

Psst!

Plan to Stay in Shape Today



TIPS

for healthy weight loss!

With Isabelle Huot

358473

 **familiprix**

Your healthy weight
**KNOW IT, ATTAIN IT,
MAINTAIN IT**

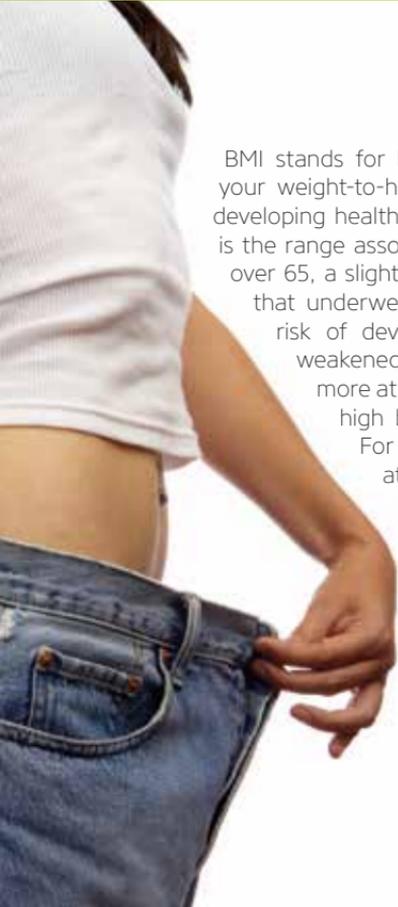
This guide is designed to help you improve your eating habits, lose a few pounds, and get back to your healthy weight—the easy way.

BMI and Waist
Circumference:

Our tools for determining your healthy weight



BMI



BMI stands for **Body Mass Index**, a single figure that tells your weight-to-height ratio. It is used to assess your risk of developing health problems. A BMI of 18.5–24.9 is best, as this is the range associated with the lowest health risk. For people over 65, a slightly higher ratio of 18.5–29.9 is healthiest. Note that underweight individuals have a greater than average risk of developing osteoporosis, undernutrition, and a weakened immune system. Overweight individuals are more at risk of Type 2 diabetes, cardiovascular disease, high blood pressure, and certain types of cancer. For people under 18, pregnant women, and athletes with highly developed muscle mass, BMI does not accurately predict health risks and is thus not recommended.

How to measure your BMI: $BMI = \text{weight} / \text{height}^2 = \text{kg}/\text{m}^2$



Write your height in meters: _____

If you know your height in inches, multiply it by 2.54.

Example: 1 foot = 12 inches; 5 feet = 60 inches,

5 feet 4 inches = 64 inches x 2.54 = 1.62 m



Write your weight in kg: _____

If you know your weight in pounds, divide it by 2.2.

Example: 150 pounds / 2.2 = 68.2 kg



Write the figures obtained in the following formula:

$$BMI = \frac{\text{weight}}{\text{height}} / \left(\frac{\text{height}}{\text{height}} \times \frac{\text{height}}{\text{height}} \right) = \boxed{}$$

Health Risk Classification According to Body Mass Index

Classification	BMI Category	Risk of Developing Health Problems
Underweight	< 18.5	Increased
Normal Weight	18.5–24.9	Least
Overweight	25–29.9	Increased
Obese Class 1	30–34.9	High
Obese Class 2	35–39.9	Very High
Obese Class 3	> or = 40	Extremely High

WAIST CIRCUMFERENCE

Waist circumference is a companion measurement to BMI. It indicates where body fat is stored, something BMI doesn't do. Body fat that is stored around the abdomen presents a greater health risk than fat on the hips, thighs, or buttocks. **Health Canada guidelines recommend taking measurements halfway between the lowest rib and the hip bone (where it can be felt on the side of the body).** It is best to get help from another person, as it is easy to accidentally move the measuring tape or fail to hold it straight. Breathe normally to make sure you measure accurately. Women should aim for under 88 cm (35") and men for under 102 cm (40"). When other risk factors such as high blood pressure, diabetes, or dyslipidemia are present, women should shoot for under 80 cm (31") and men for under 94 cm (37").



ARE YOU HUNGRY OR FULL? LISTEN TO YOUR BODY

Your body sends you signals to indicate when you have eaten enough to meet your needs. But the brain takes 20 minutes to process the message and let you know that you are no longer hungry. Eating on the run or in front of the TV prevents you from recognizing and listening to these signals, like those that tell you when your body needs food. If you are overly hungry, it probably means that your last snack or meal was not adequate. You should never be ravenously hungry when you sit down to a meal—that's when it becomes hard to resist those ubiquitous snack foods like chips, cookies, crackers, cheese, etc.



Listening to your body also means learning to recognize the difference between real hunger and eating for pleasure's sake.

Over the course of a day, take the time to assess how hungry you are between meals. If you feel overly hungry rather than satisfyingly full, make an appointment with a nutritionist to get help with balancing your meals. If you are eating for psychological reasons—to soothe your anxiety, or because you feel lonely—then a specially trained psychologist will be able to help you reestablish a healthy relationship with food.



“Listening to your body also means learning to recognize the difference between real hunger and eating for pleasure's sake.”

30 TIPS FROM ISABELLE

to lose weight the easy way



DON'T SKIP MEALS **1**

Skipping meals to lose weight is not the way to go. It doesn't just affect your energy level, it also causes intense cravings that can end up boosting your calorie intake. Research proves it: people who eat more often are thinner!

2 EAT LESS SUGAR

Progressively reduce your sugar intake. If you usually take 2 sugars in your coffee, cut back to one. After a year you will have saved more than 7,000 calories and lost 2 lb.—with just one coffee a day. If you drink four coffees a day, that's eight pounds you've just lost!





CHOOSE LEAN MEATS 3

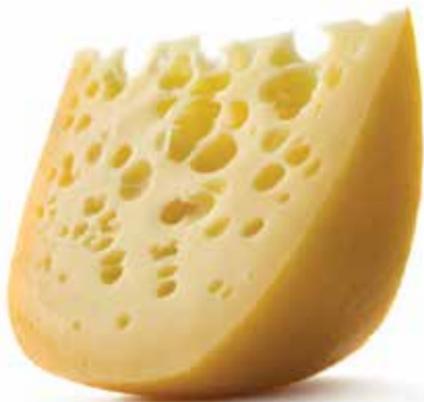
To lighten up your meals, think lean. Use ground turkey instead of ground beef, pork tenderloin instead of chops, chicken in place of sausage, and lean ham rather than chicken loaf, salami, or bologna.

4 USE LOWER-FAT COOKING METHODS

It's easy to forget about lower-fat cooking methods like baking, roasting, stewing, and grilling. Benefits: no need to add oil or butter, 100 fewer calories, and perfectly cooked food—every time!

CHOOSE LOW FAT CHEESES **5**

Cheddar, Swiss, Havarti, Brie—whatever your favorite cheese, lighter versions with 15–20% less fat are increasingly available. That means you cut your fat in half, and the calorie-count plunges as well. Cottage cheese is naturally low in fat and makes an excellent snack. A 50 g (1.5 oz) serving of cheese per day is just enough to satisfy your taste buds without hurting your heart—or your waistline.





6 HIGH PROTEIN, HIGH FIBER GRAIN PRODUCTS? YOU BET!

Fiber and protein work together to make you feel full. Fiber also helps stabilize your blood sugar, tempering your desire to snack. So next time you buy crackers, bread, bagels, cereal, or pasta, read the Nutrition Facts label. Choose items with a minimum of 4 g of fiber and 3 g of protein per serving. Also, look for products with whole grains in the top spot on their ingredient lists.

CUT BACK ON **7** SALAD DRESSINGS



Even homemade dressing with olive oil is high in calories. In fact, 15 ml of olive oil has 120 calories. A salad with 2 tablespoons of oil will have over 240 calories—the same as a small order of fries! Lower the calorie content by halving the amount of oil, doubling the vinegar or other condiments, or diluting your dressing with bouillon or orange juice. It is recommended you use no more than 1 tablespoon (15 ml) of dressing per serving.

8 LIMIT COOKING OILS AND FATS

Like it or not, we often get carried away when we add fat and oil to the pan. Who has never said “Oops!” as the oil flows out far too quickly? A good trick: use the cap to measure out the right amount of oil. Five milliliters (1 teaspoon) is enough to fry your food. Cooking sprays are another sensible alternative.



DON'T LET OIL AND FAT ADD UP **9**

You may not think about the small amounts of oil and fat that sneak into your meal—oil to cook your meat, a bit more so your noodles won't stick, another splash for the veggies—but they add up, and can lead to weight problems. Our tip? Use oil in your side dishes, while your main course goes fat-free. For example, if you drizzle your vegetables in oil, you could flavour your rice with curry and bake your fish. Say goodbye to over 250 calories!

10 MAKE THE MOST OF AROMATIC HERBS AND SPICES

Use vegetable stocks, juices, lemon zest, Dijon mustard, tomato and vegetable purées, fresh herbs and spices—not oil—to give your food flavor.





CUT BACK ON FRUIT JUICE

11

Even fruit juices advertised as “100% juice” or “Made from 100% real fruit” are high in sugar: 250 ml (1 cup) of juice contains the equivalent of six packs of sugar. Tempted by juice? You’re better off with the whole fruit, which will better satisfy your hunger. You probably couldn’t eat two whole apples in a row—but that’s just what you’re doing when you drink a glass of juice.



DRINK LESS ALCOHOL **12**

A glass of wine at dinner adds 120 quick calories; half a bottle and you're up to 300. A beer has 150 calories, and creamy liqueurs like Baileys® and *crème de menthe* can top 300, with additional unhealthy fats. If you want to lose weight, a good tip is to limit your drinking to a few glasses of wine or bottles of beer a day—and only on the weekend. More than that may undermine all the hard work you did all week...

13 SWITCH FROM COFFEE TO GREEN TEA

Drinking at least three cups of green tea a day is believed to help metabolize fatty acids and increase energy expenditure. When taken without sugar, green tea keeps you hydrated while providing natural antioxidants beneficial to your health.



EAT MORE VEGETABLES

14

It is recommended you eat a minimum of four servings of vegetables per day: two 125 ml (1/2 cup) servings per meal. Since vegetables have high water and fiber contents, they satisfy your hunger without providing many calories. This means that you can't eat too many veggies—raw or cooked, with meals, or for a snack. If you find that vegetables aren't flavorful enough on their own, try adding vegetables TO your recipes. Rice with vegetables, chicken stuffed with spinach and bell peppers, salmon roll-ups with asparagus and onions—no need to relegate your vegetables to the sidelines.



15 SNACK ON FRUIT

Fruit is high in carbohydrates and provides a healthy amount of energy as well as vitamins, minerals, antioxidants and fiber. It is recommended you eat 2–4 servings of fruit per day. The best way to eat enough is to prepare your fruit in advance and carry it with you wherever you go. If you sometimes forget to have a piece of fruit after your meal, why not catch up at snack time? Fruit compote—sugar free, of course!—and tinned fruit salads are also good in a pinch.





16 INCREASE YOUR DAILY DAIRY

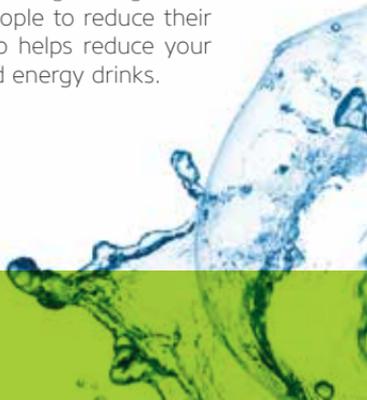
It's long been known that dairy products supply calcium and phosphorus, two essential minerals for healthy bones. What is now coming to light is the role of dairy in weight loss. That's why it's important to consume 2–3 servings a day. A serving is 250 ml (1 cup) of milk or soy milk or 175 ml of yogurt.

NO MORE SECOND HELPINGS 17

No matter how good Mom's signature recipe tastes, a second helping is never a good idea. Before you give in to temptation, take the time to have a glass of water or milk, and wait 15 minutes. This "time out" will give your brain a chance to let you know that you have eaten enough. Even desert might not tempt you after trying our "15 minute time out" trick.

18 DRINK MORE WATER

Drinking at least 6 glasses of water per day is a sound habit. Some signs that we may interpret as hunger—like fatigue, headaches, and irritability—may in fact be caused by dehydration. Drinking more water cuts down the chances of misreading these signs. A glass of water before each meal can even help some people to reduce their serving sizes. Increasing water consumption also helps reduce your intake of less healthy fruit drinks, soft drinks, and energy drinks.



EAT STARCH WITH EVERY MEAL

19

The myth that bread, potatoes, and pasta are fattening is hard to dispel, and many people continue to banish them from their diets. But these complex carbohydrates play a crucial role in maintaining equilibrium—they are our body's main source of fuel. If you don't eat grain products, rice, or other grains, pasta, or potatoes, you may suffer from lower energy levels, diminished powers of concentration, or even sugar cravings. Whole-grain carbohydrates are a better choice, as you will feel more full. Remember—carbohydrates don't cause weight problems, the amount you eat does. A 125–250 ml (1/2–1 cup) serving is generally enough for a meal.



20 HAVE A FILLING, HIGH-ENERGY SNACK

If you go more than four hours between meals, a snack is recommended to avoid being overly hungry when you sit down for your next meal. The best snacks combine carbohydrates, an energy source, and proteins that slow down the absorption of sugar. Fruit along with cheese, nuts, or grains is an excellent snack. So are raw vegetables with a light cheese.



DON'T EAT OUT TOO OFTEN

21

Menu items in restaurants may seem perfectly healthy, but beneath the surface you'll often find surprising quantities of fat and salt—not to mention the lack of vegetables and inflated portions. It's unusual to find a restaurant meal (appetizer, main course, dessert, and beverage) under 1000 calories. Yet a healthy meal for a reasonably active person of average size should have only 400–700 calories. It's okay to treat yourself once in a while, but remember to listen to your hunger. You don't have to eat everything on your plate.





22 STAY AWAY FROM PASTRIES

Just because you often hear about the importance of snacks doesn't mean that all snacks are a good idea. Pastries contain 3–5 teaspoons of fat per serving—and 400 calories, easy! Think twice before buying that muffin or cookie to go with your coffee! You're better off with toast, oatmeal, or a bowl of cereal.

EAT A SERVING OF NUTS EVERY DAY

23

Nuts are great as long as you don't go overboard. There are 200 calories in 60 ml of nuts, so 15–30 ml (1–2 soup spoons, or around 15–20 almonds) is enough. Numerous studies have shown that nuts can help you control your weight by making you feel full.



24 THINK LEGUMES

Start by adding one legume dish per week into your rotation. There are many benefits to replacing meat with legumes, which are low in fat and high in fiber, protein, and an array of vitamins and minerals. Think chickpeas in salad, red kidney beans in chili, lentils in soup, and marinated tofu in a stir fry—the possibilities are endless. Cutting back on meat by adding vegetable proteins helps you lower your intake of saturated fats, which is good news for your heart.



EAT SMALLER PORTIONS OF PASTA **25**

Two cups of pasta delivers 400 calories—without the sauce. That's a lot, especially if the pasta is smothered in cream sauce. Three steps for health: opt for more nutritious, whole-wheat pasta; add vegetables (rapini, spinach, mushrooms); and gradually reduce your serving size.

26 KEEP HEALTHY FOOD ON HAND AT ALL TIMES

A key to eating better is to keep your pantry and fridge stocked with healthy foods at all times. Fruit, fresh and frozen vegetables, canned legumes, light cheese, vegetable juice, whole wheat pasta, couscous, and canned tuna are among the must-have items.



SLEEP BETTER 27

A recent Laval University study showed that sleeping less than seven hours a night affects the hormones that regulate appetite, throwing our sense of hunger and fullness off-kilter and even intensifying sugar cravings. But don't overdo it—sleeping more than nine hours a night will have the same effect!

28 SAY NO TO EVENING SNACKS

The food we eat in the evening is often sheer excess. If you are really hungry, keep it small: a handful of nuts, a piece of fruit, or even just a glass of milk should do the trick.



SPICE UP YOUR COOKING **29**

Another recent Laval University study found that eating hot peppers curbs the appetite. Add cayenne pepper when you cook—fresh, flakes, or powder—but don't use more than you can handle, as too much can cause stomach irritation.

30 TREAT YOURSELF ONCE IN A WHILE

It's completely healthy to eat less nutritious food once in a while. Everyone has a favorite—almond cookies, chocolate mousse, ice cream... Here the 80–20 rule comes in handy: eat healthy foods 80% of the time and save the remaining 20% for less healthy foods that you enjoy. Just remember to go easy on the serving size.





EXERCISE MAKES ALL THE DIFFERENCE

Planning to lose weight? Don't forget physical activity, an essential part of healthy—and faster—weight loss.

Increasing activity allows you to burn calories, which helps you attain and maintain your healthy weight—and raise your energy level! A thirty-minute walk on your

lunch break or three 10 minute exercise sessions will provide equivalent benefits. The important thing is to choose an activity you enjoy and increase the time and intensity as your level of physical fitness improves.

SOURCES AND USEFUL LINKS

For more weight-loss tips from Isabelle Huot, Ph.D., Nutrition, visit **www.conseilsnutrition.tv** *(French only)*

For more information on nutrition and other health-related topics visit **www.familiprix.com**

Only pharmacists are responsible for the professional activities of pharmacy practice. They use various tools such as the PSST! (Plan to Stay in Shape Today) program.