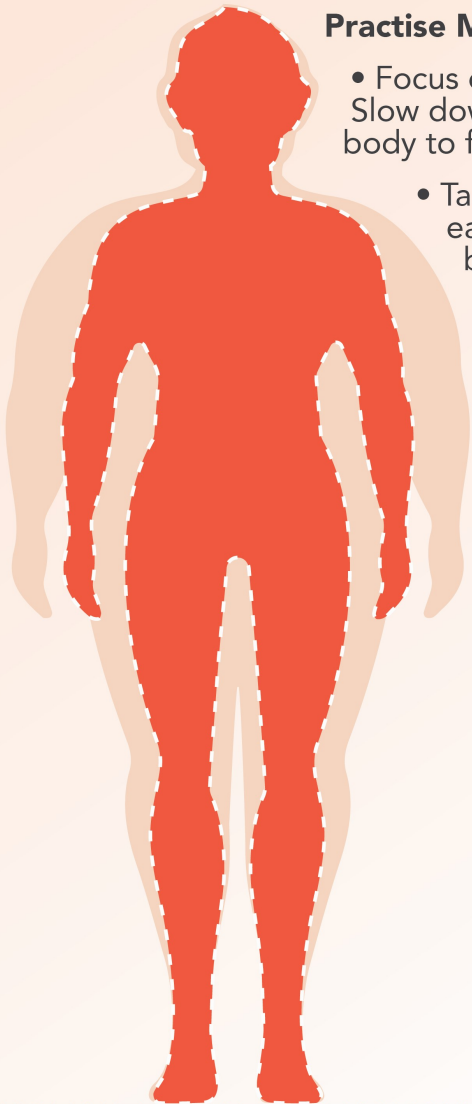




WEIGHT LOSS Management



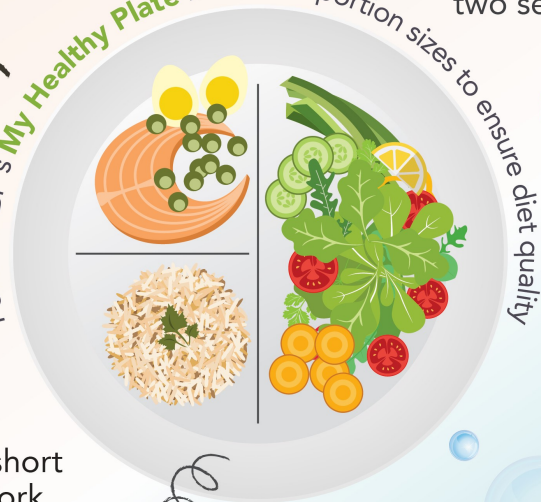
Practise Mindful Eating Habits

- Focus on your food, chew well when eating. Slow down your pace of eating to allow your body to feel full.
- Take note of the triggers for emotional eating. Consider if eating the food will bring you closer to your goals or further away from them
- Keep to regular meal timings

Choose lean meat, lean poultry, eggs, fish, tofu, legumes



Follow HBP's **My Healthy Plate** model for portion sizes to ensure diet quality

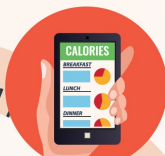


Replace snacks with fruits, aim for two servings daily



Set Goals

Set achievable short term goals to work towards your long term goals



Quit Smoking

Increase Physical Activity

- Work towards 10,000 steps a day. Perform at least 150 minutes of moderate intensity physical activity a week.
- Stand after every 20 minutes of sitting



Limit foods containing saturated fats, added sugars, salt and alcohol

Increase your fibre intake. Aim for two servings of vegetables (3/4 cup cooked). Choose whole grain alternatives for bread, rice and noodles



Choose **reduced** fat milk, yoghurt, cheese or other reduced fat dairy products

Drink **plenty of water** instead of sweetened beverages

