

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:

Nutrition Series



Losing Weight

Changing Habits: Getting Started

National Nutrition Centre
Ministry of Health

Tel: (246) 536 3800

Email: nutrition.centre@barbados.gov.bb

<http://nutritioncentre.health.gov.bb>

Community Nutrition Officer _____
Telephone _____

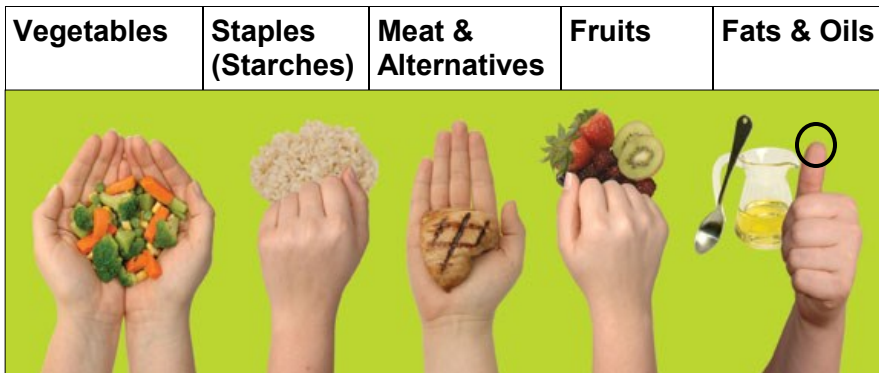
Changing Habits: Getting Started

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.