

## NUTRITION FOR WEIGHT LOSS

### Tips to weight loss success

The key to success for long term weight loss is making small and simple changes to your eating and exercise habits that are easily maintained. Strict diets will often make you crash and burn, leading to a lifetime of yo-yo dieting. Try incorporating some of these strategies into your daily routine. Don't attempt them all at once, instead start with one and slowly work your way through them when you feel the time is right.



\* Begin your day with a healthy breakfast to kick start your metabolism. Try wholegrain cereal with low fat milk and topped with diced fruit or a homemade fruit smoothie with low-fat milk and yoghurt

\* Eat 5-6 smaller meals. This will provide energy to last throughout the whole day and stop you from bingeing on less healthy foods. Also DON'T skip meals

\* Control your portion sizes and serve your meals on smaller plates. Even if foods are healthy it doesn't mean you can eat them in excessive amounts

\* Fill out a food diary to keep track of what you are eating. Putting it down on paper will make you more conscious of how much food and what types you are eating throughout the day

\* Slow down and enjoy your food. Put your knife and fork down between mouthfuls and don't pick them up again until you have swallowed your last bite. This will allow time for your stomach to tell you when its full and prevent overeating

\* Enjoy a wide variety of fruit and veg. They're high in fibre and low in energy so will fill you up without adding on the weight

\* Add some protein to every meal. This increases satiety and reduces your likelihood of overeating

\* Limit saturated fat. Choose low-fat dairy, lean cuts of meat with the fat trimmed off and limit fast food, takeaway and processed foods

\* Plan ahead. Taking the time to write out a weekly menu will not only save you money, but ensures you have a well-balanced diet with plenty of variety



\* Never do the grocery shopping on an empty stomach. Try to factor it in after some exercise and/or a healthy snack, that way your less likely to buy them naughty treats

\* Limit your alcohol intake. Alcohol supplies the body with empty calories. Try red wine or light beer for a better options and restrain from eating high fat foods at the same time. This is because our body will use the alcohol for energy and store the rest



\*Last of all, NEVER GIVE UP. You are going to have some slip ups along the way, but the important part is you recognise what triggers these and create a plan for next time they appear. Pick yourself up, dust yourself off and make your next choice a better one

See our 'Nutrition for Health' and 'Healthy Snacks' fact sheets or for more information & help with your weight loss journey visit an Accredited Practising Dietitian



Start with small changes to your diet and activity that can be maintained long term

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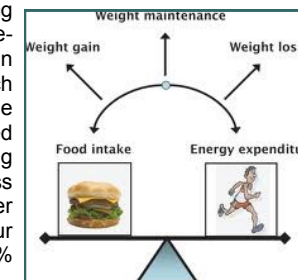


Being overweight or obese is extremely dangerous to your health. Not only does it reduce your quality of life, but it can increase your risk of developing serious health conditions such as high blood pressure, high cholesterol, diabetes, heart disease, stroke, arthritis and some forms of cancer.

With the rates of obesity among young children and adults growing at an alarming rate, we need to focus on sustainable lifestyle changes that promote good nutrition and physical activity in a fun and exciting way.

### The key to weight loss

Unfortunately, there is no miracle cure for losing weight. Many fad diets promise quick and easy results, but are unsustainable and often eventuate in the regain of any weight lost plus more! Research has proven that the most effective and sustainable way to lose weight is by eating a healthy balanced diet together with regular physical activity and aiming for 0.5-1kg weight loss per week. Any weight loss over 1kg is more likely to be from muscle or water losses rather than fat and this can actually lower your metabolism. The good news is that even a loss of 5% can have a significant impact on your health.



So how do we do this? Well, when the energy we put into our body equals the energy we put out, our weight will remain stable. So if we want to lose weight our total energy expenditure must be greater than our total energy intake.

### Gather up your support

The road to weight loss can be a hard and lonely one, but setting up support networks around you can help beat the battle. Involving anyone from your partner, friends, work colleagues, dietitian, personal trainer or community weight loss group can provide encouragement and help you stay motivated. They can guide you, share information and advice, listen to you when you're feeling down or even be there to give you a little nudge if you need it. By having that support you are more likely to achieve your weight loss goals and keep it off long term.



### Get moving!

Exercise is important when you are trying to lose weight as it prevents muscle loss and increases your metabolic rate. Being more active will increase your energy levels, confidence and quality of life. Find an exercise that you will enjoy and you will burn calories doing it! Aim for at least 30 minutes of activity each day. You can break this up into shorter bursts throughout the day and can even increase the overall time as you become fitter and stronger.