

# 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
- Being aware of the amount of food we eat
- Being physically active everyday
- Healthy weight loss is 1 - 2 pounds or 0.45 - 0.9 kilograms 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, 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. Limit 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

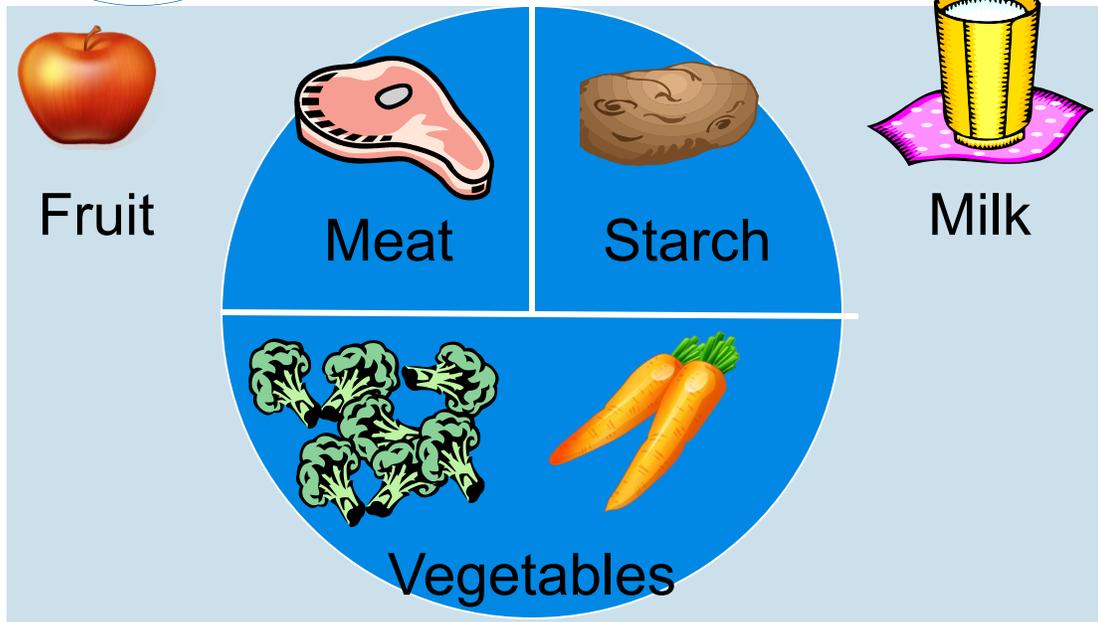
- Pick foods from the 4 food groups for snacks. Watch out for high calorie snacks like chips, chocolate bars, cookies, donuts, etc.

### 10. Be physically active

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



# Tips for Weight Loss

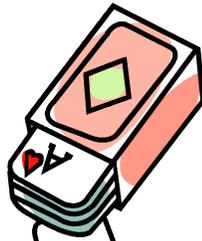


**This is what your plate should look like!**

## 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 a light bulb



Added fat should be limited to 1 tablespoon



Aim for half a plate of vegetables. Try to pick 2 kinds of vegetables. If eating a salad aim for the size of a baseball. For other raw and cooked vegetables aim for the size of a computer mouse.

*2013 - 4. These materials were developed by the Clinical Subcommittee of the Chronic Disease and Network and Access Program of the Prince Albert Grand Council and its partners and funded by Aboriginal Health Transition Fund. These materials will expire in 2018 when the Clinical Practice Guidelines for Diabetes Prevention and Management in Canada are updated.*

*Printed by Campbell Printing Ltd.*