

Managing a Healthy Weight



Managing your weight requires taking small steps towards reaching your goal. Gradual weight loss of a pound a week is much easier to achieve and healthier for your heart than a large decrease and you're more likely to keep it off. Here are some helpful tips that will help you attain the results you want.

Action Tips

- Include a variety of colourful foods like vegetables and fruit in your meals and snacks, aiming for approximately 2 cups of fruit and 2.5 cups of vegetables each day, as recommended by the U.S. My Pyramid Guidelines for Healthy Eating.
- Switch to whole-grain breads and cereals whenever possible to help you feel full.
- Avoid fried foods, alcohol, pop and sugary drinks.
- Read the Nutrition Facts table on all food labels to assess the amount of calories, saturated fats, trans-fats, sugar and salt a product may contain.
- Drink lots of water throughout the day- Recommended daily intake for women is 74 fl. ounces, for men 100 fl. ounces.

- Make portions a reasonable size, avoid supersized portions and second helpings.
- Use smaller plates, bowls and cups.
- Eat three meals (especially breakfast) and two snacks a day on a regular schedule.
- Be physically active-Just 30 to 60 minutes a day of moderate activity, such as a brisk walk, most days of the week makes it easier to keep the pounds off.