Women eat one thumb-sized portion of fats with most meals.

