

## Getting started: guidelines for shaping up

Shaping up to improve your health and well-being should not be about going on a 'diet' or looking for quick fix solutions. Changing your habits to improve your health requires a long-term commitment and can be achieved by:

- Making realistic and sensible changes for a healthy diet
- Being more active every day – every little bit counts!

When choosing what to eat, keep the following words in mind: enjoyment, satisfaction, variety, balance and moderation!

This information contains general guidelines regarding healthy lifestyle. It is important to seek individual advice from an Accredited Practising Dietitian (APD).

Guidelines	More hints
<p><b>1. Aim for a gradual sustainable weight loss</b></p>	<ul style="list-style-type: none"> <li>• Healthy weight loss is weight loss of about 1-4 kg/ month.</li> <li>• A modest goal of losing 5-10% of your starting weight is realistic, achievable and has proven health benefits.</li> <li>• If you lose weight slowly, it is more likely to stay off.</li> <li>• Slow gradual wt loss from small changes is better and more sustainable than fast weight loss strategies that you cannot maintain.</li> <li>• Set realistic eating &amp; physical activity goals for yourself.</li> <li>• Don't just focus on the scales – focus on losing excess body fat. Measure your progress by your waist size, how your clothes fit &amp; how you feel.</li> <li>• Losing weight from your waist reduces your risk of heart disease and diabetes.</li> </ul>
<p><b>2. Try to eat regular meals to avoid overeating</b></p>	<ul style="list-style-type: none"> <li>• Choose a meal pattern that works for you – 3 main meals or smaller, more frequent meals.</li> <li>• Always try to start the day with breakfast.</li> <li>• Plan your meals to prevent relying on quick, easy and often unhealthy foods.</li> <li>• Try not to skip meals or follow fad diets. This will lead to overeating and unsustainable eating habits. Successful eating habits need to be easy to stick to and enjoyable.</li> <li>• Including some form of protein at each meal can prevent hunger between meals e.g. tuna, eggs, cheese or beans.</li> <li>• Learn to recognise your body's signals for hunger and fullness to prevent overeating. Always ask yourself if you are really hungry or just eating out of boredom.</li> </ul>

<p><b>3. Avoid feeling hungry by including plenty of high fibre foods</b></p>	<ul style="list-style-type: none"> <li>• Aim to eat 2 serves of fruit and at least 5 serves of vegetables every day. <ul style="list-style-type: none"> <li>○ One serve of fruit is a medium piece of fruit e.g. an apple or 1 cup of canned or chopped fruit.</li> <li>○ One serve of vegetables is ½ a cup of cooked vegetables, 1 cup of salad or one small potato. Try to limit starchy vegetables like potatoes and sweet potato to one serve each day.</li> </ul> </li> <li>• High fibre breads and cereals instead of low fibre options will keep you feeling fuller for longer. Choose wholemeal/wholegrain products.</li> <li>• Fruit is a great sweet treat, and it comes in its own packaging. Try to have just one serve at a time.</li> <li>• Choose whole fruit instead of juice or dried fruit.</li> <li>• Fill half your plate with salad or vegetables.</li> <li>• Vegetables also make great snacks; keep some pre-cut carrot, celery and capsicum sticks in your fridge.</li> </ul>
<p><b>4. Drink at least 6-8 glasses of water a day</b></p>	<ul style="list-style-type: none"> <li>• For general good health it is important to drink at least 8 glasses of water each day.</li> <li>• Drinking plenty of water can help to keep hunger at bay.</li> <li>• Try to drink a glass of water before your main meal. This will help to make you feel full and help prevent over-eating.</li> <li>• Hints for drinking more water <ul style="list-style-type: none"> <li>○ Always have cold water in the fridge</li> <li>○ Fill a jug or large water bottle each morning &amp; try to finish it by the end of the day</li> <li>○ Leave a glass by the tap to remind you to drink</li> <li>○ Add a squeeze of lemon or a small amount of low joule cordial to give water a lift</li> <li>○ Get in the habit of drinking water often</li> <li>○ Carry a water bottle with you everywhere you go</li> </ul> </li> </ul>
<p><b>5. Try to eat less fat</b></p>	<ul style="list-style-type: none"> <li>• All fats are high in energy (also known as kilojoules or calories). Eating high fat foods often leads to eating more energy than you need.</li> <li>• Use only small amounts of margarine/oil when cooking or preparing foods. Try an olive oil spray or a non-stick fry pan.</li> <li>• Limit the intake of high fat foods like: <ul style="list-style-type: none"> <li>○ Fatty meats (e.g. sausages, chops, bacon)</li> <li>○ Butter, margarine, lard, oil, ghee</li> <li>○ Full cream dairy products</li> <li>○ Rich cakes, pastries, pies and chocolate</li> <li>○ Fatty processed &amp; fried takeaway</li> </ul> </li> <li>• Include low fat protein foods at each meal to prevent hunger between meals</li> <li>• Lean meat, chicken &amp; fish – trim the fat from meat &amp; the skin from chicken (before cooking is best)</li> <li>• Choose low fat &amp; reduced fat dairy products</li> </ul>

<p><b>6. Try to eat less sugar</b></p>	<ul style="list-style-type: none"> <li>• Sugar contains no valuable nutrients but can contribute a lot of extra kilojoules/calories to the diet.</li> <li>• Try to reduce your intake of high sugar foods and drinks such as lollies, chocolates, biscuits, cakes, pastries, as well as soft drinks, juice, cordial and flavoured milk.</li> <li>• Try to cut down on sugar you may be adding to tea, coffee, and breakfast cereals.</li> <li>• Choose lower sugar varieties of foods e.g. low sugar cereals, reduced sugar yoghurt, plain biscuits.</li> <li>• Artificial sweeteners and sugar alternatives can provide a safe and low kilojoule option for sweetness.</li> </ul>
<p><b>7. Limit alcohol</b></p>	<ul style="list-style-type: none"> <li>• Alcohol should be used in moderation as it is high in kilojoules/calories and low in nutrients.</li> <li>• For healthy men and women, it is recommended that you drink no more than two standard drinks on any day.</li> <li>• A standard drink is             <ul style="list-style-type: none"> <li>○ A schooner (425mL) of light beer</li> <li>○ A pot (285mL) of heavy beer</li> <li>○ A small glass (100mL) of wine</li> <li>○ A nip (30mL of spirits)</li> </ul> </li> </ul>

### Physical activity

Be sure to include regular activity in your day. Australia's *Physical Activity and Sedentary Behaviour Guidelines* provide a good starting point.

- Doing any physical activity is better than none. Start with 5-10 minutes and gradually build up to the recommended amount.
- Be active on most, preferably all, days of the week.
- Accumulate 150 to 300 minutes of moderate or 75 to 150 minutes of vigorous intensity physical activity each week.
- Do muscle strengthening activities on at least 2 days each week.
- Sit less, more more.

### Benefits of physical activity

- Assists with weight loss by burning energy and increasing muscle which results in an increased metabolic rate.
- Improves energy levels, fitness, and mobility.
- Reduces your risk of joint and lower back pain.
- Decreases your risk of cardiovascular disease, diabetes, anxiety, depression, some cancers and obesity.
- Improves your mood and stress levels.
- Improves sleeping patterns.



Things I can do to improve my health

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2.

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3.

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4.

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*For further information contact your Dietitian or Nutritionist:*