

## More Meal and Snack Suggestions



**Keep a food diary** to track everything you eat and drink. Write it down or try an online app. You might discover where some of those extra calories are coming from.

**Additional notes:**

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## Nutrition Series



# Losing Weight

## Changing Habits: Getting Started

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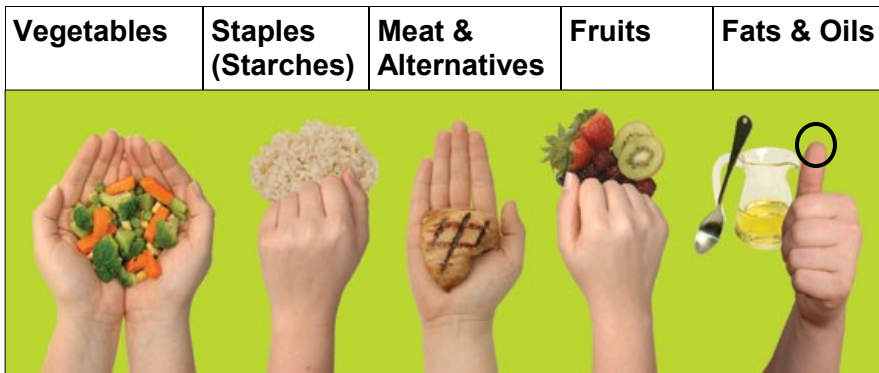
## Changing Habits: Getting Started

Excess **calories** from foods and beverages are stored in the body as **fat**. If you want to lose weight, healthy eating along with increased physical activity, will help you reach your goal. Support and encouragement from family and friends also helps.

### Planning Meals

**Eat three small meals daily.** Controlling portion sizes at meals is essential for weight loss. The photos in this leaflet can be used as a guide for planning meals. You can also use your hand to estimate portions (see chart below). **Do not skip meals.**

If necessary, include **healthy snacks** to help control appetite. Snacks should be low in calories so read **Nutrition Facts** labels on snack foods; aim for 100 Calories/kcals (or less) per serving.



### Progress Chart

Date	Wt	BMI	BF%	Date	Wt	BMI	BF%

## More Healthy Eating Tips

**Eat high fibre foods** as they help you to feel full.

- Use high fibre cereals like oat flakes, whole wheat bread and biscuits, high fibre pasta and brown rice
- Eat provisions like breadfruit, sweet potato and yam
- Make half your plate vegetables and snack on fruits
- Use peas and beans in rice; add them to soups and stews; serve as a side dish or in place of meat

**Use less sugar and sugary foods**, especially beverages. They are often high in calories and contribute to overweight.

- **Drink more water**, including with meals. Also try soda water, diet drinks, unsweetened herb teas—hot or iced
- All fruit juices, even unsweetened, contain sugar and should be limited to one serving daily (4oz), if at all

**Include some healthy fats** with meals as this can help you feel fuller for longer. **Limit foods high in Saturated Fat and Trans Fat** since these can cause heart disease.

- **Healthy fats** include seeds, nuts, nut butters, coconut, avocado pear and olive oil. **Caution:** *These foods are high in calories and so should be used in moderate amounts*
- Bake, boil, grill or steam foods
- Try no-stick cooking sprays to sauté and stir-fry
- Eat fish more often, including canned fish (drained)
- Remove skin from chicken and turkey; trim fat from meat
- Try meatless meals using peas and beans or soy foods

**Keep alcohol to a minimum** as it is high in calories. If you do drink, limit to 2 drinks daily for men and 1 drink for women.

**Exercise at least 30 minutes daily.** Walk, swim, dance, cycle or join a gym and try to include strength training on 1 or 2 days each week.

**Time Saver Tip:** When cooking, make double portions and freeze half or, when you have more time, prepare 2 or 3 different dishes and refrigerate or freeze the extras. In that way you can eat healthy without cooking every day.