



# Healthy Ways for Healthy Weights

September 2005

Losing weight – and keeping it off – isn't easy for a lot of people. Many popular fad diets promise quick results, but fall short when it comes to ways for keeping lost weight off. Maintaining a healthy weight requires a long-term commitment to making small lifestyle changes that suit your preferences and eating style. Combined with physical activity, a healthy eating plan can allow you to lose weight and keep it off.

## Know a Fad Diet when you see one

- **Limits or Restricts Foods** – not a realistic long-term way of eating. You may be missing out on important nutrients for good health.
- **Magic or Miracle Foods** – there is no magic food that burns fat. You must use more energy than you consume to burn fat and lose weight.
- **Rapid Weight Loss** – is mostly loss of lean muscle tissue and water. A weight loss of 1/2 - 1lb per week is the best way to lose fat.
- **Specific Food Combinations** – some foods do taste good together, but there is no scientific evidence that eating specific food combinations has any medical benefit.
- **No Increased Physical Activity** – most fad diets fail to talk about the importance of exercise

### Protein

#### Essential to the Body

A moderate intake of protein is important for:

**Building** integral parts of most body structures, such as bones, muscles, ligaments, tendons, skin, hair and organs.

**Maintaining** the body's fluids, electrolytes and acid-base balances.

**Regulating** the body's functions of hormones, enzymes and transportation of substances throughout the body.

**Defending** the body against diseases and building a strong immune system.



### Size It Up!

One serving (85g or 3 oz) of lean trimmed cooked meat is about the size of a deck of playing cards or the palm of your hand. Aim for 2-3 servings a day.

Choosing quality sources of protein as part of your healthy weight loss plan is important for good health.

#### NUTRITION INFORMATION

A 100g average serving of raw, untrimmed pork contains 192 Calories, 21g of Protein, 10g of Fat and 0g of Carbohydrate.

**Trimming makes a BIG difference** A 100g average serving of raw, TRIMMED pork contains 139 Calories, 22g of Protein, 5g of Fat and 0g of Carbohydrate.

#### Health Check...tells you it's a healthy choice

†All trimmed pork cuts with the exception of ribs, are lean. When choosing meats, choosing leaner meats more often is part of healthy eating. Canada Pork financially supports the Health Check™ Program. This is not an endorsement. See [www.healthcheck.org](http://www.healthcheck.org)



## How Much Protein Do I Need?

If you eat the recommended two to three servings from meat, poultry, fish, beans and lentils, eggs and nuts, you are probably eating enough protein. Exact protein needs are based on your weight, gender and activity level. The formula below can help you calculate your needs. Add 15 to 25 additional protein grams to the total if you are a moderate or regular exerciser.

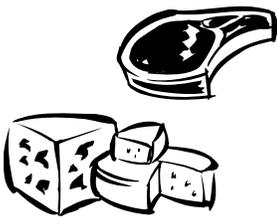
### Calculate Your Daily Protein Needs

$$\frac{\text{Your weight in kilograms}}{\text{(1kg = 2.2lbs)}} \times 0.8 = \text{Required grams per day}$$

### Create Healthy Habits for a Healthy Weight:

- Make **Health NOT Appearance** your first goal!
- **Begin with Breakfast.** Research shows that people who eat breakfast tend to be leaner and don't eat as much throughout the day as those who skip it.
- **Portion Size.** Get to know what a portion is. Most of us eat more than the recommended portions without even realizing it. Use your household measuring cups and spoons to help you get a handle on what is a proper portion versus what you may be eating.
- **Balance Your Meals.** Include lean protein choices and healthy fats at meals to keep hunger in check. Strive to have 3 to 4 food groups at each meal.
- **Add Colour to Meals.** Fruits and vegetables add wonderful colour to meals with few calories and many important vitamins and minerals. Try a new fruit or vegetable.
- **Get Label Savvy.** Become familiar with the new *Nutrition Facts* table on most food labels. Use *Nutrition Facts*, the list of ingredients and nutrition claims to help you make informed food choices.
- **Snack Away Hunger.** Having healthy snacks on hand keep you from becoming so hungry that you overeat at meals or nibble on extras before you make it to the table. Plan each snack to include 2 to 3 food groups.
- **Increase Your Activity Level.** Create an energy imbalance with at least 30 to 60 minutes of moderate physical activity each day - remember brisk walking counts.
- **Reward Your Efforts.** Reward yourself with something other than food. Take in a good movie with friends, buy yourself a bouquet of flowers or have a relaxing massage.

Think of ways to change how you eat and that you can adopt for life. A dietitian can work with you to develop an eating plan that is best for you and can help you build good habits that can last a lifetime.



While protein is an important part of weight control, healthful weight loss involves eating from all food groups.



put  
**pork**  
on your  
**fork**