

Dietary habits and behaviours associated with weight management

Weight loss journeys can be divided into two very distinct parts: **weight loss and weight maintenance.**

Both phases are equally significant. Whether you are currently losing or maintaining your weight the following tips will help you with your goal.

Top 10 Tips

- 1. Establish a Regular Meal Pattern** – this gives structure and routine to eating habits, helping prevent impulsive snacking when hungry and keeping blood sugar levels steady. This minimizes tiredness and irritability.
- 2. Reduce the fat and sugar in your diet** – keep an eye on the fat and sugar levels in food and drink you consume regularly, particularly dairy products, sauces, spreads and fizzy drinks.
- 3. Increase walking** – aim for 10,000 steps per day.
- 4. Pack healthy snacks** – such as fruit or yoghurt, instead of going for chocolate or crisps.
- 5. Use food labels** – to help you choose products that support your goals. Even small changes can make a big difference.
- 6. Portion awareness is key** – knowing your portion sizes can be really helpful when it comes to losing and maintaining weight.
- 7. All movement counts** – just moving more during the day can have many health benefits.
- 8. Stay hydrated** – Drink lots of water, moderate milk and fruit juice and limit sweetened drinks and alcohol.
- 9. Mindful Eating** – this is a great way to help you both enjoy and control your intakes.
- 10. Get your 5-a-Day** – incorporate fruit and veg into meals and as snacks.