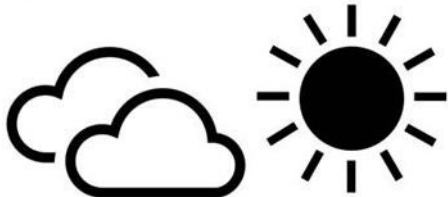


Finding Balance



*Developing a healthy lifestyle
& breaking the dieting cycle*

HEALTHY LIVING



it's a **SNAP!**

Life is a balancing act

It is important to maintain a **balance** in all aspects of life, whether it is a balance of work & play, or of choosing more nutritious foods.

We need to balance our **food intake** (*energy/calories in*) & **exercise** (*energy/calories out*) to maintain our weight. When we eat more calories than our body uses, we gain weight. When our body uses more calories than we eat, we lose weight.



Finding your '*healthy weight*' is about learning how much food & exercise **you** need to be **healthy & happy**.

Energy & calories

A **calorie** is a measurement for how much **energy** a food provides.

Calories from food are fuel for your body. You need energy to keep your body running properly & to fuel physical activity!

Fad diets

Every day we see advertisements for diets that promise extreme results. These **'fad diets'** may seem great, but they are usually **unhealthy** & **ineffective** in the long-term.



Fad diets often restrict foods, are very low in calories & may exclude important nutrients.

Low calorie diets slow down your **metabolism** (*how much energy your body needs to function*). Your body thinks you are starving, so it becomes more efficient at storing fat.

Some diets give you diet plans with specific portion sizes & meal times. This could cause you to ignore hunger signals from your body & eat when you don't feel hungry.

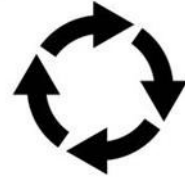
Diets only work as long as you stay on them. When you resume your normal eating habits you will regain the weight you lost, or more!

Frustration from these diets can cause *binge eating* & *weight gain*, which leads to attempting a new fad diet. This **cycle** of weight loss & weight gain is called **'yo-yo' dieting**.

Breaking the cycle

It is possible to stop the dieting cycle

- Make **small goals & changes** to your eating habits that you can maintain **long-term**
- Pay attention to how you feel when you eat. Stop eating when you feel **80% full**
- Include at least **3 of the 4** food groups in every meal & **2** in every snack
- Drink **water** throughout the day instead of sugary beverages
- Include **fibre & protein** in every meal
- Eat **breakfast & snacks** to avoid feeling hungry & overeating
- Fill 1/2 your **plate** with veggies, 1/4 with grains or starches, & 1/4 with lean protein
- Choose **whole grains** over refined grains for more nutrients & fibre
- Do something active every day! Aim for at least **150 minutes** of physical activity every week
- Gradual weight loss (**1-2 lbs/week**) is easier to maintain long-term



Eating nutritious foods & exercising is good for your health, even if you don't lose weight!

What is an 'empty calorie'?



'**Empty calories**' are found in foods such as ice cream that contain *few nutrients*.

Nutrient-dense foods such as veggies & fruit contain

plenty of nutrients needed for good health. Choose nutrient-dense foods more often!



Everything in moderation

You may have heard the phrase 'everything in moderation' before, but what does it mean?

Every food can fit into a healthy diet. Aim to make most of your foods **nutrient dense & minimally processed** (e.g. vegetables, fruits, whole grains, legumes, lean meats, low fat dairy or alternatives).

However, don't be afraid to enjoy your favourite treat occasionally. Make sure to keep an eye on **portion sizes & how often** you are consuming treats.

You **don't** need to completely cut out certain foods, or groups of foods to be healthy (except in the case of allergies or intolerances).

Setting SMART goals

Try to make your goals...

Specific (*what is the focus?*)

Measurable (*how much & how often?*)

Action-oriented (*focus on behaviour*)

Realistic (*small achievable goals*)

Time-framed (*how long will it take?*)

*For example... I will eat more **fruit** by having **one** piece of fruit **everyday** with **breakfast** for the next **two weeks**.*




There are many people you can talk to for support:

- Your family doctor
- On-campus Dietitian or Physician (x52131)
- On-campus Therapist/Counselor (x53244)

Comments? Questions? Contact SNAP!
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 SNAP at U of Guelph

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SNAP Student
Nutrition
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