

MAY MONTHLY NEWSLETTER!

With spring in the air... summer is sure to follow and along with the warm summer days most of us start to get out our summer clothes... hopefully to find that they all fit perfectly from the previous summer! If this is not the case for you, you may be looking to lose a few pounds before the beach days are upon us.

Please read on to find some helpful nutrition tips for weight management...

In order to lose weight, you have to use up more calories than you take in. You have to tip the scale in your favour to create a positive energy balance.



Lose weight = fewer calories in + more calories burned

Gain weight = more calories in + fewer calories burned

Weight Maintenance = calories in = calories burned

Why severe dieting does not work!!

- It lowers the rate at which you burn calories. The body thinks it is starving and therefore it slows down to adjust to less fuel.
- It causes the body to lose water. This type of weight loss is easily re-gained
- It causes the body to lose lean muscle. This lowers the rate at which you burn calories.
- It promotes re-gaining weight. When you start to eat more food, your body will store fat faster and easier. This tends to lead to yo-yo dieting.

Tips for Weight Management...

1. **Be Realistic**

When it comes to weight loss, the biggest mistake is to look for a quick fix. Unfortunately there is no quick fix! The key is to commit to a long-term plan to achieve and maintain a healthy weight.

- ✓ Build a healthy eating plan and make regular physical activity a habit.
- ✓ Reducing your weight by 5-10% is a healthy reasonable goal, and you will have more success long term.
- ✓ Losing 1-2lbs per week is a good rate of weight loss

2. **Make Small Steps**

Many people feel overwhelmed when they try to make too many changes all at once.

- ✓ Pick one change at a time and stick with it for a week or more before adding a new one. Adapting gradually will increase your chance of continuing your new way of eating for life.

3. Eat Regularly

- ✓ Enjoy a healthy breakfast! Breakfast helps to prevent overeating later in the day.
- ✓ Do not skip meals. Eat 3 meals a day with healthy snacks mid morning and mid afternoon to keep blood sugars consistent throughout the day.
- ✓ Distribute servings from all four food groups throughout the day to minimize feeling hungry.

4. Enjoy a variety of foods

- ✓ A balanced meal includes at least 3 of the 4 foods groups of Canadas Food Guide:
 - Vegetables and Fruit
 - Grain Products
 - Milk and Alternatives
 - Meat and Alternatives
- ✓ A balanced snack includes at least 2 of the 4 foods groups. Try to combine a carbohydrate source (vegetable and fruit or grain product) + (milk or meat alternative)
- ✓ Be selective. To reduce calories, be sure to enjoy lower-fat and lower sugar variety of foods.

5. Fill up on fibre

High-fibre foods provide a feeling of fullness:

- ✓ Eating more vegetables means you will be eating fewer foods that are higher in calories
- ✓ Choose high fibre cereals and grains such as oatmeal, kashi go lean, brown rice, barley, bulgur, whole wheat pasta and multigrain, rye and pumpernickel bread.
- ✓ Choose legumes (beans, lentils, chick peas) more often.

6. Portion Control

You need to consume fewer calories than you burn in order to lose weight. Eating too much of any food even healthy ones can result in weight gain. Removing 250-500 calories per day is sensible.

- ✓ Eat smaller portions at meal times. ½ plate vegetables, ¼ plate starch (potato, pasta or rice) and ¼ plate as protein. Finish your meal with a glass of milk or yogurt and a piece of fruit.
- ✓ Smaller bowls and plates may help!

7. Watch out for empty calories

Unwanted calories come in three main forms: excess fats, excess sugars, alcohol. They provide extra calories, but not important nutrients and therefore they are empty. To make it easier to manage your weight remove empty calorie foods from your home or replace these foods with lower fat and or reduced sugar options.

8. Drink up

Our bodies may respond to thirst with a feeling of hunger. Make sure you are drinking enough water to prevent this. Try to drink a glass of water with each meal and with each snack, plus extra throughout the day. 5-8 cups would be appropriate. Make water your first choice as well as other low-calorie choices.

9. Keep a Journal

In order to understand your relationship with food, it is important to keep a food journal. This will help you to see where your habits need to be changed. This may also help you to control portion sizes.

10. Have Fun!