

# TIPS TO ACHIEVE A HEALTHY WEIGHT

## WEEK 1: BETTER NUTRITION

**Convenience ...** Today's life is hectic, rushed, and stressful. We often eat on the run and don't get the vitamins and minerals we need.

Whether you want to lose weight, maintain your weight or simply change your eating habits, these guidelines will help you feel good about what you are putting in your mouth!

1. Focus on health – not weight, by eating nutrient-dense foods throughout the day.
2. Eat real food, not products. Aim for less processed and packaged foods – foods where you don't even need to read the label! The produce aisle is a great place to start.
3. Eat a nutrient dense breakfast every day. Break the fast by eating a good healthy serving of protein and complex carbohydrates. Most people don't get enough protein in the morning with the typical breakfast of cereal, milk and fruit. Try eating eggs and a piece of whole grain toast.
4. Drink 8 - 12 glasses of water each day. Staying hydrated is important to keep your body functioning at its best.
5. Focus on eating fresh fruits and vegetables. They are full of fibre, vitamins and minerals and antioxidants. Aim for 4-8 servings of vegetables and a few servings of fruit each day.
6. Aim for 25g (for women) and 35g (for men) of fibre each day. Fibre regulates our digestion and helps us feel full. By adding a ½ cup of bran cereal to your yogurt, you can get half of your daily requirement in! There is 8g of fibre in 1 cup of raspberries or 15g of fibre in 1 cup of black beans.
7. You may not need to change anything except your portion sizes. We have become accustomed to large servings; eating on smaller plates, looking at serving sizes and reducing the amount of food you ingest, may be all you need.



### 3 Nutritional Myths:

**“Carbohydrates are bad.”**

**“Skipping meals will help me lose weight.”**

**“If I eat fats, I will get fat.”**

**Complex carbohydrates:**  
potatoes, yams, brown rice,  
oatmeal, veggies, fruits, whole  
grain breads

**Protein:**  
eggs, poultry, lean cuts of beef,  
fish, tofu, soy, dairy, beans, nuts  
and seeds

**Fats:**  
raw nuts and seeds (pumpkin,  
walnut, almond, Brazil, cashew),  
salmon, fish oil, flax oil, avocado,  
hemp hearts, chia seeds