

MANAGING YOUR WEIGHT

Eating well and being active contribute to long-term health benefits and can lower your risk of many chronic diseases including hypertension, heart disease and diabetes.

If you are looking to shed some pounds to improve your health and feel great, get hyped to try these steps. Try these tips at your own pace. Keep what works, leave behind what doesn't and keep going! The goal is to be active and choose wholesome, healthy foods most often.

Get ready!

- Create a positive health environment for yourself at home and at work. Try to have healthy foods on hand and unhealthy foods as occasional treats outside of your immediate reach.
- Keeping foods that are too tempting close at hand will set you up for failure; if you see it, you will eat it!
- Purge your pantry and fridge of unhealthy foods that are highly sweet, made with unhealthy fats and/or are very salty.

Get set!

You will need to buy some basic food staples to have on hand at all times:

- Fruits (fresh, canned – unsweetened, frozen)
- Vegetables (fresh, frozen, bagged, canned – keep some everywhere!)
- Whole-grain, whole wheat starches – breads, cereals, pasta, rice
- Lean poultry and meats, fish, meat alternatives (eggs, nuts, legumes and dairy products)
- Desk drawer foods (individual, unsweetened fruit packs, nuts and seeds, single-serving tuna)



FIND THE MANTRA

that motivates you!

Something like:

I want to keep my body functioning at its best to help prevent diseases and to feel great, so that I can live long and healthy with vitality



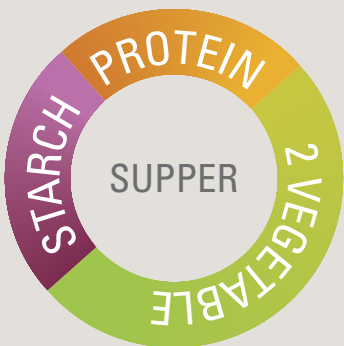
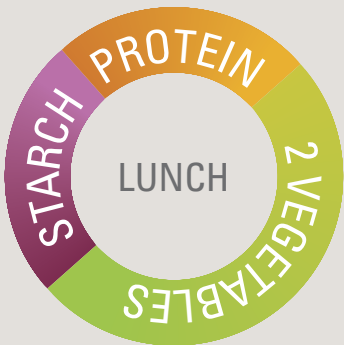
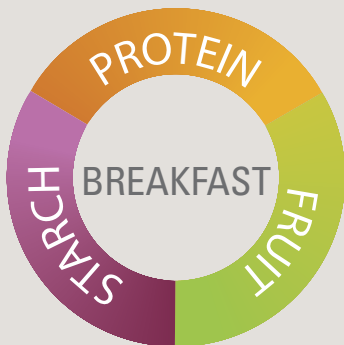
Keep a food journal

- The research is conclusive: successful journaling brings **SUCCESSFUL LONG-TERM WEIGHT LOSS**.

See our website at www.chicken.ca to download weekly food journal sheets.

Balance your meals

- Many diets fail in the long run. They may not satisfy you, leaving you feeling hungry and frustrated. Meal balancing is the key to healthy eating and to keeping you on track. You need the right combination of foods; adequate protein, whole grain starch, and colorful vegetables & fruits.



GRILLED CHICKEN, WATERMELON & TOMATO SALAD Serves: 4

Nutritional content per serving:

calories 310 | protein 32 g | total fat 12 g | saturated fat 2 g | carbohydrate 17 g | fibre 2 g | cholesterol 75 mg | sodium 105 mg | potassium 22% | calcium 4% | iron 8% | vitamin A 50% | folate 26% | vitamin C 50% | vitamin B12 25%

Visit www.chicken.ca for this recipe and more nutritious meal ideas.

Eat whole wheat, whole-grain starchy foods. Eating whole-grain, high-fibre foods will help stave off the hunger pangs and keep you fuller longer. Stick to whole wheat, whole-grain breads, pasta, cereals, crackers and brown rice. Be label savvy; choose 4 g of fibre/serving.

Load up on fruits and vegetables. Choose a wide variety of colours to maximize your vitamins and widen your flavour choices. When you put food on your plate, cover half with vegetables and then move on to the protein. When you get to the starchy, higher calorie foods, you'll have just enough room for a small portion. For added weight loss, avoid eating 'starchy' foods at dinner.

Get the right amount of protein. Studies show that eating adequate protein at all meals will help with weight loss and keep you satisfied longer.

Recommended grams of protein:

A minimum of 20 grams at meals; between 5 to 10 grams for snacks.

Protein Examples	Portions	Grams of Protein	Calories
Lean chicken	90 g (3 oz)	30	144
Eggs	2	12	150
Beans, peas, lentils	125 mL (½ cup)	10	136
Nuts (almonds), seeds	36 g (60 mL)	8	208
Low fat milk	250 mL (1 cup)	10	110
Greek yogurt	200 mL (¾ cup)	18	100
Mozzarella cheese, 15-20% milk fat	60 g (2 oz)	16	152

Watch your beverages! Remember that specialty coffees, teas, alcoholic drinks, etc. are high in calories while water with a twist of lemon is calorie-free. Try to limit diet sodas, as they are not the healthiest choice and can actually make you hungrier!

Snack. A small morning and afternoon snack will keep your blood sugars more stable and your mealtime eating in check. Choose fruit/vegetable with a small protein source.

Start walking: any little bit counts! Walking can help you feel better about yourself and give you a "drive" for better health. Try to reach 150 minutes per week. No time during the week? Be a "weekend warrior"! Do one hour on Saturday, one hour on Sunday and leave the remaining 30 minutes for your mid-week lunch break. Choose a measureable goal to stay motivated (i.e. track your time or distance)!