

Smart tips to manage your weight

1. Key pointers to losing weight

- **Mind over fatter:** Think lifestyle versus DIET . diets do not work. Diets set you up for failure as they are restrictive and difficult to sustain. Focus on getting your thoughts to play a more positive / supportive role. How you think will determine your success or failure. If you believe this way of eating probably won't work+ . then it definitely won't! So start from today a new way of thinking . believe that YOU are worth it.
- **Having a clear vision makes the process a lot easier.** Take before photos of yourself (front, side and back) and have a good hard look. Visualize daily the NEW you, the NEW body and especially visualize the way you will feel when you lose the weight you need and want to!
- **Small steps:** Don't try to do the all . or . nothing approach to dieting. Rather make 2 . 3 reasonable changes to your lifestyle and make them habits over time.
- **Keep a food diary:** For a week or two . write down everything you eat and drink (and why you are eating it). Ideally work through this with a registered dietician. Awareness is the key to change and success!
- **Eat regularly.** 5 . 6 smaller meals spaced throughout the day will help to boost your metabolic rate as well as manage inappropriate food cravings.
- **Don't skip meals.** Starving yourself actually slows down your metabolism and encourages your body to store more fat as a survival mechanism!
- **Drink more water:** Drinking your correct water quota not only helps prevent headaches and food cravings but is very necessary for healthy metabolism of food.

How much water to drink: this is just a guideline:

Weight (Kg) rounded UP to nearest 10. Divide by 10. Add 2 = X amount of 250ml glasses water.
E.g. if you weigh 84kg round up to 90. Divide by 10 makes 9. Add 2 which makes 11 glasses of water.

2. Nutritional tips for smart and permanent weight loss

- **Eat breakfast within 2 hours of waking daily.** Probably the most important habit to form. Eating breakfast boosts your metabolic rate and manages late afternoon cravings.
- **Limit eating out** or buying take-aways to no more than 1 . 2 x week unless you are sure you are making sensible choices in quality and quantity. Take the time to prepare your own healthy and delicious meals! Take a cooler bag to work with you.
- **When eating out try these "healthy choice strategies":**
 - **Eat a light snack** before you go out so that you are not ravenously hungry!
 - **Words to avoid** (large, giant, super-size or jumbo)
 - **Eat less than you are served** . Try to order STARTER sized portions or leave 25% on your plate can save many kilojoules



- **Avoid the bread basket** . send it away as it will encourage overeating!
- **Remember the “doggie” bag** and take part of your meal home for later
- **Ask for all sauces on the side**
- **Order rice instead of chips or potato**

Cut down on unhealthy fats and boost intake of healthy fats

- Remove all visible skin and fat from meat and chicken BEFORE cooking
- Choose **lean cuts** of meat, chicken and fish . try GAME such as ostrich (very low in saturated fat)
- **Avoid frying** – rather ~~try~~ fry+using MSG free vegetable stock or even a little wine. Experiment with other cooking methods such as steaming, baking, grilling and roasting
- Read labels and aim for products with <5g fat per 100g
- Include small portions of the fats that are good for you:
- Men: 1 . 2 healthy fat portions per meal
- Women: 1 healthy fat portion per meal

1 portion of healthy fat =
 ¼ avocado
 10 small or 5 large olives
 1 Tblsp olive oil or palm fruit oil
 20ml unsalted nuts (small handful)
 30mls mixed seeds (small handful)
 10ml sugar-free peanut butter

- **Save on the drinks**
 - Avoid fruit juice, energy drinks and also flavoured waters. They all contain lots of sugar and have unnecessary kilojoules.
 - Reduce your sugar in your coffee and tea.
 - Drink low kilojoule cordials such as lecol, herbal teas and plenty of water.
 - Try to drink 2 cups of green tea per day (tea bag steeped for 2 minutes per cup) . shown to boost metabolism.
- **Vegetables/salad:** To bulk up your meals . ensure that half your plate is filled with vegetables/salad at least twice a day.
- **Fruit:** ladies keep to 2 pieces of medium sized fresh fruit per day and men keep to 3 - 4 per day.
- **Choose the RIGHT carbohydrates: Go low Glycaemic Index (GI)**
 - Choosing carbohydrates that are slowly released into the blood stream (*e.g. seed loaf bread, provitas, all bran flakes, oatbran, sweet potato, brown rice, legumes, chickpeas, fruits and vegetables, fat free yoghurts*) will control blood sugar and insulin levels and boost weight loss.
 - Try the recipe book EATING FOR SUSTAINED ENERGY by G Steenkamp and L Delpport for healthy ideas.
- **Alcohol in moderation** . alcohol slows down the way the body metabolises fat. For optimal weight loss try to avoid alcohol altogether, but if you must then limit to:
Men: 2 units per day
Women: 1 unit per day
 Aim for 3 - 4 alcohol free days per week.

1 unit = 120ml wine; 340ml beer; 25ml spirits



- **Supplement options:** (always check with your doctor or dietician before)
 - 1 x 1000mg of EPA and DHA omega 3 fatty acids (salmon oil)
 - Chromium picolinate 200mcg 3 x day
 - Green tea extracts
 - Glucomannin or guar gums as bulking high fibre agents

Ensure that all meals are balanced and energizing by using the meal structure below:



- Step 1:** A fistful of low GI carbohydrate
- Step 2:** A fistful of lean protein or fat free dairy
- Step 3:** 1 portion of fat (women); 2 portions for men
- Step 4:** Vegetables or salad

NOTE: to boost weight loss you can leave out the carbohydrate at your evening meal and rather load up on salads and vegetables along with lean protein and portion of healthy fat.

Image of meal structure designed and provided by Complete Nutrition Solutions (Pty) Ltd

For successful weight loss it is always advisable to see a registered dietician in your area who can guide you on a more personal level.

