

# Eat Healthy to Lose Weight

CARD No.4



**Diet**, nutrition and weight loss is a very complex field of expertise. Each year, the diet "experts" tell you to eat more of one type of food, and less of another. Some recent trends favour consumption of more protein and less carbohydrate. What does it all mean? Should I really eliminate carbohydrates? Which diet will work best for me? Who can I trust?

Separating fact from fiction can be a very difficult task. At the end of the day, most "diets" fail because you feel hungry, they are too complicated, or just plain unhealthy. It's important to stand back and use your common sense. Trust yourself to make simple, educated healthy food choices.

For example, think about any meal you have eaten in the past 24 hours. Could you have done anything differently to make that meal healthier, with less calories? For instance, did you choose: (1) salad instead of hot chips; (2) fruit instead of a chocolate biscuit; (3) a glass of water instead of a beer.

Eating healthy is more about making a commitment to better food choices than it is about hoping for a magic solution from a new diet craze. Try to follow these simple rules:

<b>FATS</b>	Eat less fat. Look for low-fat or "light" alternatives.
<b>CARBOHYDRATES</b>	Eat foods that are high in fibre, and not highly processed.
<b>PROTEIN</b>	Eat low-fat protein alternatives from animal and vegetable sources.



## LIFESTYLE TIPS

- Rapid weight loss from low-carbohydrate diets is primarily due to water loss, not fat loss.
- Whole-grain cereals and breads are an excellent source of dietary fibre.
- Omega-3 fish oils (such as salmon and cod liver oil) have anti-inflammatory properties.
- Set a realistic weight-loss target: 0.25 - 0.5 kg per week.

## SELFCARE

- Decide in advance how you will handle special events with food temptations.
- Choose natural, unrefined foods such as brown or wild rice and brown pasta.
- Talk to your Practitioner before embarking on a "fad diet".
- Aim to consume at least 5 different colours of fresh fruits or vegetables each day.

## Vitamins, Minerals and Nutritional Supplements



Consult your Practitioner, Pharmacist or Dietitian prior to commencing a program of nutritional supplementation

**Vitamins** and minerals are required by your body for proper health and function. Vitamins act as catalysts for thousands of chemical reactions in your body. Minerals are important elements of bone, teeth, blood and connective tissue. Vitamin and mineral supplementation is an excellent way to ensure you are protected against any nutritional deficiencies that may exist in your diet. The following natural remedies have been shown to provide beneficial effects for osteoarthritis pain and inflammation:

<b>GLUCOSAMINE</b>	has been clinically proven to reduce osteoarthritis joint pain and may stimulate the repair of damaged cartilage.
<b>OMEGA 3 FISH OILS</b>	are essential functional foods and cellular building blocks for proper metabolism.
<b>VITAMIN C</b>	is an essential co-factor for the production of collagen, that plays an important role in the formation of connective tissue.

Osteoarthritis is treatable ... Take Action!



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