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## EATING FOR WEIGHT LOSS

### 1 SLOW DOWN

Stop the rush at mealtimes. It takes your body about 20 minutes to register fullness. Eating slowly, for example over 30 minutes at every meal means you will be saving on calories as opposed to wolfing down your food in 10 minutes or under.

### 2 GO SMALL

Opt for small plates that will look full with less food as opposed to large ones that tempt you to pile on more. Use a 17cm plate for mealtimes or choose a one cup dessert to keep portions small and healthy.

### 3 EAT BREAKFAST

Don't avoid breakfast as this just means you're going to be very hungry later and end up gorging on more food than usual. People who eat a healthy, full breakfast tend to have less problems with weight gain.

### 4 THE OCCASIONAL TREAT

Don't deprive yourself completely of all desserts. This just means you may over eat at some point because you feel really deprived. It's all right to enjoy a small treat occasionally.

### 5 WATER-FILLED FOODS

Start your meal with a soup or a salad filled with water-based fruit and vegetables. The feeling of fullness that comes with these foods will result in you consuming less of the main meal.

### 6 UP YOUR FIBRE INTAKE

Fibre-rich foods have a crucial role to play in weight management. People who increase their fibre intake are able to lose weight faster and feel healthier too. So go for high fibre and not high calorie at every meal.



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### 7 GET ENOUGH SLEEP

Sleep deprivation doesn't just make you cranky but can result in bad eating habits as you are more likely to reach for high calorie junk food the next morning. This is because the part of your brain responsible for self-control has been compromised by the lack of sleep.