



Nestlé

Good Food, Good Life

# WEIGHT LOSS

*Tastier, healthier choices*



**Food is a necessity, and is also meant to be enjoyed.**

Being overweight or obese increases the risk of developing diseases of lifestyle such as high blood pressure, Type 2 diabetes, heart disease, stroke, osteoarthritis and certain types of cancers.

## THE QUICK FIX



Beware of diets that promise fast weight loss without any effort. These types of diets usually do not provide sustainable solutions.

## BE HONEST WITH YOURSELF



To lose the excess weight and keep it off, it is important to reduce the amount of energy from food and drinks, and become more physically active on a regular basis.

## ONE STEP AT A TIME



When it comes to healthy weight management, small steps add up. This is because you are more likely to stick with smaller changes over time.

**Here are more great ideas that will cut calories from your daily intake, possibly without you even noticing.**

### Plan your meals.

Never go shopping on an empty stomach. Keeping the right food and drinks in your house can make planning healthier meals easier.



### Downsize your dishes.

Use smaller plates and bowls to help you eat less. Our brains think we are getting more when the same amount of food is placed in a smaller dish.



### Enjoy your meals.

Eat all your food at a designated table in your home. Avoid eating with other activities such as watching TV, driving, talking on your cell phone, or reading a magazine so that you can keep track of how much you are eating. Eating slowly helps you consume only what your body needs to feel satisfied. Eating too quickly, in less than 20 to 30 minutes, leads to overeating and feeling uncomfortably full afterwards.

### Don't eat out of a bag or box.

When you eat out of a package, you are likely to keep eating until it is all gone. Pour one serving into a small bowl.



### Choose your glass wisely.

When glasses are short and wide, we tend to fill them up with more fluid and to drink more. Use a slender glass for any beverage except water.



### Brush your teeth...

Brush in the evenings as an indication to yourself that you have finished eating for the night.



### ESTABLISH A CIRCLE OF SUPPORT

Choose friends, family or healthcare professionals to keep you motivated. Do not use food to heal your emotional pain or stress.



### PROGRESS CHECK

Measure your Body Mass Index (BMI) and waist circumference once in two weeks to check your progress. A weight loss of about 0.5kg to one kg per week is healthy. Set realistic, achievable goals.



### PHYSICAL ACTIVITY

Being physically active helps to reduce body fat and prevents muscles from decreasing. There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle, or walking, you will find it fun and easy to incorporate physical activity into your daily life.

**USE THE FOLLOWING PHYSICAL ACTIVITY PYRAMID AS A GUIDE FOR CREATING YOUR OWN WEEKLY PROGRAM:**

**AIM FOR 150 MINUTES OF EXERCISE WEEKLY**

