



Reduce your weight

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expert diet advice



In England, almost 7 out of 10 men and 6 out of 10 women are overweight or obese, and a quarter of adults are obese. Being overweight or obese increases your risk of developing serious diseases such as Type 2 Diabetes, coronary heart disease and some cancers. The risks of developing these diseases increases the more overweight you are. Obesity can also affect your quality of life and lead to psychological problems, such as depression and low self-esteem.

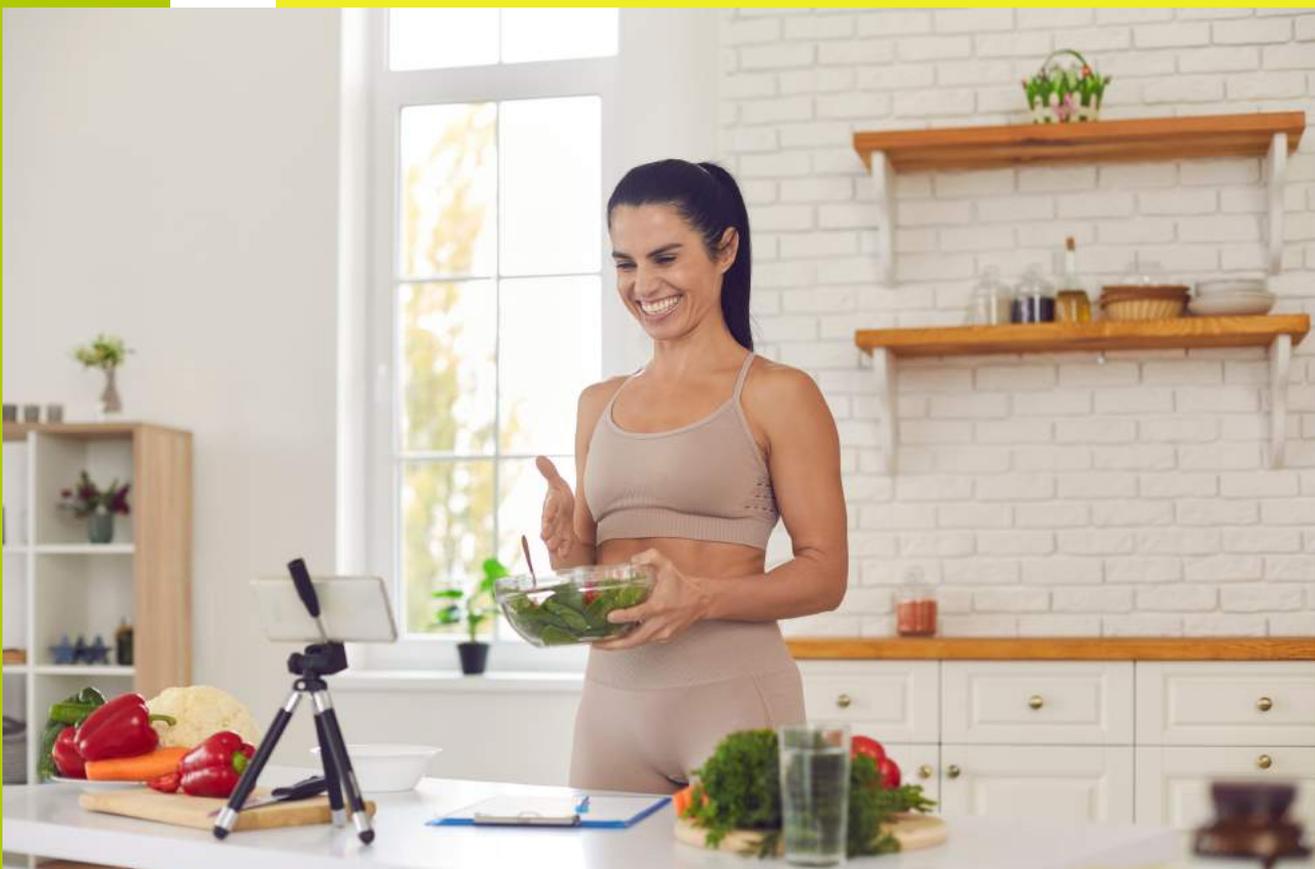
Several studies have shown that losing just 5% of your current body weight can reduce your risk of developing Type 2 Diabetes and heart disease.

Eating a healthy, balanced diet is the best way to lose weight and maintain your new weight.

The healthy eating tips that I am about to share with you are suitable for the whole family, even those who do not feel that they are overweight. They also suit those who have made healthy changes and are just looking to maintain a healthy diet and way of life. The benefit of this is that these are tips that can and should become long-term habits.

So, you have nothing (but weight!) to lose!

Here are my top tips to help reduce your weight.

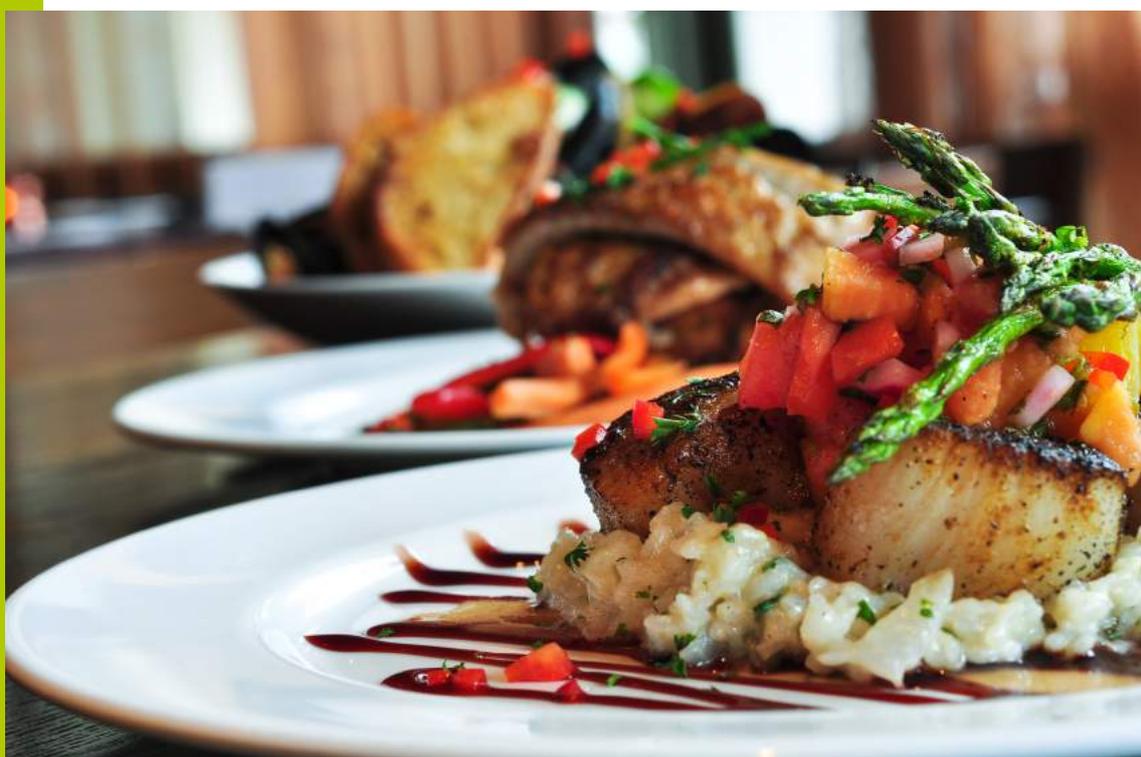




tip one

Regular meal pattern

Eating three, evenly spaced meals ensures that you are able to include all of the nutrients that you require to make your diet nutritionally complete.



It also helps reduce the temptation to snack on foods high in fat and/or sugar in between meals



tip TWO

Choose wholegrain starchy food



Choosing high fibre foods, such as seeded bread, basmati rice and sweet potatoes will turn into glucose more slowly, thereby keeping you full for longer.



tip three

Fill your plate with vegetables

Vegetables are high in vitamins, minerals and fibre, as well as low in calories. Filling your plate with vegetables will help improve your immune and digestive system and well as reducing your intake of meat and potatoes.

**Eat as many
vegetables as you
possibly can – fresh
or frozen!**





tip four

Ensure you are well hydrated

People often confuse thirst with hunger. Since many of us do not consume enough fluids anyway, increasing your fluid intake can help keep you hydrated, as well as taking the edge off hunger. (This does not mean drinking so much that you don't eat well, as this will be counter-productive).



Make sure that all drinks are sugar-free, so that you don't add unneeded calories to your diet.



tip five

Be aware of portion size

Whether this be with meals or snacks, eating nutritious food in portion sizes which are too large, can also cause weight gain.

Rather than tiny portions which will leave you prone to snacking, make meals and snacks slightly smaller, and weight loss plateaus, slightly smaller again.





tip six

be aware of alcohol limits

Alcohol is very high in calories and can easily contribute to weight gain. To minimise health risks from alcohol, the recommended limit is 14 units per week, spread over several days.



14 units per week



tip seven

choose healthier snacks

Snacks are absolutely fine to include, as they can take the edge of hunger and prevent us from eating large quantities at meal times. However, they can also be a major contributor to weight gain and higher blood glucose levels, unless we make nutritionally sound choices. Try to aim for fruit, vegetables, low-fat yogurts or a small portion of nuts.



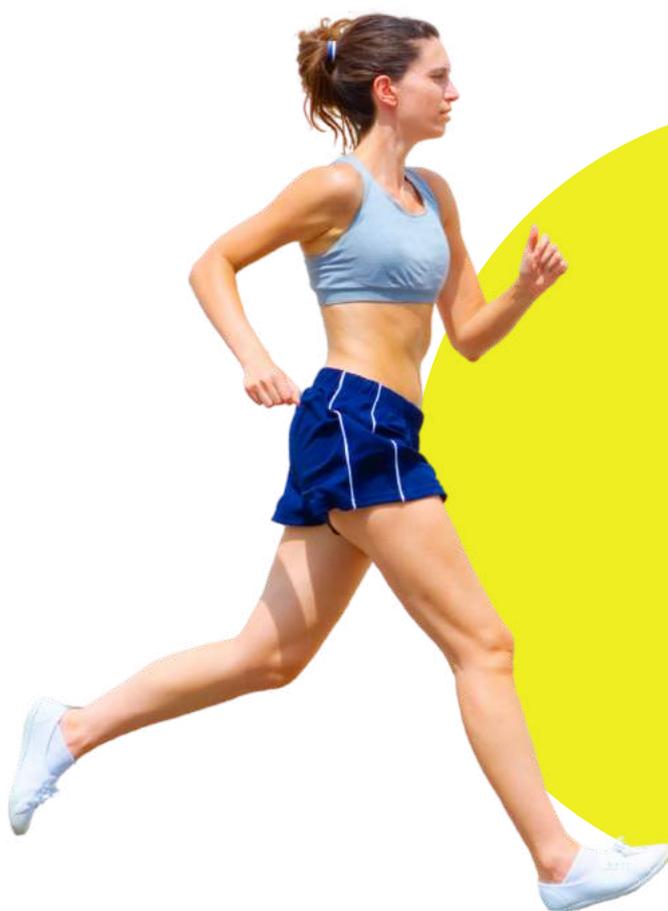
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tip eight

keep active!

Physical activity is an excellent way to help reduce your weight. Make sure that you get your heart rate up for a minimum of 10 minutes at a time to give your heart a workout too!



Get your heart rate up for ten minutes a day



find out more!

do you need a boost?

Are you fed up with waging a war with your food and your body? Have you been on a diet or two (or so many you've lost count)? Do you struggle to combine your medical issues with a healthy way of eating? Do you eat by the diet rules but feel that nothing works in the long term? Do you struggle with emotional eating?

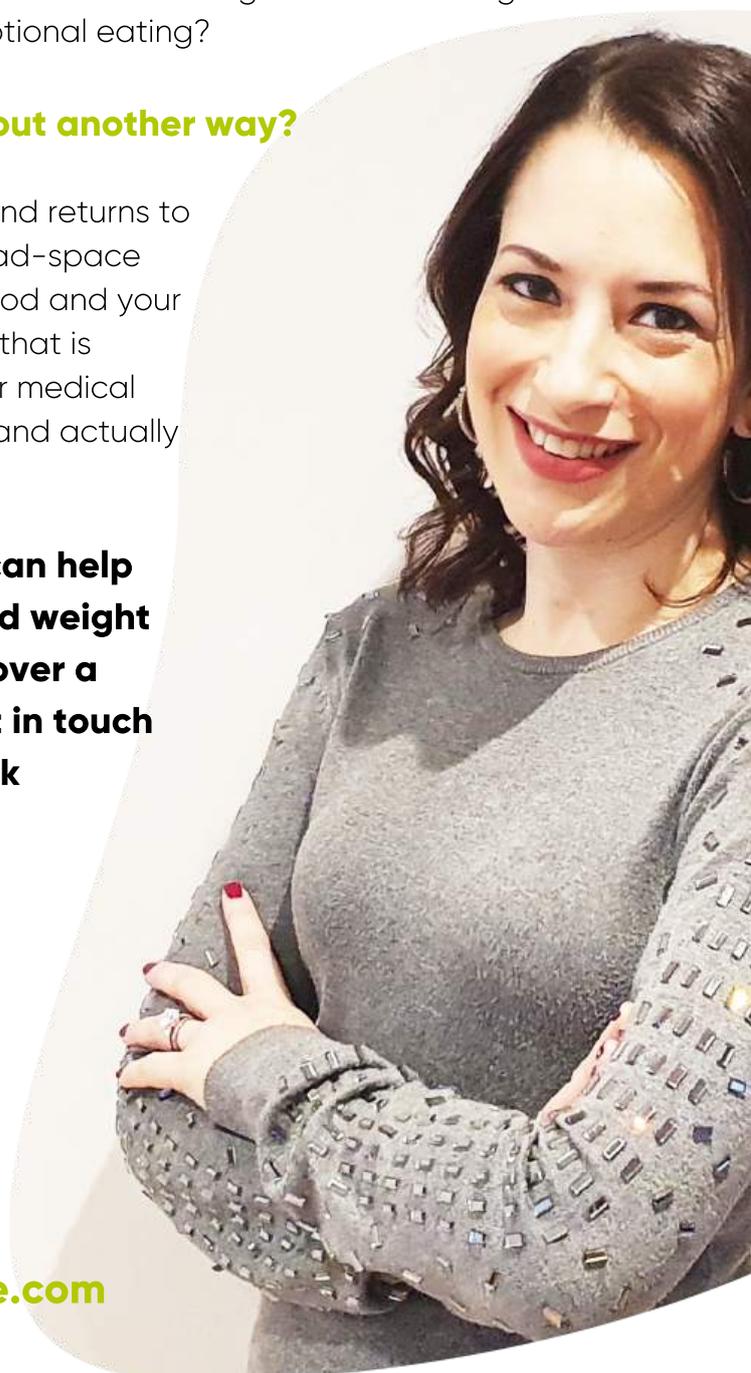
Would you like to learn about another way?

A way that is medically sound and returns to you all the time, energy and head-space you use trying to control your food and your body? Imagine eating in a way that is healthy, takes into account your medical background and requirements and actually allows you to enjoy food again.

As a registered dietitian I can help you overcome Diabetes and weight related problems and discover a healthier, happier you. Get in touch to find out how we can work together.

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