

GETTING STARTED: HEALTHY EATING FOR WEIGHT MANAGEMENT

- Be open-minded to making changes and trying new things
- Choose one or two changes to work on at a time. If you make too many changes all at once, it can be overwhelming.
- Eat three meals a day, spaced four to six hours apart
- Have breakfast within two hours of waking up
- Work toward achieving the following portion sizes:
 - 2.5–3 oz of meat/poultry or 3/4 cup of cooked beans/lentils (about one-quarter of your plate)
 - 1/2 to 1 cup of grain product or starch (about one-quarter of your plate)
 - 1 cup of vegetables (or 2 cups salad) (about half of your plate)
- If you are hungry or it's been six hours since your last meal, choose an unprocessed snack, such as a piece of fruit, a small yogurt cup, or veggie sticks with dip or hummus
- Limit or avoid drinks with calories. Drink 8–10 cups (2–3 L) of water per day and up to 2 cups (16 oz) of low-fat milk.
- Limit eating out and ready-to-eat convenience foods to less than twice per week

Take steps toward mindful eating. Research shows that people who record their food intake eat more mindfully. Here's how:

- Get a notebook. Write down the details of what you've eaten, how much and the time of day you ate it. Or, try a web-based tracking method or smartphone app, such as eaTracker, to record your intake and set specific goals.
- Take note of emotions, boredom and stress levels, as these may influence food choices and portions.
- Try to limit or avoid distractions while you are eating. Turn off the TV and cellphone!



A healthy rate of weight loss is up to about 2 pounds per week. Fad diets or eliminating certain foods or food groups may be enticing for rapid results, but you are more likely to keep the weight off if you've made changes you can keep doing long term. Book an initial nutrition consultation with one of our registered dietitians for information on your specific nutrition needs and hydration requirements. We can also help you with choosing high-quality foods, developing weekly menu plans, learning label reading facts, and overcoming emotional or stress-induced eating.



CONFUSED ABOUT HEALTHY PORTION SIZES?



What is a portion? A portion is the amount of food that you eat at once. It is not the same thing as the serving size listed on the food's Nutrition Facts label or Canada's Food Guide. For example, the serving size listed on a box of crackers might list 100 calories per serving size of seven crackers, but if the portion you eat is 14 crackers, then you have eaten 200 calories.

Portion distortion. Portion sizes that we consider "normal" for many foods are often much larger than the amount we actually need. When we regularly eat larger portion sizes than we need, our calorie intake can be too high, contributing to weight gain.

What's a healthy portion? Review the table below to help guide your portions. Gradually reducing your portion sizes for foods like meat or starches can help to give your body time to adapt to portion-size changes. Talk with a registered dietitian about portion sizes that are right for you.

Food type	Healthy Portion Size	Similar Sized Item
Meat, poultry or fish	2.5–3 oz (75–90 g)	Open palm/deck of cards/ hockey puck
Beans/lentils (cooked), tofu, whole fruit/veggies, hot cereal, yogurt	3/4 cup (175 mL)	Tennis ball
Cooked grains/starches	1/2–1 cup (125–250 mL)	Tennis ball to baseball
Cooked veggies, salad, cold cereal, milk	1 cup (250 mL)	Tight fist/baseball
Cheese	1.5 oz (50 g)	Two white erasers
Fruit juice, canned fruit	1/2 cup (125 mL)	Hockey puck
Dried fruit, nuts or seeds	1/4 cup (60 mL)	Two golf balls
Nut butter	2 Tbsp (30 mL)	Golf ball
Salad dressing, light mayo	1 Tbsp (15 mL)	Thumb
Butter, margarine, oil, regular mayo	1 Tsp (5 mL)	Thumb tip/dice