

TUCKER TALK TIPS

HEALTHY WEIGHT

MY MESSAGE TO YOU



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.



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WATCH OUT FOR HIDDEN FAT AND SUGAR

FATTY MEATS: 6 TEASPOONS OF FAT PER SERVE



KANGAROO: LOW FAT



SWEET DRINKS: 10 TEASPOONS OF SUGAR PER SERVE



WATER: NO SUGAR



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