



NUTRITION

THE FIRST STEPS TO MANAGING YOUR WEIGHT

In 2016, the obesity prevalence in adults in South Africa was reported to be 28.3% by the Central Intelligence Agency's World FactBook. And with many people being unsure of where they should start in their weight management journey, it's an ever-increasing problem. Here are 6 of the first steps you can take...

1. Eat breakfast

A meal in the morning leaves the body thinking it will have more food for the rest of the day. So, instead of storing energy, it uses it, meaning you burn more calories. Eating breakfast can prevent overeating later on in the day as it prevents binging when you're famished.

2. Don't starve yourself

By refusing your body food, it goes into starvation mode where, instead of burning the energy, it wants to store it. Eating regular meals 3-4 hours apart is a better way to manage your weight than skipping meals.

3. Eat frequently

Don't think you'll eat more food when you eat more frequently.

When you eat regularly, your body works to burn the energy more effectively and you also begin to feel fuller, which prevents overeating.

4. Control your portions

This goes hand in hand with meal frequency. If your portion sizes are appropriate, you will eat enough food and you will burn energy effectively. Use your own hand to measure servings of food. A portion of grains is one fist size, vegetables are 2 fist sizes, and a protein portion is typically the size of your palm.

5. Choose low GI

Don't cut carbs, just go low GI! Low GI carbs contain reduced amounts of sugar and have slow releasing energy, which can help you feel fuller for longer. They're also typically nutritionally dense with a higher fibre content than high GI carbs.

6. Exercise

You've heard it all before, and you'll hear it again: including exercise into your daily routine is an absolute must for weight management. A healthy diet is a great way to start, but exercise can really help you to achieve those long-term goals.