



## NUTRITION

# BE WARY OF THESE DIET GIMMICKS

**Losing weight can prove challenging, especially with the amount of contradictory information that's out there. Be wary of these gimmicks:**

### Weight loss versus fat loss

Weight loss is more than just losing kilos on the scales. It's about getting fitter, healthier and making long-term changes that allow you to lose the weight and keep it off for good. Focus on losing fat rather than weight.

### Slow and steady wins the race

A healthy rate of weight loss is 500g to 1 kg a week. Losing weight too quickly can increase your risk of developing health problems such as heart beat irregularities, anaemia, excessive loss of lean body mass (muscle) and bowel irregularities.

### Dangerous dieting

Those looking for quick fixes can fall victim to dangerous fad diets that won't help keep the weight off in the long term.

Here's how to spot a fad diet:

- Promises rapid weight loss
- Promotes 'magic'/combinations of foods
- Excludes/restricts food groups

- Focuses on short-term changes to eating and exercise habits
- Makes claims based on testimonials or limited studies

### Long-term weight loss

When it comes to weight loss, the secret is to make lifestyle changes that you can follow for the rest of your life.

Healthy, long-term and sustainable weight loss is achieved through:

- Eating a balanced diet, which includes all food groups (carbohydrate, protein, dairy, wholegrain, fruit and vegetables)
- Limiting foods that are highly processed or high in fat, salt and sugar
- Limiting portion sizes
- Drinking 6-8 glasses of water daily
- Increasing your physical activity to 30 minutes at least five times a week

Forget the magic wand, pill, or gimmicks, successful weight management requires a life-long commitment to a healthy lifestyle, which focuses on eating healthy foods and keeping physically active in a way that is both sustainable and enjoyable.