



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.