

Tips for Weight Loss

A healthy weight can:

- Improve breathing ability in people with Lung Disease
- Help to prevent or manage diabetes
- Improve blood sugars, blood pressure and cholesterol
- Reduce the risk of heart attack or stroke
- Improve your overall well-being and energy levels

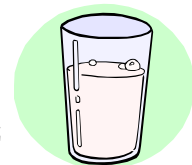
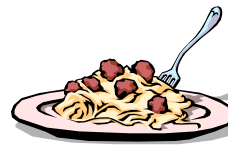
What is a Healthy Weight Loss?

- Choosing healthy foods more often
- Watching the amount of food we eat
- Being physically active everyday
- Healthy weight loss is 1 - 2 pounds (0.45 - 0.9 kg) per week
- Even a small weight loss of 5 - 10% of your body weight can make a big difference in your health

Tips for Losing Weight:

1. Enjoy a wide variety of foods

- Eat from all 4 food groups



2. Limit high fat and sugar foods

- For example: hotdogs, bologna, chips, candy, chocolate, juice, pop, fast foods, fried foods, chinese food, french fries, lard, butter, battered meats, etc.

3. Beware of portion sizes (see back side of handout)

4. Eat more fibre

- Fibre keeps you full longer. Try foods like whole grain breads and cereals, vegetables, fruit, beans, lentils, brown rice, brown pasta, etc.

5. Think about your drink

- Beverages can have a lot of extra calories. Watch how much you drink of juice, pop, coffee with cream and sugar, iced coffee, slush, energy drinks, sport drinks, etc.

6. Eat when you are hungry

- Let your body tell you when you are actually hungry

7. Eat regular meals

- Eating 3 meals a day helps to keep your metabolism up

8. Take time to eat

- Eating more slowly helps you to know when you are full

9. Rethink your snack

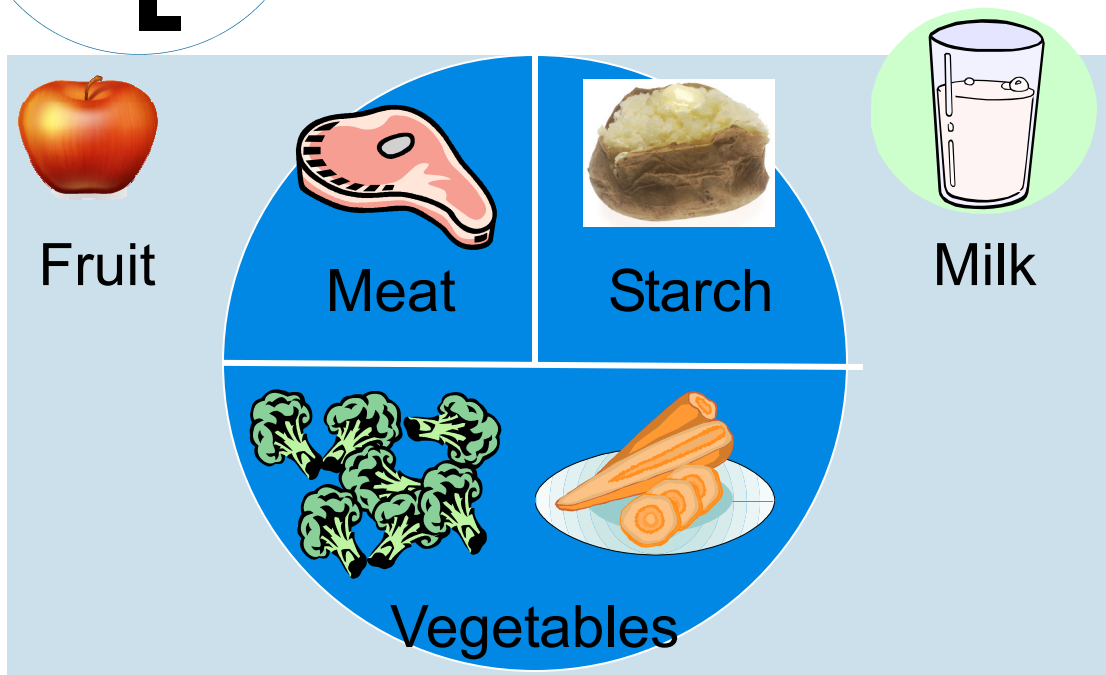
- Pick foods from the 4 food groups for snacks. Watch out for high calorie snacks like chips, chocolate bars, cookies, donuts, etc.

10. Be physically active

- Aim to be active for half an hour every day. This means getting your heart rate up and breathing harder



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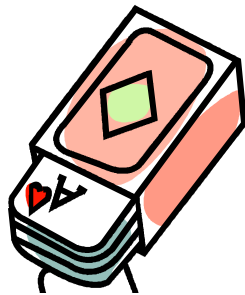


This is what your plate should look like!

What should a portion look like?



Fruit should be the size of a tennis ball



Meat should be the size of a deck of cards



Starches should be the size of your fist



Fats should be the size of the tip of your thumb



Vegetables should be 2 handfuls or half your plate

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