

## WAISTING AWAY Healthy Weight Management

So you want to lose some weight? Unlike other addictions, food addictions are more than just avoiding the food; it is a matter of changing your behavior, ongoing and forever. Food is something you need to live with every day of your life so trying to avoid it is not easy, it is impossible!

The goal is to choose **good, wholesome, healthy foods** most often to nourish that powerhouse body of yours and to keep treats for your truly special times.

Your health belief mantra should be: I want to keep my body functioning at its best so that I can feel great and prevent diseases as much as I can. **YOU ARE WHAT YOU EAT** so eat well and stay well!

### WAISTING AWAY

Yes, it is all about the **WAIST**. Studies show that being overweight in the abdominal area, “the big belly syndrome” puts you at increased risk of having disease states such as cardiovascular disease, diabetes, hypertension and the metabolic syndrome. Did you know that a simple 10% weight loss can improve your health by as much as 30%. What a good trade off! So, let’s get started.

**STEP 1: Making changes:** Being and staying healthy is not a destination; it is a journey toward your good health. It is much easier to lose weight but it is very difficult to keep the **weight OFF permanently**. The trick is that you must be ready to make some changes in your lifestyle patterns.

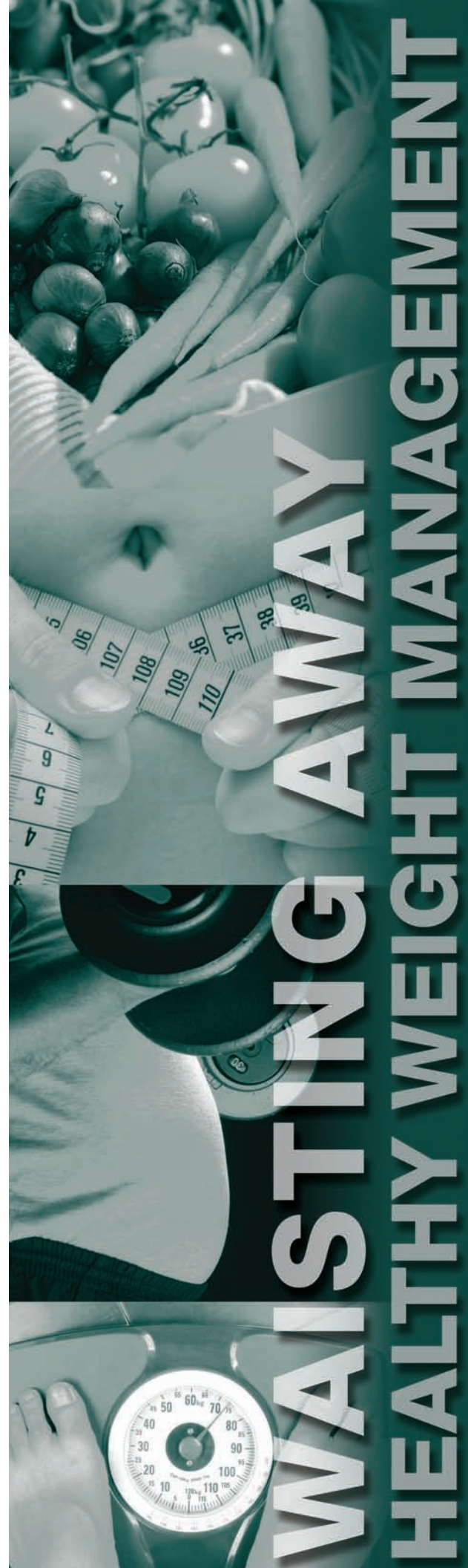
**STEP 2: Getting Ready:** You need to get yourself and your environment ready for the long term goal of **getting healthy, being healthy and staying healthy**.

- Purge your kitchen cupboards and fridge of unhealthy processed foods. These foods are usually very sweet and/or salty and are usually made of white sugar / white flour.
- Create a positive health environment; do not keep your “danger foods” (foods that are just too tempting to resist) in the house or at work. Keep your treats to occasions outside the home or office but make sure these danger foods do not come home with you.

**STEP 3: Setting up for Success:** Keep your kitchen full of **great tasting healthy foods!**

- Fruits (fresh, canned=unsweetened)
- Vegetables (fresh, frozen, bagged and canned- keep some everywhere!)
- Whole grain, whole wheat starches – breads, cereals, pasta, brown rice
- Lean meats, poultry & fish, nuts/seeds, eggs, low fat dairy products, legumes, soy products, etc.
- At work, keep **healthy foods** in your desk drawer for those late day munchies. Try some individual fruit packs, nuts and seeds, tuna and granola bars (**100 calories**).

**NOW, YOU ARE READY TO START THE FIRST DAY OF THE REST OF YOUR HEALTHY LIFE!**



## SUPER SAVVY WEIGHT LOSS TIPS

Try these super savvy weight loss tips; start with a few at a time and keep adding new tips. These strategies will allow you to **build your own** healthy lifestyle pattern. Make sure you try each tip for at least 2 weeks. This gives you a chance to see what works for you and what does not work

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### TIP 1: Eat only whole wheat, whole grain starchy foods

**Why?** Eating **whole grain high fiber foods** will keep you fuller longer and will help stave off those hunger pangs. Starchy foods made of refined, processed, bleached flours/sugars will be digested quickly and bring that feeling of hunger faster.

**How:** When buying starchy foods, stick to whole wheat, whole grain breads, pasta, cereals, crackers and brown rice. Be label savvy; choose whole grains that have more than **3 grams of fiber** per serving.

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### TIP 2: Eat foods with a low glycemic index

What is the Glycemic Index (GI)? The GI is a scale that ranks carbohydrate-rich foods by how much they raise blood sugar levels (resource- Canadian Diabetes Association).

**Why?** **Eating lower GI foods** will help you:

- control your appetite; feel fuller, longer;
- control your blood sugar levels;
- control your cholesterol levels.

**How:** Go to [www.glycemicindex.com](http://www.glycemicindex.com) or [www.diabetes.ca](http://www.diabetes.ca) for more details

- Eat lots of vegetables. Include fruit with meals or they are great as snacks. Choose low fat dairy products. All these foods are carbohydrate-rich and in general, have a low glycemic index.
- Plan your meals with foods in the low/medium GI starch choices
- Try different grains such as barley, bulgur, millet, quinoa which have lower GIs

**Hint:** Fiber foods and whole foods are best as they digest slowly.

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### TIP 3: Meal balancing

Try to have **3 balanced meals per day** which include fruit, vegetables, proteins and starches.

**Why?** Many diets fail in the long run because they do not satisfy you, leaving you feeling hungry and frustrated. Meal balancing is 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.

**How:** Plan on eating 3 meals per day, everyday. Make sure that all meals include a good portion of protein as protein will slow down the digestion of your meal and help keep you fuller, longer. \*See page 5 for meal/plate examples.

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### TIP 4: Plan your snacks

**Why?** A **small snack between meals** will keep your meal time eating in check. Snacking keeps your blood sugars more stable so that you do not get home and 'rip the fridge door off'. Being over hungry usually means making unhealthy food choices and/or eating larger portions.

**How:** Try to plan a small snack 1 hour before lunch and 1 hour before supper

- **Morning snack** – 80 calories = a fruit or yogurt
  - **Afternoon snack** – **This is the important one!** The goal of the afternoon snack is to “ruin your supper” as this is the time we tend to overeat. Try to keep your snacks between 100-150 calories. A piece of fruit and a small protein source like a handful of nuts, a piece of cheese, a yogurt even some hummus are great choices.
  - You should snack on a regular basis but not too much. Research shows that snacking can make up to more than 40% of our total calories for the day. Our snack choices are just too high in calories and usually not very nutrient dense.
  - **Evening snack** = the after supper munchies. Try to keep this snack to under 100 calories. Whether you have a salty tooth or a sweet tooth, now is the time to indulge in your **favorite snack food**. Buy the 100 calorie snack bags; try to keep it at one bag per night. If this is too much of a problem, remember to not keep your danger foods in the house.
  - Granola bars: Not many are healthy; make sure to read the label for more than 3 grams fiber and less than 10 grams sugar.
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### TIP 5: Watch your portion sizes: PORTION DISTORTION

**Why?** The bottom line in weight management is: **We just eat too much**. The term used today is “portion distortion” which was more or less created by the food industry; supersizing, meal deals, etc. The average restaurant plate size is almost double to what it was 20 years ago. Be aware and be conscious of what a true portion size should be and what it should look like.

**How:**

- When reading the label on a food, the portion size is usually displayed on the top of the **Nutrition Facts Panel**. Measure it out on your plate. We are usually not very good at eye balling a portion size so it is always best to measure. Be portion savvy mainly with your protein, starch and treat servings. You can load up on those veggies and try to have 2-3 fruit per day.
- For treats, divide larger snacks into individual portions. You will always eat in units of food so make sure your unit is a reasonable size. Larger units measured will lead to more food eaten. Don't think you can “leave some on my plate once I am full”; chances are, you will eat more.

### TIP 6: Beverages have calories too!

**Why?** Remember that speciality coffees, teas, alcoholic drinks, soda, fruit punch, power drinks, etc. are high in calories, while water and diet sodas are calorie-free. Even though diet drinks are free of calories, they are not healthy; your goal is to be healthier so choose these less often.

**How:** **Water, water, water!** Often, we are thirsty and not hungry so try some water first. If you drink a high calorie beverage, start with a small portion (250 ml) and then, have a glass of water to follow. If you do not like the “taste” of water, add a few flavor crystals or a twist of lemon, lime or orange.

- Speciality coffees/latte = 90 to 400 calories
- Chai Tea Latte = +250 calories
- Beer 351 mL (1 bottle) = 150 calories
- Beer 20 ounces (600 mL) on tap = 250 calories and more
- White Wine 175 mL glass = 115 calories, Red Wine 175 mL glass = 120 calories
- Coolers = 200 calories of pure sugar
- Fruit smoothies = 400 to 800 calories!!!
- Pop 1 bottle at 460 mL = 240 calories
- Milk 250 mL = 100 calories (healthy choice but watch the portion)
- Chocolate milk 250 mL = 160 calories – lots of sugar

## EXERCISE

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### TIP 1: Start Walking—any little bit counts!

• **Walking** will help you feel better about yourself which in turn will drive you towards wanting to be healthier. Count your steps with a **pedometer** or keep track of your walking time.

• To start, try to reach 150 minutes per week of activity = 2.5 hours.

**Why?** By exercising regularly, you will not only feel better but you will also reduce your risk of certain disease states. Even without weight loss, regular exercise such as walking will benefit your health.

**How:** Start slowly; go for 15 minutes every day = 105 minutes per week. Your goal is to get to 20 minutes 7 days per week = 140 minutes (so add 10 minutes on the weekend) or you can do 30 minutes 5 days per week. Every little bit counts.

- No time during the week? Be a “weekend warrior” to get your activity completed. Try to do 1 hour on Saturday and then 1 hour on Sunday; the remaining 30 minutes can be done over your mid week lunch hour.
- For weight maintenance: Research shows that once you lose the weight and want to keep it off, you will need to do 270 minutes of activity per week = 4.5 hours.
- Remember, this is gradual; keeping variety in your activity selection will be key to your long term goal.

### TIP 2: Use a pedometer to count your steps

**Why?** Health Canada suggest **walking 10,000 steps per day** for optimal health. This is the eventual step goal but go slowly at first. By walking more, you will diminish your waist line and decrease your total body fat. This is a great way to help prevent and/ or treat disease states such as diabetes and heart disease.

**How:** Buy and wear a pedometer on your pant waistband. It is best to place it between your belly button and your hip bone as it works like a pendulum. As you walk, the pendulum will swing back and forth, counting your steps. You may need to move it forward or backward on your waistband for maximum step counting.

- **Count your steps** for a few days to establish a baseline step count. Once you have your average daily steps, try to increase at intervals of 500 steps daily for one week; continue to increase until you reach 10 000 steps every day. This may take a month or 2 so go slowly.

### TIP 3: Using your muscles; keeping fit through muscle building.

**Why?** New research shows that as we age, we lose 10% per decade of muscle mass. *“If you do not use it you will lose it.”*

**How:** Start slowly with arm weights around the house. You can use **small hand weights**, a can of soup or a filled bottle of water. For the legs, simply put a boot on your foot and do some side and back leg raises. You can do these while sitting or standing. To maximize your workout, sit on a “ball” in front of the TV for a 30 minute program. At all commercial breaks, lift some hand weights and do some leg lifts; stop once the program restarts. Just by sitting on the ball, you will be exercising your “core” = abdominals.

**Note:** For a 30 minute TV program, there are usually 4 commercial breaks. **WHAT A GREAT EASY WORKOUT!**

## DRINK YOUR WATER

Keep **well hydrated** as you exercise and all day long.

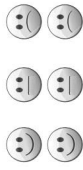
**Recommendations:** 2-3 litres of fluids per day; half (1/2) of this amount should be WATER with the other half being any other type of fluid ie: juice, milk, coffee, tea, soup, jello, etc...

# WEEKLY FOOD JOURNAL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
Protein							
Starch							
Fruit							
Other							
<b>Snack</b>							
<b>Lunch</b>							
Protein							
Starch							
Vegetable							
Vegetable							
Other							
<b>Snack</b>							
<b>Supper</b>							
Protein							
Starch							
Vegetable							
Vegetable							
Other							
<b>Snack</b>							
<b>Activity total of 150 minutes per week or 2.5 hours – Short or long, it all adds up!</b>							

**Weekly Goals:**

How did you feel about your food choices this week?



Name:

Week Starting:

How did you feel about your exercise this week?

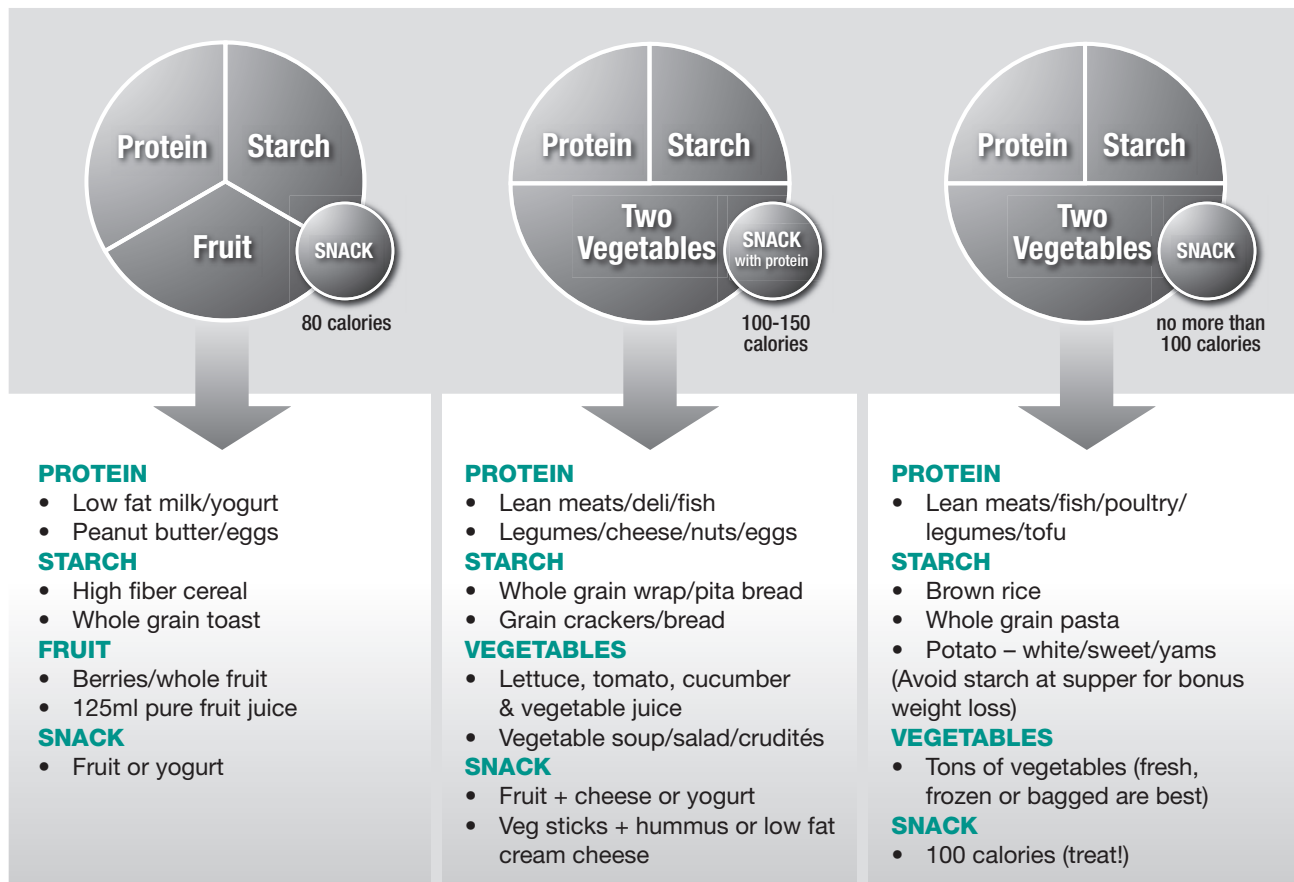


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# WEEKLY FOOD JOURNAL DETAILS

## JOURNALING BRINGS SUCCESS!

### Meal Balancing and Examples



### Portion Sizes According to 2008 Eating Well with Canada's Food Guide

#### Vegetables and Fruit

- 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of medium fruit

#### Grain Products

- 1 slice (35 g) bread or ½ bagel (45 g)
- ½ pita (35 g) or ½ tortilla (35 g)
- 125 mL (½ cup) cooked rice, pasta, any grains
- 30 g cold cereal or 175 mL (¾ cup) hot cereal

#### Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g (¾ cup) yogurt
- 50 g (1½ oz.) cheese

#### Meat and Alternatives

- 75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL (¾ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) peanut butter

#### Tips to Help You!

- Eat foods as close to the 'farm' as possible
- Eat whole foods = fruits, vegetables, grains
- Eat nutrient dense foods (powerhouse foods)
- Eat good fats = unsaturated fats (avoid trans & saturated fats)
- Eat lower Glycemic Index Foods (GI) – see [www.glycemicindex.com](http://www.glycemicindex.com)

#### Snacks

- Important to include snacks to avoid being 'over-hungry' at meal time. Simple snacking = a protein source with a piece of fruit.

#### Read food labels (the 'Nutrition Facts' panel)

- Grains:** More than 3 grams fiber, less than 10 grams sugar
- Fruits:** All are great; canned (in own juices)
- Vegetables:** All are great; if canned less than 400 mg sodium
- Dairy:** less than 5 grams fats, less than 10 grams sugar
- Protein:** Choose lean meats, fish, poultry and alternatives

#### Exercise

- Every time you move, it all adds up; walk, skip, jump, lift, dance. **ENJOY!**

## JOURNALING AND PARTY TIPS

### JOURNALING

The research is conclusive; journaling brings **successful weight loss** for the short and long term. See our website at [www.ottawacvcentre.com](http://www.ottawacvcentre.com) for more journaling sheets.

Don't like journaling? Start with writing down only the really outrageous "**danger times**" of your eating pattern. For example, if you are a night time eater and just cannot stop, start writing down everything you eat and drink after the supper meal. This will help bring more awareness around your behavior and eventual understanding and change. Try it for one week!

#### TIP 1: Journaling can also help in meal planning

**Why?** To optimize your **success at weight loss** and being healthier, it is a good idea to plan your meals and snacks ahead of time (this will help you avoid the last minute rush for food ideas and food preparation, which usually leads to the purchase of fast food, high fat, high salt, unhealthy choices).

**How:** Use the journal sheet to plan the night before for the following day. Write down all your 3 meals and your snack choices depending on your home and work schedule for the next day. Remember, all days are different; we are more out of routine in this fast paced world than in routine. Planning 1, 2 or 3 days ahead is smart goal setting.

### YES YOU CAN...PARTY HEALTHY

Festive occasions do not equal "weight gain" You can eat without ruining your weight loss efforts by following some simple tips.

#### TIP 1: Focus on keeping your weight stable instead of trying to lose weight

**Why?** With all the tasty treats available, **avoiding weight gain** is a big enough challenge without worrying about losing weight. Don't set yourself up for failure by making unrealistic goals for yourself.

**How:** Weigh yourself at the same time everyday to watch how your weight changes. Give yourself permission to gain a few pounds (two or three) but no more.

#### TIP 2: Make a plan.

**Why?**

- If you give yourself **permission** to "cheat", then you won't have feelings of guilt or failure when you sample your favourite foods. Decide ahead of time what you will and will not eat.

- You will then be able to enjoy the foods you love, avoid the foods that you can live without and help prevent binging.

**How:** **Think ahead** about where you will be, what types of foods will be there and which foods you really want to eat. Decide on reasonable portions of your favourites and arrive at the party with a plan.

#### TIP 3: Don't go to parties hungry

**Why?** Usually, parties are full of foods that are high fat & high calorie. If you're "starving" when you get to the party, you'll be much more likely to overeat, and less likely to **make healthy food choices**.

**How:** Spoil your appetite before going to the party. Have a small meal or a big snack with a serving of protein. This tip will help your brain make better choices when faced with all the goodies.

#### TIP 4: Keep a drink in your hand

**Why?** At holiday parties, the eating tends to be social, which means that you are eating while you socialize, and not paying attention to what you are putting in your mouth. Having a drink in your hand keeps your hands busy, and you're less likely to **eat without thinking**.

**How:** Keep a drink in the hand that you would use to grab food, and sip it slowly throughout the evening (but don't forget to keep in mind the calories found in popular drinks!)

Go to [www.ottawacvcentre.com](http://www.ottawacvcentre.com) for more information on Party Tips, Meal and Menu Planning, Snack Lists and Food Labels.

**The EMERALD® Weight Management Program can help you with your weight loss efforts and get you healthier. Please see our website at [www.ottawacvcentre.com](http://www.ottawacvcentre.com) for more information and more SUPER SAVVY WEIGHT LOSS TIPS. Please ask your family doctor for a referral to EMERALD.**

#### Other Diet Sheets Available:

- Diet for Congestive Heart Failure
- Diet for High Cholesterol
- Diet for Hypertension
- Potassium Replacement Diet
- Diet for Type 2 Diabetes

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