

Tips for Weight Management

1. Keep 'hunger busters' handy: If there's a problem with overeating from an appetite that's out-of-control, keep a healthy 'hunger-buster' snack handy at all times.
2. Learn to read labels: The most simple and effective way to check the fat content of foods is to read the nutrition information on the packet. The label provides the figures on fat and other items of interest. Choose products with less than 10% fat by weight.
3. Take care with fat/alcohol and fat/sugar combinations: Where possible, limit the consumption of fatty-sugary foods and fat with alcohol. Whether it's fat and sugar together in a cake or peanuts with beer, these combinations lead to fat storage in the body. The alcohol alone is less likely to be the problem.
4. Don't go overboard on artificial sweeteners: Using artificially sweetened foods or drinks and artificial sweetener tablets rather than sugar will reduce calorie intake, but only if this is not compensated for somewhere else - as it often is when you use these.
5. Get spicy and hot: Make spicy foods such as chilli, peppers, ginger, a regular part of a low fat, food intake for long term body fat management. These foods contain an ingredient (capsicum) which may raise metabolic rate.
6. Go for variety: Try new foods that are a little, or a lot different from normal. Besides the greater variety, there may be a bonus as your body works harder to digest new foods.
7. Don't be an 'overly-restrained' eater: Overly-restrained eaters are those who tend to over-eat whenever they're faced with a disruption to their normal life, such as through any form of stress. Be aware of being too restrained and take steps to overcome this.
8. Don't give up the grog (unless you really want to): The key to adopting a healthy lifestyle is only making changes you can maintain for life. If you like a drink, don't give it up. You can always balance the extra energy intake with some more movement.
9. Go for 'fit' not 'fat' in the first instance: Although many people start a weight loss program with the intention of 'losing weight', it's been shown that this is not a pre-requisite for good health. Concern yourself more with being active, not losing weight.
10. Forget the gym, work-out around the house: 'Incidental' movement is that which would normally be carried out by machines. Increasing the incidental movement carried out in day-to-day life, without vigorous exertion, will increase your energy use and hence body fat loss.

For more information on weight management go to www.lifestylemedicine.net.au
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