

Pick n Pay

*Healthy*

# WEIGHT LOSS

Forget fad diets... making small changes over time is the easiest and most effective way to drop kilos – and keep them off.

LIVE  
WELL



# What's the best way to lose weight?

Fad diets, weight-loss programmes and scams promise easy weight loss, but the basis for success is a healthy, reduced-energy eating plan and increased physical activity.

→ **Make sure you're ready.**

Weight loss takes time and effort – and it's a long-term commitment. Make sure you are ready to make permanent changes to both eating and activity habits.

→ **Find your inner motivation.**

No one else can make you lose weight. You should undertake diet and exercise changes to please yourself.

→ **Be accountable to yourself.**

Plan regular weigh-ins, record your diet and exercise progress in a journal or track your progress using digital tools, such as an app on your phone.

→ **Set realistic goals.**

Realistic goals are achievable and success

boosts confidence in your ability to lose weight.

➔ Goals should not just be about your weight on the scales – losing centimetres from your waist helps to lower the risk of conditions such as Type 2 diabetes and high blood pressure.

➔ Choose two or three small changes to start with and write out an action plan that lists clear goals to follow. When you are successful with that, you can move on to more changes or build on the ones you've already established.

➔ Over the long term, it's smart to aim to lose 500g to 1kg a week.

➔ Losing just 5–10% of your weight will have significant health benefits.

**A HELPING HAND**

Get the support of family and friends when it comes to meeting your goals. When you tell others what your resolutions are, they can offer encouragement and help you get over any stumbling blocks. A friend can be an exercise buddy or someone to cook a healthy meal with.

**ENJOY HEALTHIER FOOD**

USE THIS PLATE GUIDE TO SHAPE YOUR MEAL.

LIVE WELL



Include low-fat dairy products every day.

**1** HAVE PLENTY OF VEGETABLES

**3** CHOOSE WHOLEGRAINS OVER REFINED ONES

**GOOD IDEA**

Adopting a new eating style for weight loss must involve lowering your total energy intake, but this should not mean giving up on taste or increasing your weekly budget.

**2** EAT FOOD RICH IN PROTEIN

Meats should be trimmed of excess fat.

Use small amounts of healthy fats.



**TRY THIS**

**PnP YELLOWFIN TUNA PORTIONS (500G)**



**COOK WITH LESS FAT**

While some fat is important for our health, go easy on the amount of oil and fat used in cooking, as it can easily push up your energy intake. Instead of frying food, try baking, roasting, broiling, steaming or braaiing.

**FOCUS ON FIBRE**

Food high in fibre may help with weight loss because it makes you feel full, which helps you to eat less.

Choose whole-grains, such as brown rice, oats, seed bread, wholewheat pasta and barley, instead of refined grains.

Other types of food rich in fibre and nutrients include fruit, vegetables, quinoa, legumes (beans, peas and lentils), nuts and seeds.

**BE MINDFUL OF SERVING SIZES**

Although you may be eating healthy food, large servings may

prevent you from reaching your weight-loss goals. Use smaller plates, cups and bowls to manage how much you eat.

**DRINK SMART**

You should drink around 1.5 to 2L of fluid every day, and most of that should be water. Other good choices are low-fat milk and plant-based milk alternatives.

**AVOID ALCOHOL**

Alcohol is high in kilojoules and should be avoided to achieve successful weight loss. If you do have some alcohol, limit your intake to no more than one unit a day for women and two units a day for men.

A "unit" is:

- ➔ half a pint (around 250ml) of ordinary-strength bitter, lager or cider
- ➔ half a small glass of red or white wine (100-125ml)
- ➔ 1 small pub measure of spirits (25ml)
- ➔ 1 small glass of sherry (50ml)

Beware of "alcopops" and cocktails – these are often higher in alcohol and energy than standard drinks.

Avoid sweetened beverages, including 100% fruit juice, flavoured coffee, soft drinks and sports or energy drinks.

**HALVE YOUR SUGAR INTAKE**

Cut out sugar-sweetened soft drinks, sweets, biscuits and chocolates. Be careful with products that many people

think are "healthy" – energy drinks, flavoured water, granola, cereal bars and fruit yoghurts – as some may have a high sugar content.

**GET ENOUGH SLEEP**

Focus on getting sufficient quality sleep. Seven to eight hours a night is recommended to assist with weight loss.

**TRY THIS**

**PnP LIVE WELL REDUCED SUGAR GRANOLA (300g)**



**GET INTO A HEALTHY ROUTINE** Research shows that eating breakfast is linked to a healthy weight, while meal skippers tend to overeat. Reach for fruit or vegetable snacks in between meals to keep energy levels up.

**TRY THIS**

PnP LIVE WELL FROZEN WHOLE ASSORTED BERRIES (350g)



**KEEP IT SIMPLE**

Choose one suggestion per meal and snack, and be aware of the size of your serving.

**BREAKFAST**

- Oat porridge, low-fat milk and raisins
- Bran-rich cereal, low-fat plain yoghurt and a banana
- Toasted seed bread with baked beans or a poached egg
- A smoothie made with low-fat yoghurt and fruit

**SNACKS**

- Fresh fruit
- Fat-free, unsweetened fruit yoghurt
- Nuts or dried fruit
- Wholewheat crackers with cottage cheese

**LIGHT MEAL**

Add salad vegetables to any of these suggestions:

- Sardines on rye crackers with sliced avocado

- Seed bread sandwich with chicken and avocado
- Chia seed wrap with lean mince, spring onions and grated cheese
- Wholesome soup with a small seeded roll
- Bulgur wheat salad with roasted vegetables and chickpeas

**DINNER**

Cut the starches and add in lots of vegetables.

- Grilled chicken-breast strips with a colourful salad
- Stir-fried vegetables with beef strips
- Lentil balls with a tomato-based sauce
- Baked fish in foil with steamed vegetables

**BALANCE FOOD AND EXERCISE**

➤ For adults, a minimum of 150 minutes of moderate aerobic activity, along with two strength-training sessions, every week is recommended.

This is 30 minutes, five times a week, so it's quite manageable.

- A brisk walk, running, swimming, cycling and gym classes are recommended, as well as yoga, Pilates and gym circuits for strength-training exercises.
- It is wise to speak to your healthcare provider before starting an exercise plan, especially if you have not been active recently.
- Exercise also offers numerous health benefits, including boosting your mood, reducing blood pressure and strengthening the cardiovascular system.
- Any extra movement helps, so think about ways to increase your physical activity throughout the day if you can't fit in formal exercise.

**TRY THIS**

PnP LIVE WELL SPARKLING DRINK (500ml)



**CHANGE YOUR PERSPECTIVE**

You are likely to have an occasional setback, but instead of giving up entirely, simply start afresh the next day. Remember that you're planning to change your life and it won't happen all at once. Stick to your healthy lifestyle and the results will be worth it.

**TOMATO AND BEAN SALAD WITH COTTAGE CHEESE AND CRISPbread**

**Combine** 1 packet (250g) halved PnP medley tomatoes, 2-3 Tbsp (30-45ml) white balsamic vinegar (or lemon juice), 1 Tbsp (15ml) olive oil, ½ can (200g) cannellini or butter beans and 2 grated baby marrows.

**Season.** **Divide** salad into two lunchboxes.

**Fill** each lunchbox with 2-3 Livewell rye or wholewheat crispbread slices and half a ½ tub (125ml) chunky cottage cheese.

**SERVES 2**



**BULGUR BEET BALLS WITH YOGHURT AND PESTO DIP**

**Cook** 1 cup (170g) Livewell plain or beetroot-fl avoured

bulgur wheat according to packet instructions.

**Combine** with 2 cooked and grated beetroots, 2/5 cup (100ml) ricotta and finely chopped leaves of

2 sprigs of thyme. **Roll** into balls and coat in toasted white sesame seeds. Refrigerate until serving. **Combine** ½ cup (125ml) double-cream or low-fat

yoghurt, 1 Tbsp (15ml) lite mayonnaise and 3 Tbsp (45ml) basil pesto.

**Pack** lunchbox with beet balls, vegetable sticks and dip.

**MAKES 20**

**TRY THESE**

Join the Smart Shopper LiveWell Club for free and get the best deals on over 1 000 good-for-you products you love. Members get triple points on these and all other Pick n Pay Live Well Club approved items. PLUS 15% off the Pick n Pay Live Well Club approved items you buy the most often.



PnP Live Well Beetroot Flavoured Bulgur Wheat (250g)



PnP Reduced Oil Mayonnaise (770g)



PnP Plain, Fat Free Chunky Cottage Cheese (250g)



PnP Canned Butter Beans (250g)



PnP Low Fat Yoghurt (500g)

For more information on nutrition and your health, contact the Pick n Pay dietician on 0860 30 30 30 or via healthhotline@pnp.co.za. Visit www.adsa.org.za for the contact details of a registered dietician in your area.



**Customer hotline**

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