

## 10 TIPS TO FEEL TOPS AND KEEP WEIGHT IN CHECK

**1. MIND YOUR MIND** Your mind and your attitude are your most powerful tools to manage your mood and your food. Focus on your success and congratulate yourself for taking positive steps (in any area). Remember, each meal and snack is another opportunity to make a positive, healthy choice.

**2. SKIP THE FADS** There are countless fad diets out there. Fad diets and restrictive eating prevent you from getting the nutrients you need for good health and wellbeing. And they are hard to stick to over the long term. Focus on healthy eating rather than dieting.

**3. FOCUS ON EATING REGULARLY** Eating well involves: eating regularly throughout the day, eating when you're hungry, eating mindfully (so you're aware of what you're eating and how you're feeling), eating until you're satisfied (but not stuffed full!), and choosing healthy foods. Allow yourself to have small amounts of pleasurable foods. Constant dieting or restrictive eating can affect your mood, weight and overall health.

**4. WATCH OUT FOR PORTION DISTORTION** Before eating or drinking, look at the amount. Is it enough for 1 or 2? Are you really that hungry? Overeating or drinking can leave you feeling sluggish and the excess can add extra kilos. Eat slowly and mindfully so you are aware of what you are eating, how it tastes and how you are feeling.

**5. SNACK SMART** Skipping meals or snacks leaves you running on empty, and feeling irritable and tired. You are also more likely to overeat when you next eat. If you feel hungry between meals, try healthy snacks such as fruit, yoghurt, wholegrain crackers with cottage cheese, a hard-boiled egg or a handful of nuts (about 10 nuts). If you don't feel hungry between meals, snacks are not essential.

**6. CLEAR FLUIDS FOR A CLEAR MIND** Swap sugar-laden soft drinks for water to reduce excess kilojoules. Drinking enough water can help you feel fuller and be more alert. Too much caffeine can make you anxious and jittery. Limiting caffeinated drinks may help you relax, sleep and feel calmer.

**7. START WITH THE RIGHT FUEL** Kick-start your day with a healthy breakfast, no matter what time of day you get up. This will help you think clearer, improve your concentration, give you more energy and make you less likely to overeat later in the day.

**8. MOVE TO FEEL GOOD** Moving stimulates your body to release feel-good hormones (endorphins). The more you move the better you will feel. Look for every opportunity to move more.

**9. SLEEP FOR BRIGHTER MOODS AND BETTER CHOICES** People who are tired and don't get enough sleep are more likely to overeat and make unhealthy food choices. Do yourself a favour and get 7-8 hours of sleep each night.

**10. CELEBRATE YOUR SUCCESSES** Celebrate your successes and reward yourself (with non-food rewards). Making and maintaining change isn't easy. If you have an incentive you're more likely to persevere. Choose rewards that motivate you, make you feel good and are a little indulgence just for you.

### *Eat better, feel better, see an APD!*

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.

