

# Getting Started with Weight Management: Top 10 Tips

## 1) Eat regular meals

Eat 3 meals per day, no more than 5-6 hours apart, with snacks if needed.

**Why?** Eating regularly throughout the day helps to prevent cravings later, and helps you feel more satisfied with smaller portions.

**Tip:** Have snacks only if you need them – if you feel hungry in between your meals, or your meals are longer than 6 hours apart.

## 2) Maximize your nutrients

Instead of focusing on what to avoid, try focus on adding nutrient dense food to your diet.

**Why?** It's easier to add than to remove. By focusing on adding delicious and nutrition foods, you will cut down on those empty calories without even trying.

**Tip:** Super nutrient dense foods include: fruits and vegetables, beans/legumes, nuts, whole grains and fish.

## 3) Add protein

Make sure to include protein at every meal and snack.

**Why?** Protein takes longer to digest than carbohydrate, therefore it makes you feel fuller, for longer.

**Tip:** Don't forget about breakfast and snacks – these are the most common times we forget to eat protein. Protein foods include: fish, beans/legumes, chicken, meat, nuts & nut butters, tofu, soy products, eggs, cheese, and cottage cheese.



## 4) Fill up on fibre

Fibre is found in fruits & vegetables, nuts, seeds, beans & legumes, and whole grains.

**Why?** Fibre is bulky, and not digestible by the human body. This means it stays in our gut for a long time, making us feel full for hours. This reduces cravings and the need for snacks.

**Tip:** Small additions can go a long way. Try adding seeds or Bran Buds to yogurt, and beans or chickpeas to salads and soups.



## 5) Drinks water

How much water is needed varies from person to person. Aim for 2 litres per day (8 cups) to start.

**Why?** Sometimes when we are dehydrated, our body actually feels hungry instead of thirsty. By making sure we are well hydrated throughout the day, we also keep our appetite in check.

**Tip:** Keep a water bottle next to you at all times. To make it more appealing, try carbonated water, or try adding lemons/limes/cucumber/frozen berries for flavor.



## 6) Eat breakfast

Make sure you don't skip out on this important meal.

**Why?** Skipping breakfast could put your body in energy saving and storage mode. Eating breakfast leads to less snacking on energy-dense and sugary treats and more reasonably sized lunches and dinners.

**Tip:** If you're short on time in the morning, try one of these quick breakfast ideas:

- ✓ Whole wheat English muffin with 1-minute microwave egg and cheese
- ✓ 2 slices of whole grain bread with natural peanut butter and a fruit



Remember to always to include protein!

## 7) Avoid simple starches

You probably know to avoid added sugar, but don't forget about 'simple starches' - foods like crackers, pretzels, rice cakes, white bread and bagels.

**Why?** Simple starches have the same nutritional qualities as white sugar. They break down very quickly in the body, and are converted into sugar right away. Not only does this cause a spike in blood sugars, but it leaves you feeling hungry and wanting more.

**Tip:** For a snack, try replacing rice cakes or crackers with a slice of whole grain toast. Pair this with some peanut butter or cheese for a source of protein, and you've got yourself a filling snack that will last you until your next meal.

## 8) Listen to your body

Learn to pay attention to your body's natural hunger and fullness cues.

**Why?** By the time we are adults, we often learn to ignore our body's natural cues, which leads to overeating at meals, and snacking when we're not really hungry.

**Tip:** Before eating, pause and ask yourself: 'am I truly hungry?' Perhaps you are thirsty, bored, sad, or simply eating out of habit. Try to find a different activity that will remedy whatever you're feeling.

## 9) Take time to fully enjoy your meals

Turn off your TV, computer screen and phone, sit down, and take the time to truly experience and enjoy every bite.

**Why?** When we eat in front of a screen, or on the go, we often don't notice our bodily sensations. Eating quickly also does not give our body time to signal to the brain that our stomach is full. This leads to overeating.

**Tip:** Do not hesitate to leave food in your plate. We have Tupperware containers and refrigerators for a reason!



## 10) Do not forbid foods

Consider setting a limit to how often and how much of your favourite food you will have, instead of cutting it out entirely.

**Why?** Forbidding yourself from having certain foods is a source of frustration that often leads to eating compulsions.

**Tip:** Try scheduling times to have your favourite foods, for example – desert on Sundays. This way you don't have to feel deprived on other days, because you have something to look forward to!

**Congrats – you are already on your way!**