



Basic Tips

FOR WEIGHT MAINTENANCE AND A HEALTHY BODY

By Jana Bhunjun

Maintaining a healthy lifestyle starts with taking little steps to change habits. Making these small changes won't feel like a shock to the system and will be easier to manage, even on the tough days. Start small and build up.

Where to Start?

Read the Label

Always read the ingredients list on things you buy. Quite often I put things back after I see what is listed in the ingredients.

Home Made is always the best but when you have to buy, always read the ingredients.

Watch out for hidden sugars in **"HEALTHY"** produce like flavoured yoghurts, cereal bars, crackers, smoothies, flavoured instant oatmeal or anything ending **OSE**:

- **Glucose**
- **Sucrose**
- **Fructose**
- **Maltose**

The higher up the ingredients list these are means the more the sugar the product contains!

Avoid Low fat diet foods which tend to be HIGH in sugars

Be wary of **SUGAR FREE** as these often contain artificial sweeteners like

- acesulfame K.
- aspartame.
- saccharin.
- sorbitol.
- sucralose.
- stevia.
- xylitol

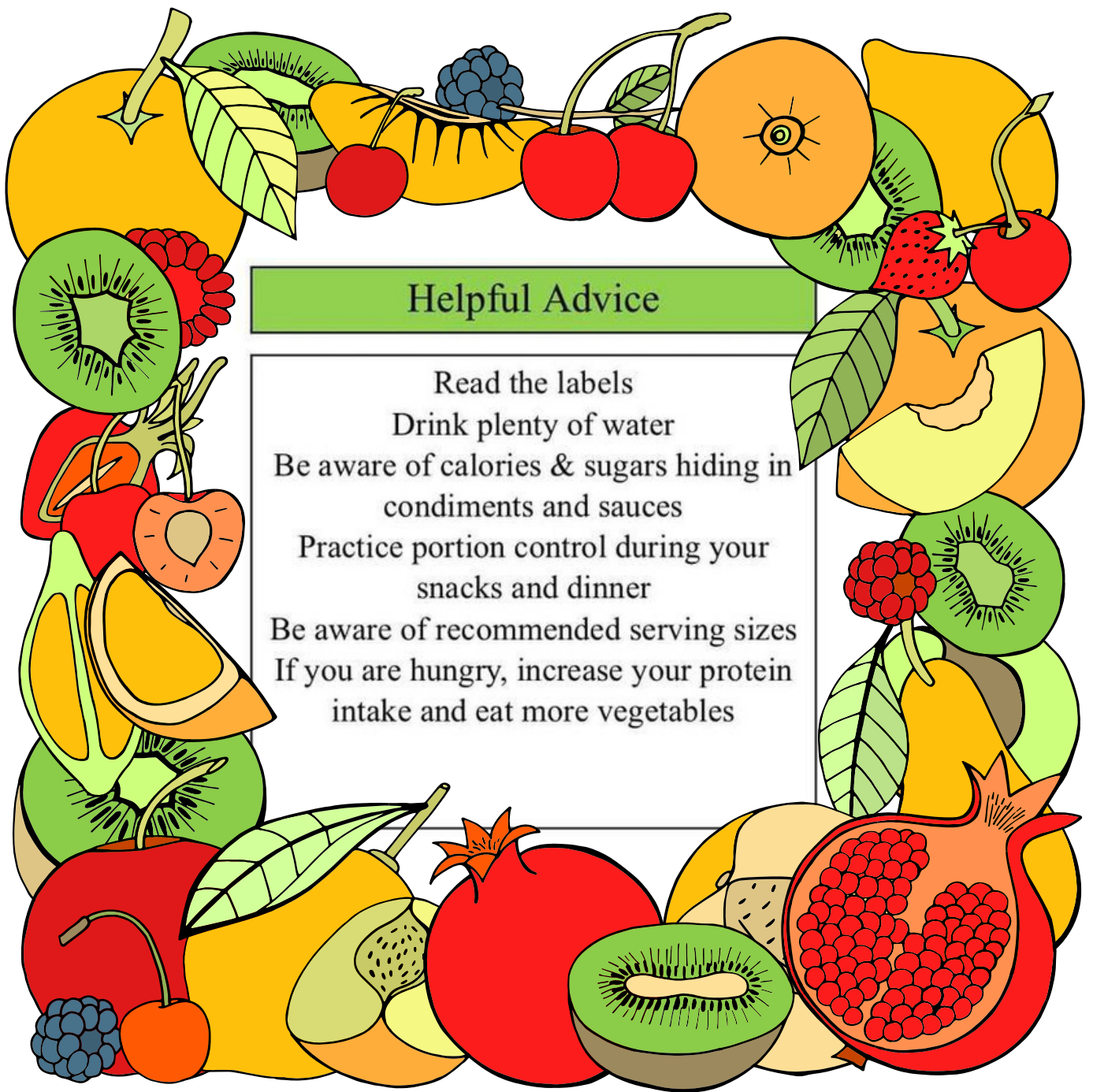
Swap white bread for Sourdough

Sourdough bread contains higher levels of vitamins, minerals, and antioxidants than other breads. It also contains lower levels of phytate and therefore allows your body to absorb the nutrients it contains more easily than those in regular bread.

Avoid or limit fruit juice

Fruit juice contains concentrated sugar and calories that could contribute to weight gain.

For a 'pick me up' try a piece of whole fruit or something with natural occurring sugars!



Helpful Advice

Read the labels
Drink plenty of water
Be aware of calories & sugars hiding in
condiments and sauces
Practice portion control during your
snacks and dinner
Be aware of recommended serving sizes
If you are hungry, increase your protein
intake and eat more vegetables

You can find more information in my
Facebook Group - Nuts about Guts or
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