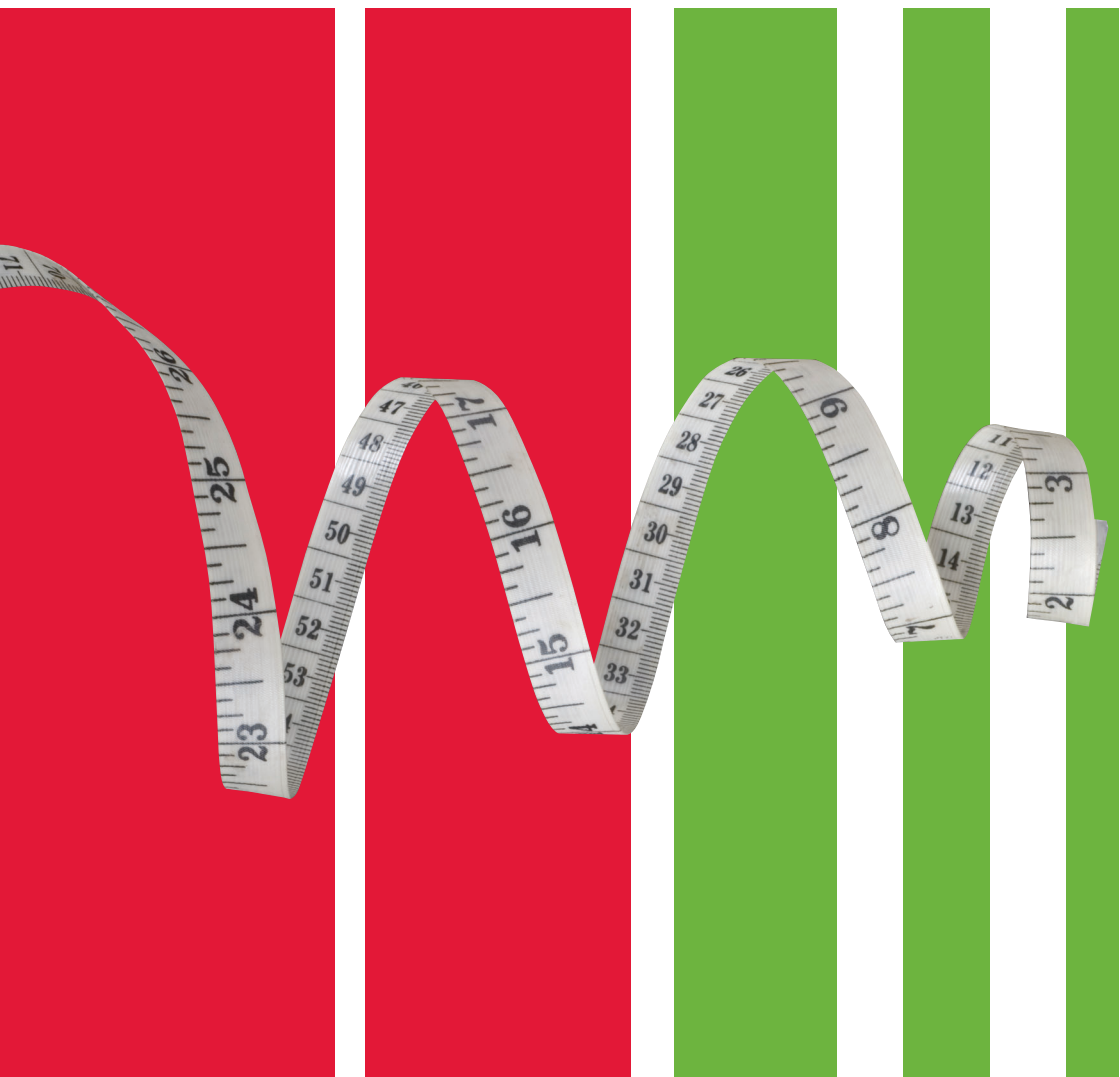


Want to **Lose**  
Some **Weight?**



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Researched and developed for Nutrition Services ADHB by Nadia Lim, BCAPSc, PG Dip Diet. The contribution of the many people who pretested this resource is gratefully acknowledged.

# Congratulations on making the decision to lose weight!

Making this decision is half the battle. To lose weight and then to keep it off, you will need to make some changes to your lifestyle. You will get the best results if you change both the way you eat and the amount of activity you do. Whilst this can be difficult at first, if you are serious about losing weight and are willing to put the effort in, you will be surprised at what you can achieve.

**So, if you are ready for the challenge, go to  
STEP 1 ...**

## STEP 1

### Setting a goal weight

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- Write down what your weight is now

\_\_\_\_\_ kg

- Discuss with your health professional and write down a realistic **goal weight** for yourself

\_\_\_\_\_ kg

You could work out the healthy weight range for your height by using the table on page 15, but this can be unrealistic to achieve. Often losing 10% of your body weight is enough to make a huge improvement in your health and to the way you feel. So, for example, if you weigh 100kg now, 90kg would be a realistic goal.

- Aim to lose 5kg every five to ten weeks (that's about 0.5-1 Kg every week). This is a healthy rate of weight loss.

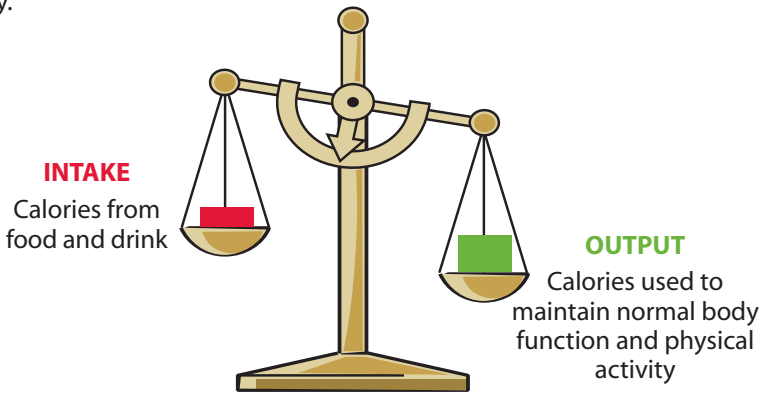
# STEP 2

## How to lose 0.5-1 Kg a week

### What are calories?

Food energy is measured in calories (Cal) or kilojoules (kJ) just as distance is measured in kilometres or miles. One calorie is equal to 4.2 kilojoules.

Everything we eat contains calories, but some foods have heaps more than others. All physical activity burns calories, but some activities burn more than others. If our body has more calories than needed (by eating too many calories and not burning enough), we store the extra as fat. So to lose weight we need to eat fewer calories and burn more everyday.



To lose weight, you have to tip the balance so that **INTAKE** is **less than** **OUTPUT**

- Did you know that 0.5 Kg of body fat = 3,500 calories stored in your body?
- So to lose 0.5 Kg a week, your **daily intake** will need to be 500 calories less than your output.
- The best way to do this is to **eat 250 calories less**, and **burn 250 calories more everyday** or you can choose any combination of these. For example, you could eat 350 calories less and burn 150 calories doing some extra activity.
- You will find that you will begin to feel more energized as the weight comes off.

# STEP 3

## How to eat fewer calories

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### Eat lots of low calorie foods to fill you up

- The lowest calorie foods are colourful vegetables, so have 3 or more serves a day.
- Fruit is also low in calories, so have 2 - 4 serves a day.
- Have taro, green banana, potato, kumara, parsnip, cassava, coconut and avocado in moderation as they are higher in calories.

fatty meat  
pies  
lollies  
desserts  
croissants  
fried foods  
chocolate  
sugary drinks  
cakes  
POTATO  
CRISPS  
pastries

### Eat less high calorie foods

- The highest calorie foods are those that are fatty and / or sugary.
- Very small portions of these foods have a large amount of calories, so even if you think you are only having a little, you may be having too much.
- Also, these foods have very few health-protecting nutrients.

**Remember that you need to eat at least 250 calories less everyday**

## How to cut 250 calories from your day:

You need 7  to cut out 250 calories, however you can cut out more.



Each  = 35 calories

Use this guide to choose your 7  (or more)


### Bakery items

Meat pie	15 
Sausage roll	11 
Lamington	14 
Custard square	7 
Danish pastry	6 
Donut	5 
Muffin	7 
Scone	8 
Piece chocolate/cheese cake	9 





### Snacks and sweets

2 minute noodles	8 
Chocolate bar (60g)	7 
2 chocolate biscuits	5 
Potato crisps (50g)	7 
20 peanuts	6 
Slice (30g) cheese	4 
Large cookie	11 
Square fudge	3 
Gourmet stick ice-cream	9 
Muesli bar	4 









### Drinks

Bottle fizzy (600ml)	8 
Bottle juice (600ml)	8 
Can beer / glass wine	4 
Spirits & mix	4 
Sports drink (500ml)	4 
Glass dark blue top milk	5 
Bottle flavoured milk (330ml)	7 

### Fast food

1 cup hot chips	10 
Slice pizza	8 
Piece battered fish	12 
Piece fried chicken	7 











### Spreads, sauces, dressings and condiments

1/2 cup coconut cream	8 
1/2 avocado	6 
Tbsp peanut butter	2 
tsp margarine/butter/oil	1 
Tbsp of mayonnaise	3 
2 Tbsp cream cheese	3 
Tbsp creamy/oil dressing	3 
1/4 cup cream	6 
1/4 cup sour cream	3 1/2 
3 tsp sugar	1 1/2 

## Fatty meat

Skin on 1 chicken piece	5	
1 sausage/saveloy	5	
2 slices luncheon	3	
1/4 can corned beef	9	
Fat off a pork chop	5	
2 slices brisket	7	
1/2 cup fatty mince	9	
8 slices salami	6	
2 rashers streaky bacon	7	

## Super-sizing

Large fries	18	
vs. small	5	
Large soft drink	6	
vs. small	3	
Medium (50g) potato chips	7	
vs. small (20g)	3	
Large (90g) cookie	11	
vs. small (30g)	4	
King-size chocolate bar (80g)	10	
vs. snack size (22g)	3	


## Cut out calories by swapping \_\_\_\_\_ and save:

Can soft drink + meat pie → Water or *diet* soft drink + hot meat sandwich  14

2 chocolate biscuits + bottle flavoured milk → Fruit + cup of milo (made with water and low fat milk)  14

Donut with cream → Plain donut (no cream)  5

10–15 tsps sugar in your daily tea / coffee → Artificial sweetener or no sugar  6



1/2 cup fatty mince → 1/2 cup lean mince (fat drained off)  5 1/2

2 slices brisket → 2 slices silverside  3

■ There may be other high calorie foods in your day that you can swap to low calorie choices.

■ If you do this everyday as well as increase your activity, you should lose 0.5 kg a week.

# It all adds up!

A typical day... 	A healthier and cheaper day! 
<p>Coffee with 3 sugars and dark blue milk  <b>= 68 calories</b>  <b>approx. = \$0.30</b></p>	<p>Add in breakfast so you won't feel as hungry at morning tea            e.g. 2 toast /3 weetbix/porridge &amp; fruit            Coffee with 1 sugar and lite blue milk  <b>= 293 calories</b>  <b>approx = \$1.50</b></p>
<p>Meat pie and donut  <b>= 631 calories</b>  <b>approx = \$3.00</b></p>	<p>Fruit  <b>= 60 calories</b>  <b>approx = \$0.60</b></p>
<p>Cup hot chips            Banana            2 ham sandwiches (from shop)            Can energy drink  <b>= 838 calories</b>  <b>approx = \$7.00</b></p>	<p>Cup 'a Soup            Banana            2 ham &amp; salad sandwiches (from home)            Water (or diet energy drink)  <b>= 523 calories</b>  <b>approx = \$3.00</b></p>
<p>2 chocolate biscuits            Bottle flavoured milk  <b>= 412 calories</b>  <b>approx = \$ 3.50</b></p>	<p>Yoghurt pottle            Milo (made with lite blue milk and water, no sugar)  <b>= 200 calories</b>  <b>approx = \$1.00</b></p>
<p>Chicken breast with skin            1/2 cup sweet sour sauce            1/2 cup peas with butter            2 bowls rice  <b>= 1085 calories</b>  <b>approx = \$6.00</b></p>	<p>Chicken breast with skin removed            1/4 cup sweet sour sauce            1 1/2 cup vegetables            1 bowl rice  <b>= 544 calories</b>  <b>approx = \$6.00</b></p>
<p><b>Grand total = 1,414 calories and \$8.00 saved</b></p>	



# How many calories in takeaways?

Alot! However some have less than others. Use this guide to choose healthier options, but limit to once a week.

If you normally have...	Next time, swap for this...
<b>Pizza</b> → 2 slices pan-based Meaty pizza <b>22</b> 	<b>2 slices thin n' crispy based 'Vegetarian' or 'Hawaiian' pizza 10</b>  <b>Extra tips...save:</b> ✓ 60 calories <i>per slice</i> when you swap for <b>thin n' crispy base</b> or a flavour with more veggies and less meat
<b>Burgers and chips</b> → Large burger, large chips, regular size soft drink <b>28</b> 	<b>Small burger, small chips, diet soft drink 15</b>  <b>Extra tips...save:</b> ✓ 160 calories by asking for <b>NO mayo</b> on your burger ✓ 55 calories by having <b>NO dipping sauce</b> ✓ 120 calories by having <b>NO creamy/oil dressings</b>
<b>Fish n' chips</b> → Piece battered fish, battered hotdog, 1 scoop chips <b>29</b> 	<b>1 (takeaway shop) hamburger, 1/2 scoop chips 18</b>  <b>Extra tips...save:</b> ✓ 200 calories by <b>removing batter</b> ✓ 350 calories by having <b>salad instead of chips</b> ✓ 150 calories by having <b>NO tartare sauce</b>
<b>Chicken n' chips</b> → 2 pieces fried chicken, 1 scoop chips <b>22</b> 	<b>1 piece fried chicken, small potato and gravy, small coleslaw, plain bun 14</b>  <b>Extra tips...save:</b> ✓ 200 calories by <b>removing chicken skin</b> ✓ 160 calories by having <b>NO creamy dressing/mayo</b> ✓ 60 calories by having <b>NO croutons</b> (if you get salad)

If you normally have...	Next time, swap for this...
<p><b>Indian</b></p> <p>Butter chicken with both rice and naan bread</p> <p><b>25</b> 🧑</p>	<p><b>Chicken Tandoori with rice OR naan 15</b> 🧑</p> <p><b>Extra tips...save:</b></p> <ul style="list-style-type: none"> <li>✓ about 140 calories by having tomato-based instead of creamy curry</li> <li>✓ about 150 calories by having vegetable instead of meat curry</li> </ul>
<p><b>Chinese</b></p> <p>Sweet sour pork with fried rice</p> <p><b>32</b> 🧑</p>	<p><b>Chicken and vegetable stir-fry with plain steamed rice 15</b> 🧑</p> <p><b>Extra tips...save:</b></p> <ul style="list-style-type: none"> <li>✓ about 180 calories if you <b>DON'T get the deep fried snacks</b> (e.g. wontons, spring rolls, fritters). Have a steamed dumpling instead</li> <li>✓ For a tasty, low calorie meal have the meat/vegetable noodle soup dishes</li> </ul>
<p><b>Takeaway Roasts</b></p> <p>2 slices roast pork with crackling, 2 roast potatoes, 2 pieces kumara, peas, carrots and gravy</p> <p><b>31</b> 🧑</p>	<p><b>2 slices roast pork with no fat/crackling, 1 potato, 1 piece kumara, lots of pumpkin, peas and carrots 15</b> 🧑</p> <p><b>Extra tips...save:</b></p> <ul style="list-style-type: none"> <li>✓ have more peas, pumpkin and carrots and less gravy</li> <li>✓ Keep to the 'plate model' (refer page 11)</li> </ul>

## Or swap for these great tasting takeaways...

Sushi **6** 🧑

Wonton noodle soup **6** 🧑

American hotdog **12** 🧑

Hot meat sandwich **12** 🧑

Kebab **11** 🧑

Filled roll / wrap / sandwich **10** 🧑



# Fast food at home - save money and be healthier

- **Pizza** – use supermarket pizza bases or pita bread, spread tomato paste and add your own toppings (use lots of vegetables) then bake.
- **Fish and chips** – grill fresh fish or bake frozen fish fillets and frozen chips (check label for lowest in fat) in the oven.
- **Burgers** – fill burger buns with home-made mince patties, lots of salad vegetables and use beetroot, mustard or pickle for flavour.
- **Wedges** – cut potato and kumara into wedges, brush with a little oil and sprinkle seasoning (e.g. Cajun), then bake until crispy.
- **Toasties** – add lots of tomato, pineapple, onion, baked beans etc. to one slice of meat or cheese.
- **Chinese** – make meat and vegetable stir-frys with a 1/2 - 1Tbsp soya or oyster sauce for flavour. Serve with plain rice.
- **Pasta** – Use tomato-based sauce and add canned fish and frozen vegetables to pasta or noodle dishes.



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## Menu planning

By planning and shopping for your meals in advance, you won't run out of food and be tempted to buy takeaways. Also it will be easier to stay within budget as well as eat more healthily.


- Write down what meals you will have for the week, include fruit for snacks.
- Write a shopping list accordingly, incorporate as much in-season produce as possible or look in shopping catalogues to see what is on special.
- Keep to your list when you go shopping.

# STEP 4










## How to burn more calories

You don't have to join the gym to burn calories. Little movements throughout your day can contribute to weight loss. Change your daily routine to do everything the active way and the calories burnt will add up.

### How to burn 250 calories extra a day:

Aim for 3  **extra** daily (on top of what you usually do), however do more if you can. If you do less, you will need to make extra changes to your food intake or accept that you will lose weight more slowly.

Each  = 85 calories burnt

- |   |  |
|---|--|
| ■ 20 minutes brisk walk                | ■ 30 minutes vacuuming            |
| ■ 20 minutes run                       | ■ 20 minutes aerobics             |
| ■ 20 minutes dancing                   | ■ 20 minutes weight training     |
| ■ 1 hour washing and waxing car        | ■ Climbing 10 flights of stairs  |
| ■ 30 minutes gardening & mowing lawn  | ■ 20 minutes cycling             |

### Tips:

#### ✓ Get moving instead of sitting:

walk or bike somewhere instead of driving, take the stairs instead of the lift, walk up and down while you are talking on the phone.




#### ✓ Add some exercise to your day:

play sport, go for a run, aerobics, kapa haka, swimming, dancing, martial arts, join a gym or walking / running club.

#### ✓ Exercise with someone else (friends, kids, partner, family, dog, in a club) if it makes it easier for yourself. You could take a walk when catching up with friends instead of going out to eat.

# STEP 5

## Checklist for health - what you need each day

FOOD GROUP	SERVES/day	SERVING SIZE examples
<p><b>Non-starchy' Colourful Vegetables</b></p> <p>Go for all the colourful vegetables</p> 	<p>At least <b>3</b>, but fill up on these as they are low in calories and high in health-protecting nutrients</p>	<ul style="list-style-type: none"> <li>■ 1 cup salad</li> <li>■ 1 cup cooked vegetables (e.g. carrots, broccoli, cauliflower, courgette, pumpkin)</li> </ul> <p><b>Tips:</b></p> <ul style="list-style-type: none"> <li>✓ Frozen and canned are just as good as fresh vegetables and sometimes cheaper</li> </ul>
<p><b>Fruit</b></p> <p>Eat a range of different colours</p> 	<p><b>2 - 4.</b></p> <p>Fruit is also low in calories and high in health-protecting nutrients</p>	<ul style="list-style-type: none"> <li>■ 2 small e.g. plums, apricots, kiwifruit</li> <li>■ 1 medium e.g. apple, orange, pear</li> <li>■ 1 small banana</li> <li>■ 1 cup fruit salad</li> <li>■ 1 slice melon</li> </ul> <p><b>Tips:</b></p> <ul style="list-style-type: none"> <li>✓ Fresh fruit is best, but canned in juice is good too</li> <li>✓ Go for what is in season, that way you will save money too</li> </ul>
<p><b>Breads, cereals and other staple/starchy foods</b></p> <p>This group also includes the 'starchy' vegetables</p> 	<p><b>4 - 6</b></p> <p>These foods are the body's preferred fuel</p>	<ul style="list-style-type: none"> <li>■ 1 slice bread / roll / bun</li> <li>■ 3/4 cup breakfast cereal</li> <li>■ 1/2 cup muesli</li> <li>■ 1/2 cup cooked rice or pasta</li> <li>■ 1 medium potato or similar sized piece of cassava / kumara / green banana / taro / parsnip</li> </ul> <p><b>Tips:</b></p> <ul style="list-style-type: none"> <li>✓ Go for wholegrain breads and cereals - these are rich in fibre and more filling</li> </ul>

FOOD GROUP	SERVES/day	SERVING SIZE examples
<b>Meat/Fish/Poultry/Vegetarian substitute</b>  Includes lean meats, fish and poultry, eggs and meat substitutes such as tofu, dried beans and nuts  	<b>1 - 2</b> These foods are high in protein	<ul style="list-style-type: none"> <li>■ What fits the palm of your hand e.g. a small steak, 1 medium fillet fish</li> <li>■ 1 chicken leg/breast or 2 drumsticks</li> <li>■ 2-3 slices cooked meat</li> <li>■ 1/2 cup lean mince</li> <li>■ 2 eggs</li> <li>■ 1/3 cup nuts</li> <li>■ 1 cup baked beans</li> </ul> <b>Tips:</b> <ul style="list-style-type: none"> <li>✓ Cut fat off meat and take skin off poultry</li> <li>✓ Skim fat off stews and boil-ups</li> <li>✓ Use low fat cooking methods e.g. grilling, stir-frying, boiling, poaching</li> </ul>
<b>Low fat dairy products</b>  	<b>2 - 3</b> These foods are high in calcium for strong bones	<ul style="list-style-type: none"> <li>■ glass low fat milk</li> <li>■ pottle yoghurt</li> <li>■ 2 thin slices cheese</li> </ul>

## Your meal should be:



# Weight Loss Tips!

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- ✓ Get your whanau and friends involved in healthy eating too - teach your kids healthy eating habits
- ✓ Don't skip meals, especially make sure you have breakfast to kick-start your metabolism
- ✓ Fill up on colourful vegetables - these are very high in health-protecting nutrients, and are very low in calories
- ✓ Reduce your portion sizes. Avoid super-sizing as this adds loads more calories. If you do end up super-sizing, share with a friend
- ✓ Use low fat cooking methods, i.e. don't add extra fat or oil to your cooking – use a non-stick pan. Skim fat off boil-ups and stews.
- ✓ Can you cut down on your alcohol intake? Remember, a can of beer/glass of wine has about 140 calories
- ✓ At social occasions, just have one plate (and keep to the plate model), eat slowly and fill up on lots of vegetables and fruit
- ✓ Add variety to your diet – don't be afraid to try new flavours
- ✓ Flavour food with herbs and spices rather than fats and sugars
- ✓ Weigh yourself only every 1 - 2 weeks
- ✓ Keep a food diary for at least 5 days (include a weekend) - record all your food and drink, the quantities (e.g. cup, tsp). Then look through and see where you can cut your 250 calories
- ✓ Don't shop when you're hungry and keep to your list
- ✓ Reward yourself – but not with food

