



WEIGHT LOSS

- You do not need to go on a fad diet to achieve and maintain a healthy weight.

- A well-balanced diet including all five food groups is key – grains, protein, dairy, fruit and vegetables. There is no need to avoid any food group when trying to lose weight. Doing so will mean your diet is nutritionally inadequate.

- Exercise is integral to weight management. It helps to build muscle, boost your metabolism and burn energy. It is also essential for your heart and mental health.



- There is no such thing as a quick fix. Fad diets don't work. They are overly restrictive and nutritionally inadequate.
- Don't focus on the scales. The way you feel, how your clothes fit and your waist circumference are other good guides.
- Don't obsess over calories but be mindful of your intake. As a guide, less than 6300kJ per day will achieve weight loss for most people.
- Set realistic goals. Just 5% weight loss can have a big impact on your overall health. Start small and re-assess incrementally.

Five nutrition tips for successful weight loss

1. Eat regular meals that provide muscle-building protein, gut-loving fibre and energy-giving low-GI carbs. This trio of nutrients helps to satisfy you and keep hunger pangs at bay.

3. Limit beverages other than water. Soft drink, juices, cordials, energy drinks and alcohol can contribute a lot of unnecessary kilojoules. Minimising your intake of them is an easy way to reduce your kilojoule intake.

5. Keep a food diary. This can help you to be more mindful around food and identify situations of non-hungry eating.

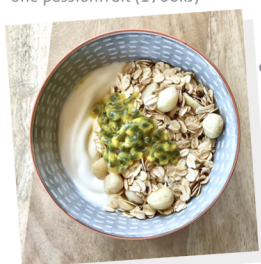
2. Follow the healthy plate model. This is half a plate of non-starchy vegetables, a quarter of a plate of protein and a quarter of a plate of carbs. This helps to get the right balance of nutrients while keeping kilojoule content in check.

4. Limit discretionary food. All foods belong in a healthy diet, but treats should not be consumed every single day. Instead, plan one or two special occasions each week for you to mindfully enjoy your favourite food, like a small chocolate bar or a scoop of ice cream, so you don't feel deprived.

Weight loss day on a plate

Day Total = 6370kJ

BREAKFAST - half a cup of natural muesli, 170g reduced-fat yoghurt and one passionfruit (1700kJ)



SNACK – one skim flat white coffee (420kJ)



LUNCH – four corn thins topped with two tablespoons of hummus and one can of tuna, served with cherry tomatoes and baby cucumbers (1390kJ)



SNACK – one nectarine and a snack-pack of roasted chickpeas (760kJ)



DINNER – 100g baked salmon served with one cup each of cauliflower and pumpkin, baked in one tablespoon of extra virgin olive oil (2100kJ)