



# 10 TIPS FOR WEIGHT MANAGEMENT

This is the time of year when everyone starts to take assessment of their fitness and strength levels, and those extra pounds they put on over the holiday. With weight management, in particular, there is a massive amount of false information, lies and quite frankly utter bs. So, to help navigate through the nonsense, I've compiled 10 simple facts and tips to help with weight management.

1. All diets work exactly the same way - by restricting calories. Some do this by restricting fat, others by restricting carbs, others by restricting calories in general. It does NOT matter for weight loss whether carbs or fats are restricted. It is NOT necessary to be extreme and reduce one or the other - a little of both will have the SAME effect and may be easier to follow and manage long term.
2. Weight management and health are not the same thing. You can lose weight eating only bananas or only potatoes or only pop-tarts or only shakes - this is not healthy. Excessive and eliminative diets are not healthy.
3. The best diet for health is one that is predominantly fresh, home-made whole food with minimal processed or take-out food.
4. Note that #3 does NOT say 'eliminate processed food, eliminate takeout'. If you choose to eat them, simply do so sparingly and wisely.
5. It is NOT NECESSARY to eliminate any food for health or weight management. (The only two valid reasons to eliminate foods are medically diagnosed medical conditions and ethics).
6. For health or weight management you do NOT need to eliminate: dairy, fruit, carbs, fat, sugar, red meat - in fact, eliminating these things will make your diet less healthy as these sources all contain essential nutrients in unique combination to these foods that you will eliminate.
7. There are a few foods to eat minimally - processed meats (including vegan/vegetarian 'meats'), foods with large amounts of added sugar, foods containing trans fats - these have scientific data suggesting valid reasons why they should only be eaten in small amounts if at all.
8. A plate of food should contain: a) mostly plants, b) palm sized meat (unless bodybuilding or vegan), c) 1/4-1cup grain like rice, lentils, corn, oats, pasta or bread or potato, sweet potato, pumpkin, d) small amount of fat (avocado, olive oil, nuts/seeds, fatty fish).
9. Every day have a couple pieces fruit, a wide variety of vegetables, couple of different meat and dairy sources (unless vegetarian/vegan) - including fish, red meat, white meat, plain/ minimally sweetened or processed yogurt, a variety of grains and starchy carbs (see point 8c), some fat (see 8d).
10. Include something you love in your diet every day. A cookie, piece of chocolate, scoop of ice cream etc.

**Remember, suffering does not equal success.** Having a highly restricted diet might make you feel superior or like you're 'doing the right thing', but in terms of weight management it does nothing more than eating a normal/nonrestrictive diet of the same amount of calories.

The best tip I can give you: whatever diet you choose make sure you know you can eat that way comfortably - including at family events, going out with friends, traditional events, work functions - for the rest of your life.

Because if you think of 'diet' as something you do for a couple of weeks rather than the way you eat forever, you'll put the weight back on when you go back to your old ways of eating. This change must be permanent.

If you're like me, and removing bacon, steak, pizza, cheese, chips, avocado, nuts, mangoes, chocolate, and yogurt, isn't an option, forget the fads that come and go...just eat the calories you require to maintain the weight you desire.