

DEPARTMENT OF  
NUTRITION & DIETETICS

# Maintain A Healthy Weight



# Why is it Important to Maintain a Healthy Weight?

Being overweight or obese may result in chronic diseases such as high blood pressure, high blood cholesterol, diabetes mellitus, heart disease, bone and joint disorders and early death. Maintaining a healthy weight requires a lifestyle change that includes good nutrition and regular physical activity.



## HOW CAN I MAINTAIN A HEALTHY WEIGHT ?

### 1. Use My Healthy Plate

My healthy plate is made up of:

- ⦿ ¼ plate: Wholegrains
- ⦿ ¼ plate: Protein
- ⦿ ½ plate: Fruit and Vegetables



### 2. Limit total fat intake by cutting down on:

			
Deep Fried Food e.g. Vada, Fried Chicken Wing	Full Cream Dairy Products	Butter or Ghee e.g. Buns, Cakes, Roti Prata, Ghee Rice	
			
Fatty Meat/Chicken Skin	Snacks e.g. Chips, Murruku	Coconut Milk	Oily Gravy

# HOW CAN I MAINTAIN A HEALTHY WEIGHT?

## 3. Limit sugar intake by cutting down on:



Sweetened Drinks



Soft/Energy Drinks



Sweets i.e Rasgulla, Mishti Doi, Jalebi

Cakes/Kuehs

Chocolates



Fruits and Vegetables



Legumes (Beans, Lentils, Peas)



Wholemeal or Wholegrains (Brown or Multigrain Bread, Brown Rice)

# HOW CAN I MAINTAIN A HEALTHY WEIGHT?

## 5. Avoid Alcohol

Alcohol is high in calories and has no nutritional value. However, if you choose to drink, do so in moderation. Men should drink not more than 2 standard drinks a day, and women, not more than 1.



1 Can Beer (330ml)



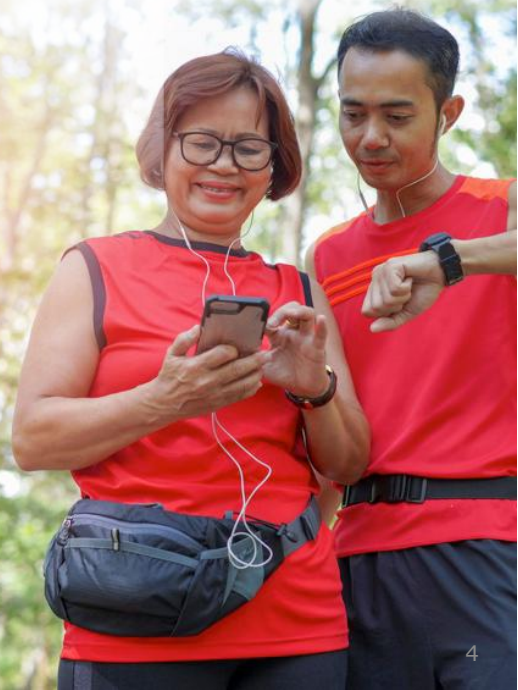
1 Nip of Spirit (30ml)



1 Glass Wine (100ml)

## 6. Maintain Regular Physical Activity

- ⦿ Helps manage weight
- ⦿ Reduces body fat
- ⦿ Increases lean muscle
- ⦿ Increases physical fitness
- ⦿ Helps build and maintain healthy bones
- ⦿ Lower your risk of heart disease, diabetes and stroke
- ⦿ Relieves stress, helps you to relax and sleep better



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