

# WEIGHT MANAGEMENT

## WEIGHT LOSS | WEIGHT GAIN

Have you tried dieting and failed? Most people have done a diet before and quit because they get low energy, hungry, and unsatisfied with their food choices. One of the biggest problems with diets is that they rarely work in the long term.

Instead of going on a diet, aim to become a healthier, happier and fitter person. Focus on nourishing the body instead of depriving it. Follow an “un-diet” approach for healthy eating. Here are ways to try a “non-diet diet” to kickstart a lifestyle that is more active and with cleaner eating habits.

### 5 WAY TO LOSE WEIGHT

**Eat fruits and vegetables every day:** People who eat vegetables and fruits tend to weigh less. Fruits and veggies contain few calories but a lot of fiber. Their high-water content gives them low energy density, making them very filling.

**Reduce added sugars:** Sugar is pro-inflammatory and more often than not, foods with added sugars have plenty of calories. Cut back on added sugar, especially from fruit juice and soda. Eat whole fruit, but avoid fruit juice or soda altogether.

**Add fiber to meals:** Fiber nourishes healthy probiotic gut bacteria and improves digestion. The amount of fiber you need depends on your age and gender: 21 grams for women over 50 or 25 grams if younger, and 28 grams for men over 50 or 30 grams if younger.

**Start Exercising:** Aerobic exercise (cardio) is an excellent way to burn calories and improve your physical and mental health. It appears to be particularly effective for losing belly fat, the unhealthy fat that tends to build up around your organs and cause metabolic disease.

**Follow portion control:** It's not always necessary to count calories, fat, or grams of carbs to lose weight. Controlling how much is consumed can be an easier way to shed some extra pounds. Try adding vegetables in half of the plate and dividing the other half into equal portions of carbs and proteins.

## **5 WAY TO GAIN WEIGHT**

**Snack on healthy fats and proteins:** It's important to include healthy fats and oils in the diet, particularly if a person is trying to gain weight. Avoid processed vegetable oils and stick to healthy oils such as olive, avocado, canola oil, nuts and nut butters.

**Add a milkshake or smoothie in the morning:** Milkshakes are a simple and affordable addition in the morning breakfast to help increase calories and protein intake. Making smoothies or milkshakes at home is the best way since commercial versions are often full of sugar and lack nutrients.

**Snack in between meals:** Eating small, healthy snacks throughout the day can help boost calorie intake and increase desire to eat.

**Schedule meal times:** Scheduling and setting reminders for meals can help promote appetite and keep a person on track with their food intake. Try scheduling meals and setting reminder at each mealtime to make sure you're eating regularly.

**Don't skip breakfast:** Consuming breakfast on a daily basis is important when trying to increase appetite and gain weight. Having breakfast every day is as important as having regular meals throughout the day.