

A Home Audit for Weight Loss

The environment influences much of what we eat and do for exercise. And while we can't do much about the bigger 'macro' environment, there are things we can do about the more local 'micro' environment. Checking around the home for example might be a good start.

Try a 'home audit' to check your micro-environment

Changing the home environment can reduce the prospects for fat gain. The table below is a check list which can be used as an indicator for modifying this 'micro-environment'.

Check your household for:

High fat foods: Try to make sure foods with more than 10g of fat per 100g are not stored in the house - or at least kept in a prominent position.

Accessibility of fatty snack foods and other 'treats'. Put them up high, or away from easy sight if you do have them at all.

Oversized meals presented at meal times. Having them means the family are more likely to eat them, so keep the portion sizes down to begin with.

Low fat alternative products: Keep products like low fat, instead of high fat milk.

Limited fats or oils used in cooking: Don't keep them and you won't use them

Low fat cooking methods and machines available (i.e. Microwave, grillers)

Easy access to fresh fruit: Where fatty foods should be hidden, these should be easy to see and easy to grab for a snack.

Too many effort- saving devices (e.g. remote control TV; cordless telephones, leaf blowers, electronic kitchenware etc.). They stop you from moving.

Bikes or exercise equipment: If these are handy, they're more likely to be used.

Limited eating places: Get the family used to eating at the one place on most occasions. Then other places (like bed), don't become a stimulus for eating.

Don't shop on an empty stomach: You're bound to buy more of what you don't need if you shop when you're hungry. Then these things lie around the house begging to be eaten.

For more information on achieving a healthy weight go to www.lifestylemedicine.net.au
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