

# NMS Nutrition Notes

## Dieting



If you are not happy about your weight, you're not alone. About every third person you meet is either on a diet, has just fallen off a diet or intends to go on a diet.

Are you a healthy dieter? See if you fit into one of the "Unhealthy Dieter Profiles":

### Unhealthy Dieter Profiles



**Overweight Dieter** - You are the person who keeps diet book publishers in business since you are always trying some new diet to take off that extra weight. You do lose weight when you stick to a diet. But, the moment you slack off, the weight comes back on. You've probably been overweight, off and on, for a number of years.



**Healthy Weight Dieter** - You're at a healthy weight, but you'd like to be thinner. Whatever the reason, you go on a diet even though you want to lose only a few kilograms (five to ten pounds).



**Underweight Dieter** - Although you are thin, you can't see it. You diet thinking that you will like yourself better when you have a "perfect" body that is fat-free. To this end, you probably exercise quite a lot too. But, your obsession with dieting is hurting you both physically and mentally.

*If you see yourself in any of these profiles, you may be aiming for an unrealistic weight. You need a new outlook on your weight and you need to start setting goals that are healthy and achievable.*

### Reasons Why Most Strict Diets Do Not Work

- **Boredom** - If you're like most people, you get bored with the limited food choices in diets, and quit quickly. Diets don't alter your long-term eating patterns.
- **Gain Weight Back** - When you come off a diet, you may gain more weight faster. You see, your body adapts to getting fewer calories by using what few it gets very well. Having learned not to waste calories, your body is better than ever at storing those calories it doesn't use as fat.
- **Stress on Your Body** - Dieting upsets your internal balance of water and minerals. This can lower your blood pressure a lot, leaving you ill, weak or with an irregular heartbeat.
- **Low Self Esteem** - Just as your weight see-saws, so can your emotions and self-esteem. You tend to feel that by failing to control your weight, you've failed at other things. It's tough to live with a constant sense of failure and disappointment.
- **Eating Disorders** - Extreme dieting has been known to lead to eating disorders such as anorexia nervosa and bulimia. It also can cause other severe health problems.

**INSTEAD OF "DIETING" STRIVE TO EAT RIGHT AND GET ENOUGH EXERCISE!**



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# Eat Right!

## ✓ Eat Less Fat

- Make a little meat go further by cooking it in a casserole, stir-fry, hearty soup, stew or in a sauce with pasta.
- Choose a low-fat method of cooking, such as baking, broiling, steaming or microwaving. Try to avoid frying.
- To increase your fibre and carbohydrate intake, while decreasing your fat intake, plan meals around pasta, rice, beans, and vegetables, instead of meat.
- Substitute with lower fat versions of the same kind of food. How about yogurt instead of sour cream for dips and on baked potatoes? Try skim milk instead of whole milk in recipes.
- Remove the skin from turkey or chicken before you cook or eat it.
- The lowest fat cold cuts are lean ham, roast beef, chicken, and turkey.
- Try to eat nuts and seeds only once in a while, as they are very high in fat.
- Use butter, oils, margarine, mayonnaise, sour cream, and salad dressings sparingly. Try to choose the 'light' varieties with less fat.



## ✓ Cut Down On High Calorie Extras

- Snack foods such as potato chips and corn chips are high in fat, salt, and calories.
- Cookies, cakes, pastries, chocolate bars, and candy can add a lot of sugar, fat, and calories to your diet.
- Alcohol is a source of extra calories and potential health problems.



## ✓ Keep Your Taste Buds Happy

- Although at first you might miss lots of fat and sugar in your food, it's surprising how quickly your taste buds will adjust. Enjoy the crunch of raw vegetables instead of the crackle of potato chips, and the natural sweetness of ripe fruit instead of the sticky sweetness of cake.
- Zap your taste-buds with non-fattening flavourings such as lemon juice, garlic, mustard, herbs, spices, curry powders, chili sauce, and salsa.



## ✓ You Can Still Eat Your Favourites

- No particular food should be taboo. You can eat anything, but exercise moderation. Eating fast food or a donut once in a while will not make you fat.
- Don't cut out, cut back. Train yourself to eat smaller portions, especially of meat, by cutting back a little at a time.



## ✓ Eating on the Run

- Best choices for a restaurant main meal are a small grilled steak, poached fish, roast chicken, pasta or a fruit salad plate. Avoid those dishes that have rich sauces or gravy. Another idea is to have salad dressing and coffee cream to be served on the side, that way you can control how much you use.
- Try looking in a different area of the convenience store. Most convenience stores sell the basics for a nutritious snack, like milk, juice, bran muffins, and fresh fruit.



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# Get Enough Exercise!

## ✓ Exercise Burns Calories

- Calories are a form of energy. If you do not use all the calories that you eat, you will store them as fat. By becoming more active, you use up stored calories, or can prevent them from being stored in the first place.
- Exercise makes you feel better about yourself, improves your health, and of course, controls your weight. Exercise also makes the most of the body shape that you've got.



## ✓ Follow the "FIT" Formula: Frequency, Intensity, Time

**F**requency - If you want to control your weight, you should do some form of physical activity every day, or at least every other day.

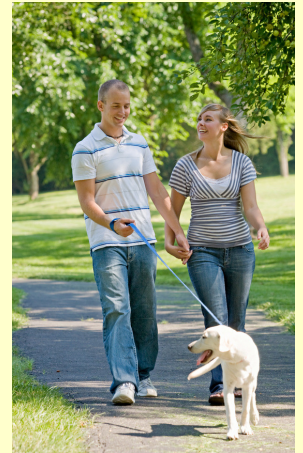
**I**ntensity - You should make sure that you do push yourself. Start slowly and gradually increase the intensity. But be careful not to push too hard; if you can't talk while exercising you are pushing too hard!

**T**ime - For weight control, you should exercise for at least a half an hour each time. Of course, most will not be able to start off at this pace, but should work towards it.



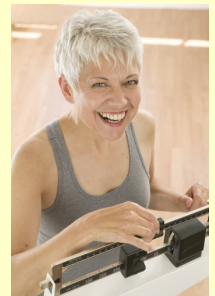
## ✓ Choose Activities That You Enjoy

- It is important that you choose activities that you will enjoy, that way you will be more likely to do it. Any activity counts, and the more physical the exercise, the better.
- Walking is a great start, since it is cheap, you can do it year round, and you don't need any special equipment. Walking a mile burns the same amount of calories as running a mile.
- Don't set yourself up for failure by choosing a difficult activity right off the start. Be realistic, and work your way up to fitness.
- Try to choose some form of major continuous motion, such as walking, running, swimming, rowing, or tennis, since continuous motion burns more calories. Sit-ups and push-ups are good too, but they do not burn as many calories as the activities above.
- Think about your lifestyle in deciding upon an activity. You don't want to choose an activity that is going to interfere with your responsibilities, and you also want to choose an activity that fits into your day.
- Think of all the ways you can make your daily routine more active. Use stairs more, use your bike more, and walk more.



## And Remember . . .

- 👍 Always be positive in yourself and your ability to reach a healthy weight.
- 👍 Lose weight slowly, no one-day wonder has ever worked.
- 👍 Weigh yourself occasionally, not continually. Don't get hung up in minor weight changes.
- 👍 Give yourself time to adjust to your new eating and exercise habits.



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