

HEALTHY WEIGHT

Fact sheet

Why maintain a healthy weight?

Being overweight increases the risk of health problems such as Syndrome X, joint pains, backache, high blood pressure, diabetes and heart disease. Balance is the key for good health. The right combination of enjoyable, nutritious foods and physical activity will help you maintain a healthy body weight and live a full life. Everyone is different but your doctor or dietitian can give you an idea of the healthy weight range for your height and age.

ENERGY BALANCE

We need to balance the energy we get from the foods we eat with the energy we burn through our daily activities and exercise.

HOW DO I LOSE WEIGHT?

Losing weight means you have to burn more energy than you eat. You can achieve this by cutting down the size of the meals you eat, replacing juice or sweetened drinks with water, or choosing foods that have a lot of nutrition in fewer kilojoules. Try one or two changes to your eating habit each week. By gradually making changes you are more likely to maintain a slow and safe weight loss. Aim to lose weight gradually to ensure that fat is lost rather than muscle or water. Losing as little as one kilogram per month may not seem like much, but it will add up over time!

Forget FAD DIETS with fantastic promises they don't work in the long term. In the short term, these diets will make you lose more body water than fat!

ACTIVITY - EVERY BIT COUNTS

Maintaining a healthy body weight will require a balanced diet AND regular physical activity. Exercising with a friend makes it more fun and you should choose exercise that you enjoy so you are more likely to do it often.

The National Physical Activity Guidelines for Australians² recommend we:

1. Think of movement as an opportunity, not an inconvenience
2. Be active every day in as many ways as you can
3. Put together at least 30 minutes of moderate intensity physical activity on most, preferably all, days
4. If you can, enjoy some regular vigorous exercise for extra health and fitness.

Note: If you are trying to lose weight you may require more physical activity. Speak to your Doctor about what is appropriate for you.

Listen to your body

- > Don't skip breakfast! Kick start your body's metabolism
- > Think about why you eat. Is it always because you feel hungry?
- > Eat your meals slowly and in a relaxed environment. Give your stomach a chance to tell you it's full.

SOME SUGGESTIONS TO ASSIST WEIGHT LOSS:

Fill up on fibre

- > Foods high in dietary fibre help to fill you up and help keep hunger at bay. You will be less likely to over eat.
- > Some high fibre choices include high fibre breads and cereals, fresh, dried and canned fruit and vegetables, legumes (like baked beans) and wholemeal pasta.



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Here at Nestlé we have a dedicated team of dietitians and nutritionists helping people enjoy healthy foods and the benefits of a healthier lifestyle.

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Healthy Weight (continued)

Fact sheet

Use the “good fats”

- > Select healthy fats and oils from plant sources such as sunflower and canola seeds or olives instead of animal sources.

Be careful with nuts!

- > They are usually rich in the healthy unsaturated fats, but it is too easy to eat more than a handful.

Look out for hidden fats

- > Trim excess fat from meat before cooking and remove chicken skin.
- > Limit cakes, biscuits, pastries and pies. They can be hiding lots of extra fat you don't need.
- > Choose reduced or low fat dairy products like skim milk and low fat yoghurt.

Watch the amount!

- > Look at your plate. Most of it should be mostly vegetables and moderate amounts of carbohydrate and protein rich foods. A simple guide to meat and poultry servings is 150g raw weight per person, or 180g of raw fish.

Avoid going back for seconds

- > It can take up to half an hour for your body to realise you've satisfied your hunger. Offer to wash up instead!

A final word of advice...

- > Don't forget that food is a pleasure and an important part of our social life. No foods are forbidden in a balanced diet so indulge yourself in the occasional treat, and take time to enjoy it.

1. NHF (2001) *The Healthy Weight Guide*
2. CDH&AC(1999) *Active Australia - National Physical Activity Guidelines for Australia*



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The AIS 'A Winning Diet' is a FREE booklet to help you perform at your best
<http://www.nestle.com.au/SportsNutrition/Winning>



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Nestlé has always maintained a commitment to advances in nutrition and is continuing this through its partnership with the Dietitians Association of Australia (DAA) and the Australian Institute of Sport (AIS)