



# FACTSHEET

## 12 TIPS TO HELP YOU MANAGE YOUR WEIGHT



### 1 **The best diet is the one which works for you.**

Whether this is low carbohydrate, Mediterranean style or vegetarian, find an approach which works for you and is easy to follow.

### 2 **Weigh yourself every week (and don't be scared of your scales!)**

This will give you an indication of whether your food intake is adequate, too little or too much! It is so much easier to address a small weight gain of 1-2kg rather than having to tackle a larger weight gain



### 4 **Watch your portion sizes.**

Your protein portion and carbohydrate portion should be **'palm sized'**.

Vegetable serving sizes can be as large as you want.....!

### 5 **Don't be afraid to skip meals if you are not hungry.**

Intermittent fasting is the latest buzz word in nutrition and it involves following your appetite and going longer periods of time without eating. If you are not hungry in the mornings, you do not have to eat breakfast.

If you've had a big lunch and do not feel like supper you can skip it and simply eat the next day.

### 6 **Fill your lunch and supper plate with vegetables.**

Half your plate should consist of vegetables. Vegetables are nutritious, low in calories and high in fibre which will help keep you feeling full longer!

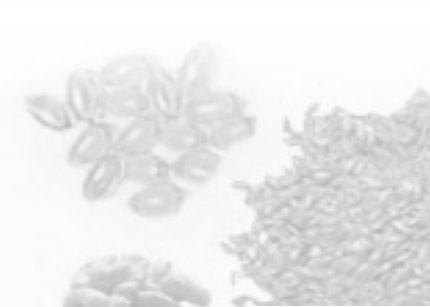
### **Focus on eating for your health rather than to lose weight.**

This gives you a more balanced and realistic perspective. Food is not about constant dieting and feeling deprived, hungry and miserable.

Healthy eating should be varied, delicious, colourful and fun!

### 3 **Have a small amount of protein (animal or vegetable) at every meal including breakfast.**

Protein foods are digested slowly and help to keep you feeling full longer.





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### 7 Limit your intake of refined carbohydrates, processed foods and sugars.

These are digested quickly and can spike blood sugar levels which may leave you feeling hungry and tired very quickly after eating.

Be aware that white processed grains even if they do not taste sweet, are broken down into sugar (glucose units) during digestion in the same way as cakes and sweets. Select whole grains (such as brown bread, quinoa and brown rice) where possible and limit sugary foods to 1-2 times a week.

### 8 Move more.

Try and schedule in at least 3x 30 minute sessions of exercise a week. Find an activity you enjoy and stick with it!

Try to be as active as you can in everyday life - walk quickly, run up and down the stairs, stand rather than sit, sit rather than lie down. This all helps to keep your metabolism burning energy!

### 9 Don't drink your calories.

Alcohol and fizzy drinks can contain a surprising amount of sugar and calories. Limit alcohol to no more than 6-8 glasses/measures of wine/beer/spirits a week. Avoid fizzy drinks and have water instead!

### 10 Address any emotional eating.

Eat when you are hungry, not because you are bored, stressed

or fed up! As a general rule, physical hunger comes on gradually and will be satisfied with food. Emotional hunger comes on suddenly and will never be satisfied with food.

### 11 Follow the 80/20 % rule.

Aim to eat as healthily as you can at least 80% of the time and your body and weight will reflect this. The occasional 'unhealthy' meal or 'difficult' day is not the end of the world.

### 12 Get organised!

Plan your weekly meals and food shopping in order to have a balanced, healthy and varied diet. If you find it difficult to resist cakes, biscuits and crisps, don't buy them!

**The balanced plate** - 50% vegetables, 25% protein, 25% carbohydrates.

#### As for portion sizes?

Use the rule of '**palm**', 2 palm sized servings (or more!) of vegetables and 1 palm sized serving of the other 2 food groups.

