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Losing Weight - Diet Hints

Definition

The following are suggestions for successful weight management.

Description

We gain weight when our energy intake is greater than our energy expenditure. Try to understand more about your eating habits, so you can change them if they are causing you to overeat. Keep a food diary which includes information about what you ate, the serving size, when and where you ate, your mood at time of eating and whether you were taking part in other activities while eating (e.g. reading, watching TV). Triggers for overeating include; boredom, loneliness, stress, lack will power, lack knowledge about nutrition etc. These simple steps will help you achieve and maintain your ideal weight;

- Eat regular meals daily.
- Plan meals and grocery shopping trips (make a list of the items you need).
- Avoid eating out where possible. When you prepare your own meals you know exactly what the ingredients are.
- Have a diet high in fresh fruit and vegetables and whole grains. Avoid processed foods and foods containing high levels of fats and sugar.
- When you are at home, eat at the same place every meal (e.g. a table).
- Relax while eating and avoid other activities while you are eating (e.g. reading, watching TV).
- Eat slowly and chew thoroughly.
- Stay hydrated. Drink plenty of water throughout the day.
- Avoid eating between meals and when you are preparing meals.
- Keep a food diary.
- Stay positive. If you overeat on one day, don't be discouraged.
- Set realistic weight loss goals and reward your achievements!!