

IS YOUR DIET SUPPORTING YOUR WEIGHT GOALS?



Maintaining a healthy weight isn't about fad diets or extreme restrictions—it's about balanced nutrition, portion control, and sustainable habits that support long-term health.

How to maintain weight effectively?






Eat Mindfully – Chew slowly, avoid distractions, and listen to hunger cues.

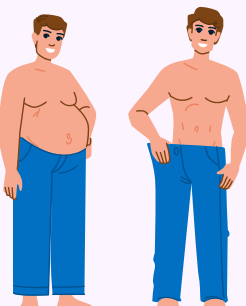
Control Portions – Use smaller plates and measure servings to prevent overeating.

Stick to Meal Times – Eat at regular intervals to maintain steady energy and reduce cravings.

Choose Nutrient-Dense Foods – Prioritise fibre, protein, and healthy fats for lasting fullness.

Sample Healthy Meal Plan

-  **Breakfast:** Greek yogurt with berries & nuts
-  **Lunch:** Grilled chicken, quinoa, & mixed greens
-  **Snack:** Hummus with veggie sticks or a handful of almonds
-  **Dinner:** Salmon with roasted sweet potatoes & steamed broccoli
-  **Drink:** Green tea or lemon-infused water



DID YOU KNOW?

Studies show that drinking 500ml (16 oz) of water before meals can increase weight loss by 44% over 12 weeks by boosting metabolism and reducing calorie intake. (Obesity Journal Study, 2015)

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KEY PRINCIPLES OF HEALTHY WEIGHT MANAGEMENT



STAY HYDRATED

- Drink water before meals to reduce unnecessary snacking
- Choose herbal teas and infused water over sugary drinks

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PORTION CONTROL MATTERS

- Use smaller plates to avoid overeating
- Follow the plate method: $\frac{1}{2}$ vegetables, $\frac{1}{4}$ protein, $\frac{1}{4}$ whole grains
- Eat slowly and stop when 80% full



AVOID PROCESSED & SUGARY FOODS

- Reduce refined carbs, sugary snacks, and fried foods
- Limit alcohol as it adds empty calories



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CONSISTENCY OVER PERFECTION

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- Focus on long-term habits, not quick fixes
- Plan balanced meals and avoid skipping meals



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