



Weight Control & Maintenance - Part II



For many, in these times of lock down, daily routines have been severely disrupted and may well lead to a toxic mix of over consumption of food/drink and less physical activity.

Below is a list of foods that one should be more aware of – these foods can significantly assist weight control and maintenance, or complicate it.

This list should serve as a quick reference for you - please consult **Weight Control & Maintenance - Part 1** for further information and advice.

INCREASE intake of:

- **SALADS**

Lettuce, tomatoes, cucumber, peppers, chicory

Include avocados: these do contain higher amounts of fats, however these are healthful fats that are quickly absorbed for energy

- **GREEN LEAFY VEGETABLES**

Spinach, watercress, broccoli, kale, celery

- **SEEDS**

Sunflower/ pumpkin seeds

- **BERRY FRUITS**

Blueberries, raspberries, strawberries, blackcurrants

- **LEAN CUTS OF MEAT**

Chicken, turkey, lean ham, lean lamb mince

- **OILY FISH**

Sardines, organic salmon, trout, mackerel

- **PLAIN LIVE YOGHURT**

An excellent source of both fibre and healthy bacteria that help with digestion

- **SPROUTED SEEDS**

A great source of helpful nutrients, such as protein, fibre & B vitamins

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REDUCE intake of:

- **STARCHES**

Bread, pasta, cakes, biscuits, cookies

- **ROOT VEGETABLES**

Potatoes, carrots, turnips, beetroots, etc.

- **RED MEAT**

Contains high levels of saturated fats

- **FRIED FOODS**

A source of damaged fats that can impair body tissue

- **JUNK FOODS/ READY MEALS**

High calorie, high fat & sugar

- **SWEET FRUITS**

Bananas, grapes, citrus fruits, mangoes, pineapple, papayas, apples, pears, nectarines, peaches, plums, figs. These are high in fruit sugars

- **DRIED FRUITS**

Raisins, apricots, dates, etc. are a source of high fruit sugar

- **ALCOHOL**

Often very high in calories

- **CONDIMENTS**

Often contain significant amounts of sugar, e.g. ketchup/ mayonnaise

Please note the information here is not intended as a substitute for medical advice. Any person suffering from conditions requiring medical attention, or who has symptoms that concern them, should consult a qualified health practitioner.

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