

FOODS THAT YOU CAN EAT WITHOUT LIMITATION

- All green leafy vegetables, melons and mushrooms
- Plain water, tea, fresh lemon tea/water (added with sugar substitute/no sugar)
- Clear soup
- Natural spices/foods as fresh seasoning, such as vinegar, powdered pepper, ginger, onions, chillies etc.
- Beverages and carbonated drinks with sugar substitute (Not more than 2 cans per day)

FOODS TO BE AVOIDED/REDUCE INTAKE

FOODS:	EXAMPLES:
All fried/deep-fried foods	Potato chips, prawn crackers, fried chicken
Foods high in oil/fat content	Fried noodles/rice/vermicelli, instant noodles, mayonnaise, hard-shell nuts
All animal fat/offal	Poultry skin, chicken kidney, pig intestine
Foods high in sugar content	Ice cream, sweets, chocolate, pastries
Canned foods	Luncheon meat, sausages, creamy soup
Foods high in salt content (sodium)	For each meal, do not take more <ul style="list-style-type: none"><li>• 1/3 teaspoonful of salt</li><li>• 1 teaspoonful of soya sauce</li><li>• 3 teaspoonful of low salt soya sauce</li></ul>

(B) MOVE IT.  
EXERCISE REGULARLY  
WITH 150 MINUTES PER WEEK



Exercise helps to improve metabolism. It can help you to lose total body fat while also improving bone and muscle strength. Moreover, it provides you with other health benefits, such as normalizing blood sugar level.

TO PREVENT WEIGHT GAIN, YOU SHOULD

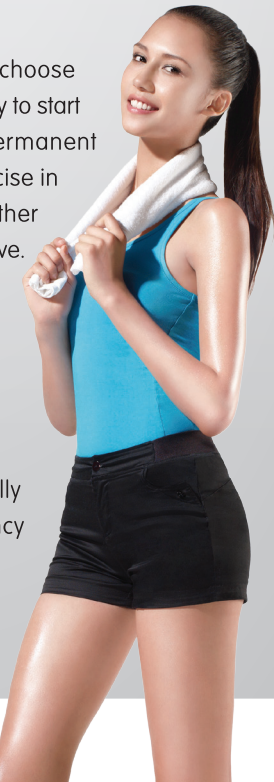
1. Change the habit of prolonged sitting or sedentary lifestyle.
2. Accumulate between 150 - 250 minutes of moderate intensity aerobic activity per week without increasing the number of calories you consume.

- Physical activities that help to burn fat include exercise (swimming, jogging, brisk walking) and daily activities (doing household chores, taking the stairs instead of the lift or escalators).

- For people who seldom exercise, choose exercise that is simple and you enjoy to start with. So that it slowly becomes a permanent habit. Besides, you can also exercise in groups. Doing fun activities with other people can motivate you to stay active.

- Start exercising 2 times a week with 20 - 30 minutes for each session. Or exercise 15 minutes for continuously 2 sessions with rest between the exercises.

- You should start slow and gradually increase the intensity and frequency of your workouts.



Activity	Calories burned in 1 hour for each 1 kg body weight (kcal)	Based on your body weight, calories burned for each 30 minutes (kcal)
Run, swimming (Fast pace)	10 – 11	
Run, swimming (Slow pace)	7 – 8	
Cycling (Fast pace)	6	
Fast walking	6	
Line dancing	5	
Yoga, tai chi, hiking	4	
Table tennis, bowling, house chores	2 – 3	
Football, basketball	7 – 10	

(C) SETTING GOALS.  
IMPLEMENT WITH PERSISTENCE



You should set realistic and achievable goals to keep yourself from being discouraged when losing weight.

Suggestion: Lose between 0.5 - 1.0 kg a week.

You can also stay motivated by thinking about

- Why you want to lose weight?
- How achieving a healthy weight can benefit you.
- People that can help achieve your goals.
- Steps to keep you away from weight gain contributing factors.

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LET'S LOSE IT!

## LOSING WEIGHT HEALTHILY



Obesity is a condition where excess body fat accumulates and puts you at risk of a variety of health problems. This excess fat may reduce life expectancy and increase your risk for other health problems. So, it is important to maintain a healthy weight. However, losing weight does not happen overnight. Fad diets and quick weight-loss fixes are not sustainable in the long-term and may be harmful to your body. A good, healthy weight loss plan should adopt the concept of energy balance as its guiding principle. To lose weight, your body needs to burn more calories than you consume. This can be achieved through a balanced diet and regular physical activity.

## WHAT IS YOUR BMI?



Body mass index (BMI) is the simplest and useful tool to estimate a healthy body weight. BMI measures the relationship between your weight and height and the amount of body fat you have. The higher your BMI, the higher the amount of fat in your body.

How to calculate your BMI:

$$\text{BMI} = \frac{\text{WEIGHT (kg)}}{\text{HEIGHT X HEIGHT (meter)}}$$

## IDEAL / SATISFACTORY LEVEL

BODY WEIGHT	BMI (kg/m <sup>2</sup> ) for Adults Body Weight	CURRENT LEVEL
	<18.5 <b>Underweight</b>	Weight: ____kg Height: ____m BMI: ____kg/m <sup>2</sup>
	18.5 – 22.9 <b>Ideal</b>	
	23 – 24.9 <b>Overweight</b>	
	25 – 29.9 <b>Obese</b>	
Waist Circumference	Male: < 90 cm Female: < 80 cm	
Percent Body Fat	Male: 14 – 23% Female: 17 – 27%	

Besides BMI calculation, measurement of waist circumference and percentage of body fat using body fat analyzer can give you a better understanding of your health.

If both of your body weight and ratio of body fat exceeding the ideal healthy range, it's time for you to start weight management plan.

## KNOW YOUR CALORIES

Calories are the units of energy contained in the food and drink we consume. Calories are either burned to produce energy or, if excess to requirements, stored as fat. Sources of calories are mainly from carbohydrates, protein, fat and alcohol.

## ENERGY BALANCE



Weight management is all about energy balance. To maintain your weight, you must balance the amount of energy you get from food and drinks with the amount of energy your body uses for daily physical activity. Consuming more energy than you need lead to weight gain, while burning more energy than you consume will lead to weight loss.

Calories in > Calories out = Weight gain  
Calories in < Calories out = Weight loss  
Calories in = Calories out = Weight management

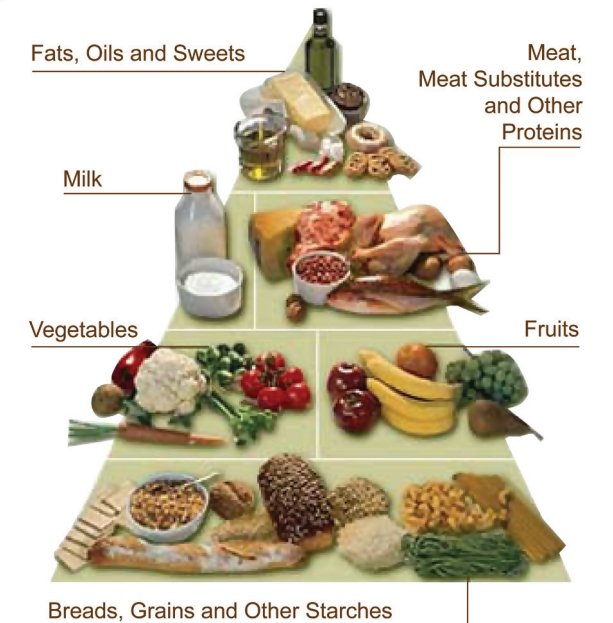
## A: DIETARY MANAGEMENT



A balanced diet ensures that you obtain complete nutrients from variety foods in your meal. In addition, right selection of foods and proper eating strategies also help keep your body lean and prevent the incidence of chronic diseases.

According to USDA food guide pyramid, your daily diet should consist of 5 main categories of foods as shown in the table below.

- Foods contain high content of sugar/oil/processed foods.
- Meats, poultry, fish, eggs & beans.
- Milk & dairy products.
- Fruits & vegetables.
- Whole grains (flour, noodles, rice, cereals, bread & pasta).



## TIPS ON PREVENTION OF OVER-EATING:

Have regular meals.

- Do not skip meals. Skipping meals can cause you to binge eat which can lead you to consume even more calories.
- Do not leave snacks lying around. They may spoil your appetite.
- Avoid eating 3 hours before bedtime.

## BALANCE YOUR FOOD CHOICES BY REDUCING YOUR PORTION SIZE AND BUDGETING CALORIES.

- **Do not eat too full.** Small frequent meals help to maintain a steady level of blood sugar in your body throughout the day.
- **Do not eat too fast.** Chew before you swallow the food because the brain takes about 20 minutes to register a feeling of fullness.