

## Tips for Success

- ✓ **Consume 5-10 servings/day** of vegetables and fruit. Add veggies to meals, eat fruit for dessert and snack on both.
- ✓ **Eat less Fat;** eat lower fat dairy products (skim and 1%). Select lean meat, fish or poultry. Use less butter, margarine and cooking oils; Limit fried food and high fat snacks. Keep fat to less 30% of caloric intake
- ✓ **Watch Portion Sizes.** Don't super size and say no to seconds. A medium potato should be the size of a computer mouse. An average bagel should be the size of a hockey puck. A cup of fruit the size of a baseball. Three ounces of meat is the size of a cassette tape.
- ✓ **Increase Fiber.** Fiber plays an important role in the prevention and treatment of a variety of diseases. Many fiber rich foods are low in calories and they also give you a "full" feeling that lasts longer. Foods high in fiber include; whole grain breads and cereals, carrots, apples, dried peas, beans and lentils.
- ✓ **Limit alcohol.** Adds extra to the diet that carry no significant vitamins, minerals or other nutrients.
- ✓ **Be aware of hidden fats.**

## Additional Resources

**Health Canada**  
[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

**Canada's Physical Activity Guide**  
[www.paguide.com](http://www.paguide.com)

**Dietitians of Canada**  
[www.dietitians.ca](http://www.dietitians.ca)

**The Nova Scotia Dietetic Association**  
[www.nsdassoc.ca](http://www.nsdassoc.ca)

**National Institute of Nutrition**  
[www.nin.ca](http://www.nin.ca)

**American Dietetic Association**  
[www.eatright.org](http://www.eatright.org)

**American Heart Association**  
[www.americanheart.org](http://www.americanheart.org)

**Diabetes Association**  
[www.diabetes.ca](http://www.diabetes.ca)

**Healthy Eating on a Low Budget**  
[www.ualberta.ca/HEALTHINFO](http://www.ualberta.ca/HEALTHINFO)

**Recipes**  
[www.kraft.com](http://www.kraft.com)

## A GUIDE TO A HEALTHY LIFESTYLE



## STEP 1

### Realization of Problem

Realize that you need to begin a healthier lifestyle to achieve a healthy weight. Then ask yourself these questions:

- Am I ready to make changes in what I eat?
- Do I understand that weight loss is best when it is lost slowly?
- Am I willing to increase my physical activity?
- Am I ready to start making healthier food choices?

If you answer yes to these questions then you are ready to start!

Start setting small goals for yourself. Make small changes that will lead to success. Remember that change will be slow but you will see results and before you know it you be a healthier and happier person.



## STEP 2

### Develop an Eating Plan for Life

To find the food pattern suited to you, calculate your caloric level using the following formula  
Multiply the number of pounds you weigh now by 15 calories. This number represents the average number of calories used up in one day by a moderately active person of your weight. If you sit around or get very little exercise, multiply your weight by 13 instead of 15. Less-active people burn fewer calories. To lose one pound, you need to burn 3500 calories more than you take in. In other words, you need to run a calorie deficit. To do this, reduce your caloric intake by 500 calories per day. (Seven days times 500 calories equals 3500 calories -- one pound.)

Healthy eating for life includes consuming moderate amounts of fat and adequate amounts of protein. The majority of your calories should come from carbohydrates.

Carbohydrates are the best source of fuel for the body. The key is watching your portion sizes and choosing the right sources of carbohydrates. Following Canada's Food Guide is great way to start a diet for life.

## STEP 3

### Become Physical Active

Check with your doctor first if you are middle-aged or older, have a medical condition, have not been physically active, and plan to start a relatively vigorous exercise program. If your doctor gives you the ok then you should do aerobic exercises such as jogging, swimming and walking at moderate intensity 30-60 minutes at a time at least 3-4 times a week. This will condition your heart and lungs. These activities also help burn calories.



Remember that regular physical activity helps improve the cardiovascular system, makes you feel good, and may help with weight loss. If you're still struggling with physical activity set a goal to start slowly--ten to fifteen minutes is a good start, then increase as the activity gets easier. Before your know it, you'll be enjoying regular physical activity and all the benefits it brings.