

Diet like a dream steadily kg by kg ~ No.2 ~

In this program, you will improve your living style concerning such as diet and exercise. You won't aim a short-term achievement but will gain a long-term living style that keeps you from getting fat.

If you had the numeric of **more than 25 for weight (kg) ÷ [height (m) × height (m)]** in the previous body weight check, let's try this program together!

***Please print the sheet to use.**

***Let's strive for 1kg of loss in weight per month!**

It is important to get your weight off at a slow pace and not to haste. In this way, you will not gain back the weight. Losing 1kg per month is ideal for your successful diet and it won't be a stretch for your body either.

1kg of the body weight is equivalent to 7,200 kilocalories (Kcal)

So 7,200Kcal÷30days(1month)=240Kcal

Therefore, losing **240Kcal a day** will result in **1kg of loss per month.**

-240Kcal at once is hard. So how about dividing into three times: morning, lunch (afternoon) and night.

How about **-80Kcal a time?**

Let's combine diet and exercise to lose **80Kcal a time** in everyday life!

Now, let's consider how to lose **80Kcal** by diet and the way of energy consumption by exercise.

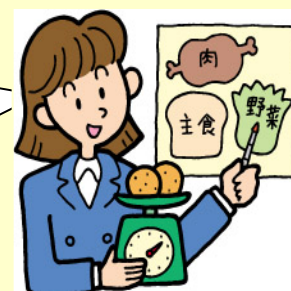
1g of fat is equivalent to 9Kcal

**Fat content is composed of purely 80% of fat and 20% of moisture.
Therefore, 1kg (1000g) of body weight is:**

$$1000(\text{g}) \times 9(\text{Kcal}) \times 0.8 = 7200(\text{Kcal})$$

*** How to reduce about 80Kcal of energy in diet (Diet)**

The following list is an example of ingestion in order to reduce 80Kcal. Please choose one or two way(s) convenient for you and try them in everyday life.
However, if you choose two ways of the diet, avoid the same category if possible.




Category	Action	Before	After	Reduced energy
Staple food	Change bread	Croissant 40g	Bread with the germ 40g	73Kcal
	Cut down on bread and butter	1 of 6-sliced bread, butter 10g	1 of 8-sliced bread, butter 5g	77
	Replace bread with cereal	1 of 6-sliced bread, butter 10g	Cereal 20g, milk 140ml	77
	Cut down on rice	Rice 150g	Rice 100g	84
	Cut down on bread	Bread 75g (1 and 1/4 of 6-sliced bread)	Bread 45g (3/4 of 6-sliced bread)	79
	Cut down on noodle	Spaghetti 100g	Spaghetti 80g	76
Protein food	Take low-fat or low-energy food	Milk 200ml	Skim milk 3 tablespoons (18g)	76
		Skinned chicken thigh 100g	Skinless chicken thigh 100g	84
		Pork loin 60g	Pork medallion 100g	89
		Ground beef and pork 100g	Lean ground pork hum 100g	75
		Canned marinating tuna 40g	Canned tuna boiled plain (oil-free) 40g	79
		Bacon 40g	Shoulder bacon 40g	88
		Deep-fried tofu 100g	Bean curd (tofu) 100g	78
Oils and fats	Cut down on oil	1 tablespoon of oil (12g)	1 teaspoon of oil (4g)	74
		2 tablespoons of dressing (oil: vinegar=3:1)	2 tablespoons of dressing (oil: vinegar=1:2)	89
		1 tablespoon of mayonnaise (12g)	1 tablespoon of non-oil dressing	71
	Change fry coating	1 fried-horse mackerel	1 deep-fried horse mackerel	88
		Deep-fried pumpkin 45g	French-fried pumpkin	79
		Fried shrimp and honewort	2 deep-fried shrimps	74
Articles of taste	Change snack	Strawberry short cake	Raspberry mousse	81
		Custard pudding 100g	Coffee jelly	81
		3 sesame dumplings	Almond jelly for 1 person	87
		Anmitsu for 1 person	Fruit mitsumame	82
		Apple pie 100g	Fruit rolled-cake 100g	77
		Ice cream (high fat) 120ml	Frozen yoghurt (strawberry flavor)	80
		Sponge cake 100g	Daifuku rice cake 100g	84
		Yeast doughnut 60g	Waffle stuffed with custard cream 60g	78
1 old-fashioned doughnut	1 chocolate custard French doughnut	83		

		Sweet jelly of paste beans 60g	Soft adzuki-bean jelly	75
		Soda pop 200ml	Barley tea or oolong tea 200ml	80
		Cocoa (pure cocoa with milk and sugar) 200ml	Milk tea (sugar-free) 200ml	86
		Canned coffee (with sugar) 200ml	Canned coffee (black) 200ml	80
Change snack size		Regular-sized short cake (100g)	Minisize short cake (70g)	84
		1 jumbo-size cream puff (100g)	2 minisize cream puffs (34g × 2)	78
Cut down on snack		1/2 bag of potato chips (45g)	1/3 bag of potato chips (30g)	83
		2 chocolates (truffle) (40g)	1/2 tablet of chocolate (30g)	75
		6 candies (30g)	2 candies (10g)	83
		6 caramel candies (30g)	2 caramel candies (10g)	87
Change alcoholic beverage		Rice wine (180ml)	Up to 1/2 glass of wine (140ml)	83
		3 glasses of wine (300ml)	A can of beer (350ml)	79
		1 glass of salty dog (145ml)	1 glass of brandy (single, 30ml)	77
Cut down on alcoholic beverage		A jug of beer (500ml)	A small draft beer (300ml)	80
		2 glasses of wine (200ml)	1 glass of wine (100ml)	73
		Rice wine (180ml)	Rice wine (100ml)	82

*** How to reduce about 80Kcal of energy by exercise (exercise)**



Let's try at least one of the exercises on the following list. Exercising on top of diet is good because muscle build a higher-energy-consuming body.

	item	man			woman		
		Time (in minute) needed to consume 80Kcal (weight classification)					
		60kg.	70kg	80kg	50kg	60kg	70kg
Exercise available while commuting or at work	Bicycle (normal speed)	18	16	14	29	24	21
	Walking (normal speed)	26	22	19	33	28	24
	Walking (in haste)	18	15	13	23	19	17
	Climb up and down the stairs	15	13	11	19	16	14
Exercise available on weekdays at home	Resistance training (average)	8	7	6	14	11	9
	Stretching	32	28	24	42	35	30
	Radio or TV gymnastics	18	15	13	23	20	17

Exercise available on holidays	Social dance	20	17	15	26	22	19
	Jogging (120m/min.)	12	10	9	15	13	11
	Tennis	12	10	9	15	13	11
	Baseball (average)	21	18	16	28	23	20
	Softball (average)	23	20	18	29	25	21
	Bowling	23	20	18	29	25	21
	Golf (golf course)	14	12	10	18	15	13
	Golf (driving range)	20	17	15	26	22	19
	Cycling (10km/h)	20	17	15	24	20	17
	Swimming (freestyle)	4	3	3	5	4	3
	aerobics	17	14	13	21	18	16
	Exercise bike	17	14	13	21	18	16

* Menu setting for **-240Kcal**

Please use as guide for exercise

Eg1) A 70kg man

- 1. morning: cut down on rice a bowl of rice 150g → 100g
- 2. lunch: walking at lunch time break 15 minutes in haste
- 3. night: cut down on alcohol beer 500ml → 300ml



Eg2) A 50kg woman

- 1. morning: walking 20 minutes in haste
- 2. lunch: cut down on spaghetti 100g (dry) → 80g (dry)
- 3. night: change canned coffee 200ml (with sugar) → 200ml (black)

* How will you do?

Write down 3 things for you to practice and let's get started!

1. Morning

2. Lunch

3. Dinner

* Advice from the staff

Did you find any 3 things you think you can do?

Practically, there are days that you can't fulfill the task or months that you don't have good effect. So take it easy and don't get stressed out.

Continual efforts are the way out of excessive eating and lack of exercise.

A record list of your body weight is attached below. Please print the sheet to use.

* Next step of "diet like a dream"

"True or false of basic assumption of diet"

