



foodwise

Weight Management and Energy Balance

Diets are a popular method of weight loss, but do they really work?

There are many different types of diets, all promising quick and effortless weight loss.

The reality is that most diets don't work. They may show results in the short term but they are often difficult to sustain and don't give long lasting results.

Rapid weight loss results in a loss of water and muscle (not body fat). Rapid weight loss can affect your energy levels, mood and concentration. Your brain and body can miss out on vital fuel and important nutrients that it needs to function at its best.

Most diets do not encourage a balanced and consistent approach. They often limit or exclude whole foods or food groups and some promote meal replacements such as shakes, bars, powders or skipping meals altogether.

FACT Quick weight loss is not a long term solution to managing your weight.

Losing weight becomes harder with every diet you try.



Diets can leave you feeling hungry and deprived, often making you want to eat more.



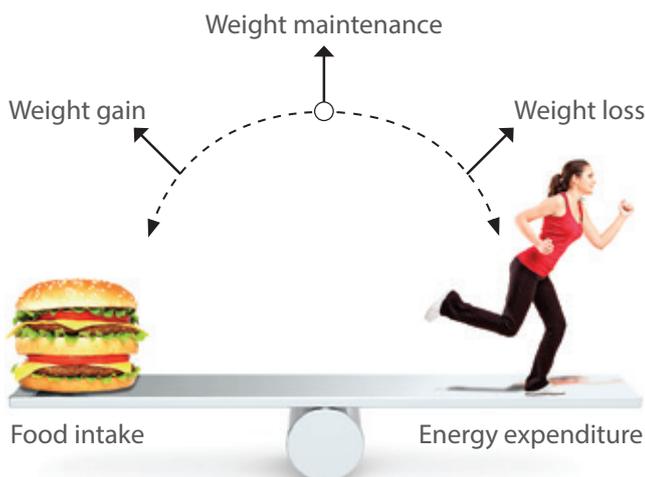
Weight Management and Energy Balance

Managing your weight for long term success

Most foods and drinks provide energy (measured in Kilojoules or Calories) that fuels the mind and body.

Too much energy can lead to fat storage and unwanted weight gain.

Energy in vs energy out



A balanced eating plan, more physical activity and less sedentary activity (e.g. screen time), is the best way to achieve and maintain a healthy weight.

The Australian Dietary Guidelines recommend eating a variety of foods from the Five Food Groups – vegetables, fruit, wholegrain breads and cereals, lean meat and meat alternatives and reduced fat dairy foods.

Have a balanced approach – include a variety of food and drink, just be mindful of how much you have and how often.

CHECKLIST

1. Burn more energy

- Be more active
- Spend more time on your feet
- Limit TV and screen time to less than 2 hours per day.

2. Reduce energy intake

- Choose tap water and reduced fat milk as your main drinks
- Limit sugary drinks. Soft drinks, juices, iced teas and energy drinks are high in kilojoules. Opt for small serve sizes or better still, replace with water
- Think twice before getting stuck into fries and other high fat take-away foods, or think about downsizing
- Eat larger portions of lower energy foods, e.g. veggies, fruit, reduced fat yoghurt & milk
- Plan healthy snacks – try to include 2–3 food groups at each snack
- Listen to your body's signals. Eat when you're hungry and stop when you're feeling full!

3. Change what you do

- Get into a routine of planning your meals and snacks
- Never skip meals, especially breakfast
- Avoid setting yourself up for overeating or binge eating. If you do overeat, be kind to yourself and your body and eat to appetite at your next meal or snack
- Include high fat and high sugar foods less often and in small amounts so you don't crave them.

Where can I find out more information?

HERE ARE 3 WAYS:

- 1. TALK** to your GP
- 2. MAKE A FREE APPOINTMENT** with an ACT Health Community Dietitian by phoning **6207 9977**
- 3. CHECK OUT** more Foodwise factsheets at www.health.act.gov.au

