

Top 10 Tips for Weight Management

Are you confused as to what you should be eating or doing to manage your weight?

Try these top 10 weight management tips!



1. Write down what you eat

Journaling what you eat is one of the most effective ways to lose weight. We often underestimate what we eat, and overestimate the amount we exercise.

2. Eat a combination of complex carbs, protein and healthy fats

Complex carbs: vegetables, whole grains, beans, lentils

Protein: chicken, turkey, legumes, eggs, nuts, seeds

Healthy fats: olive oil, avocado, nuts, seeds

3. Watch your portions

You still have to portion healthy foods! Your plate should be 50% vegetables, 25% carbohydrates, and 25% protein. You can also use your hands to help you with portion sizes:

2 Palms:
Vegetables



Palm:
Protein
Nuts/Seeds
Legumes



Fist:
Grains
Fruit



Tip of thumb:
Healthy oils/fats



4. Drink enough water throughout the day

Don't mistake hunger for thirst! You should be consuming half of your body weight (in pounds) in ounces of water each day.

5. Plan ahead

If you want to be in control of what you are going to eat for the day, it is best to prepare your food at home and take it with you. Pick a day to plan your meals for the week ahead, collect your recipes, make your grocery list, buy the food you need, and prepare as many meals as you can in advance. This will help you stay on track throughout the week!

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6. Eat your veggies

Are you eating at least **5 servings** of vegetables every day? Choose a variety of leafy greens and vegetables rich in colour as these have more nutrients.

Note: 1 serving = 1 cup of fresh vegetables or ½ cup of cooked vegetables.



7. Decrease your sugar intake

How much sugar are you eating every day? Male should keep sugar intake below **9 tsp** (36g) per day and females should keep sugar intake below **6 tsp** (24g) per day.

8. Exercise

Are you getting **150 minutes** of exercise every week? 150 minutes may sound like a lot but you can break this down into increments of 10 minutes sessions or 30 minutes for 5 days a week! Adding resistance training will improve muscles mass and increase metabolism.

9. Get adequate sleep

Are you getting **7-9 hours** of restful sleep each night? Some tips to improve sleep are to establish regular sleeping hours, exercise regularly, avoid stimulating activities near bedtime and develop a calming bedtime routine.

10. Be aware of your triggers

Before opening the fridge, identify if you are truly hungry. Perhaps you are eating due to stress, anger or boredom.

What tip will you start doing today?
