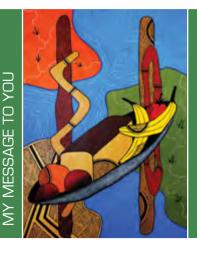
#### **TUCKER TALK TIPS**

## HEALTHY WEIGHT



#### WHAT MAKES PEOPLE GAIN WEIGHT?

- Eating foods that are too high in fat and sugar
- Eating too much of any food (too much energy for what your body needs)
- Eating large serve sizes
- Drinking too much soft drink, cordial, sports and energy drinks
- Drinking too much alcohol
- Not doing enough physical activity
- Some medications

# WHAT SHOULD YOU EAT IF YOU ARE WATCHING YOUR WEIGHT?

- Wholegrain breads and cereals These are low in fat. The high fibre varieties like porridge will fill you up more.
- Plenty of vegetables Vegies are fat-free and high in fibre and have many other nutrients that keep us healthy.
- Fresh fruit Fruit is a healthy alternative to other snack foods. It is better to eat whole fruit than to drink juice.
- Lean meat It is important to choose lean cuts. Trim the fat off meat and the skin off chicken before cooking.
- More fish It is better to have it grilled, not battered. Canned tuna is cheap and convenient.
- Try some legumes These include lentils, split peas, chick peas and baked beans. They are cheap, low in fat and high in fibre and protein to help make you feel full.















#### **TUCKER TALK TIPS**

## HEALTHY WEIGHT

#### WATCH OUT FOR HIDDEN FAT AND SUGAR

FATTY MEATS: 6 TEASPOONS OF FAT PER SERVE













WATER: NO SUGAR

SWEET DRINKS: 10 TEASPOONS OF SUGAR PER SERVE









### THE MORE YOU MOVE, THE MORE YOU LOSE

- The more active you are the easier it will be to lose weight and stay healthy.
- Try to be active in as many different ways as you can throughout the day.
- Any form of movement is good not just 'exercise' or 'sport'.
- Try to do at least 30 minutes of physical activity every day.
- This doesn't have to be done all at once, you could do it in 3 lots of 10 minutes.
- Have a check-up with your doctor first if you have not been active for a long time.

For more information visit www.vaccho.org.au/nutrition