

# Fantastic **40**

## 40 TIPS TO ACHIEVE A **HEALTHY WEIGHT**

Discover **actionable tips**, **nutrition insights**, and **lifestyle adjustments** that will support your efforts in achieving and sustaining your **ideal weight** for a **happier** and **healthier** you.



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# 40 TIPS TO ACHIEVE A **HEALTHY WEIGHT**



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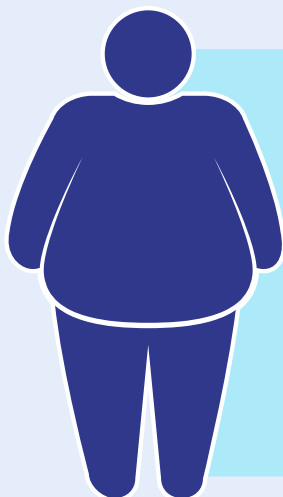
# HEALTHY WAYS TO ACHIEVE HEALTHY WEIGHT

## Did you know?

- Overweight and obesity refer to abnormal or excessive fat accumulation, posing a health risk.
- Overweight and obesity are major contributors to deadly chronic conditions, particularly cardiovascular diseases like heart disease and stroke.
- More than 4 million lives are lost annually due to complications arising from being overweight or obese.



The factors contributing to overweight and obesity are often avoidable. They can be reversed with appropriate interventions, which include adopting healthier habits, incorporating regular physical activity, and making mindful dietary changes.



Weight control



Calorie control



More vegetables



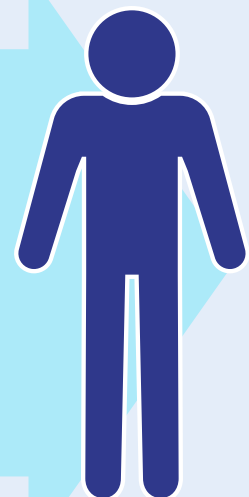
Water balance

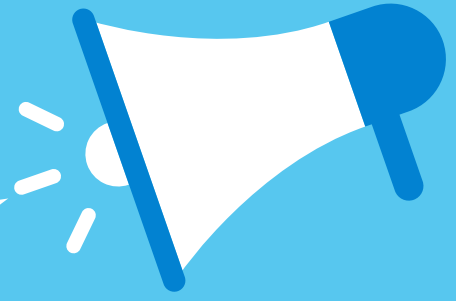


Physical activity



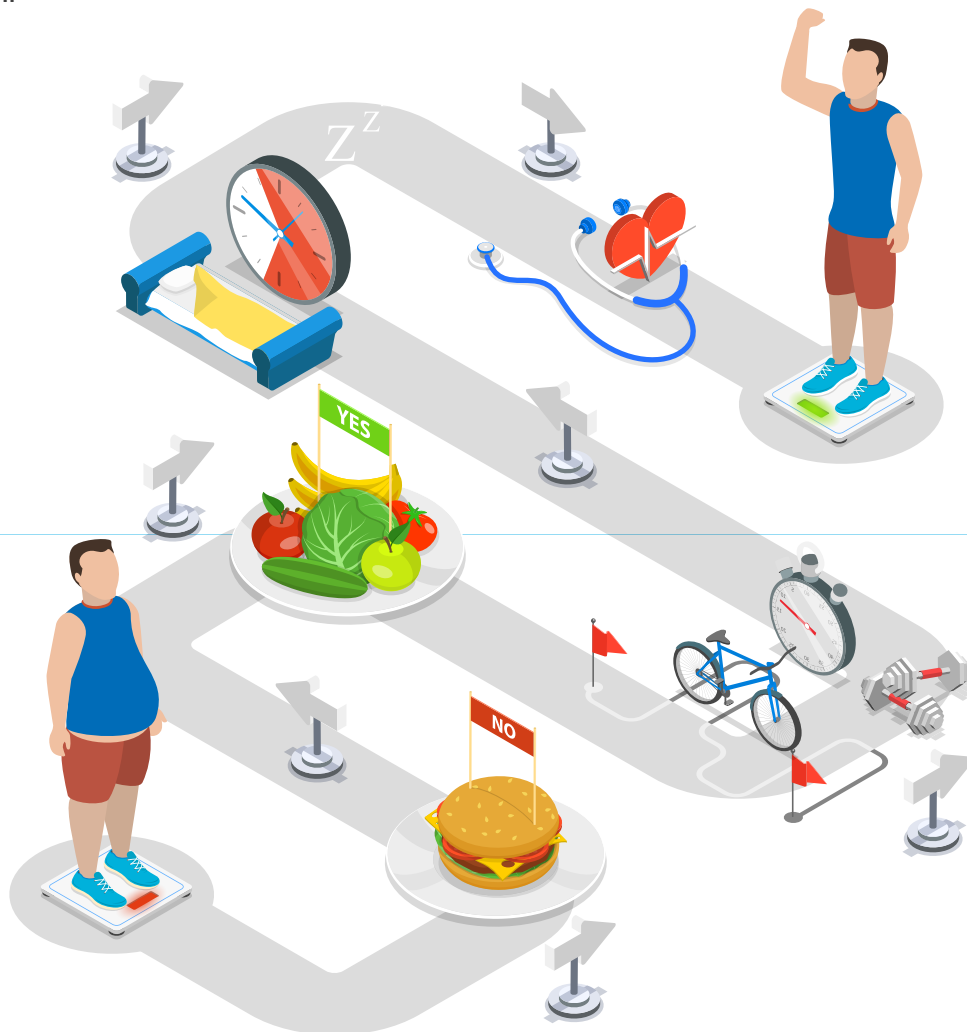
Adequate sleep





# Trim and Thrive: Your Guide to 40 Healthy Weight Tips

In a world where the battle with weight management is widespread, recognizing that healthy weight is a cornerstone of holistic well-being, impacting both physical health and quality of life, is imperative. This handbook addresses this widespread concern by presenting 40 practical and helpful tips, offering guidance for those seeking to trim excess weight and thrive in the pursuit of lasting health.



## DIET PLAN



# HEALTHY EATING HABITS

01



## Drink the right fluids

Stay well-hydrated by consuming ample water, which is essential for optimal bodily functions. Water not only aids in curbing appetite but also enhances metabolism, boosts energy levels, and facilitates more effective and efficient exercise. Enjoy a soothing cup of tea for added hydration benefits.

## Don't skip breakfast

Research published in the American Journal of Clinical Nutrition revealed that individuals who included breakfast in their routine experienced greater success in maintaining long-term weight, consistent with other studies indicating its positive impact on weight loss.

02





## Eat the bulk of your meals in the morning

Opt for a gradual reduction in food intake as the day progresses. A study in the journal 'Nutrients' highlighted that consuming the majority of calories earlier in the day benefits weight changes.

## Cut down on portions

If adjusting your diet doesn't resonate, consider altering your portion sizes. Weight loss is achievable by modifying the quantity you consume without changing your food type.



## Decrease your food intake by 100 calories per day

Theoretically, reducing food intake by 100 calories equates to shedding nearly one pound per month (1 lb = 3500 calories) with minimal effort. Utilize smaller plates and bowls as a proven tactic to reduce food intake visually. Additionally, eating at a slower pace can help cut down on extra calories, as it takes approximately 15 to 20 minutes for your stomach to signal fullness.

06

## Eat more fiber

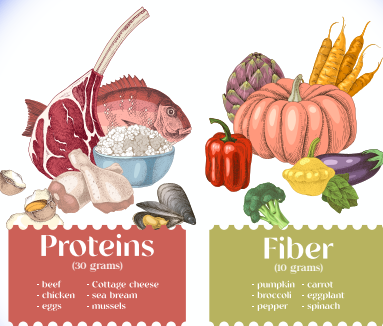
Incorporate fiber into your diet for a satisfying and smooth digestion process. The Mayo Clinic recommends that men target 30 to 38 grams of fiber daily. Include fiber-rich foods like whole wheat bread, oats, apples, pears, green peas, almonds, broccoli, lentils, and more to support your daily intake.



07

## Eat 30/10 meals

To effortlessly enhance weight loss and overall health, prioritize sufficient protein and fiber at every meal. Adopting a new eating style involves consuming a minimum of 30 grams of protein and 10 grams of fiber per meal. This combination supports muscle maintenance and growth while ensuring a satisfying feeling during meals, helping you stay full until your next one.



08

## Eat when you are hungry

Recognize hunger as your body's need for energy, not a weakness. Studies emphasize that prolonged fasting often leads to binge eating, so pay attention to your body's signals. Choose protein and fiber-rich snacks like apples, chickpeas, walnuts, sprouts, or makhana when hunger strikes between meals. Avoid emotional eating by addressing feelings of tiredness, anxiety, or emotions unrelated to hunger with non-eating activities. Consider a brisk walk or a phone call with a friend as an alternative to improve your well-being.





09

80%

## Eat until you are 80 percent full

Practice stopping at 80 percent fullness, where you feel satisfied but not overly stuffed. It involves being content with some room left, emphasizing the importance of slowing down, tuning into your appetite cues, and consuming slightly less than your usual intake.

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## Hydrate before meals

Scientific research indicates that consuming a glass of water before a meal enhances the feeling of fullness and prolongs the sensation of satiety. A study at Virginia Tech revealed that participants who drank water 30 minutes before a meal consumed 13 percent less than those who didn't. Staying hydrated offers an additional incentive to control your appetite.



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## Cut the sugary snacks

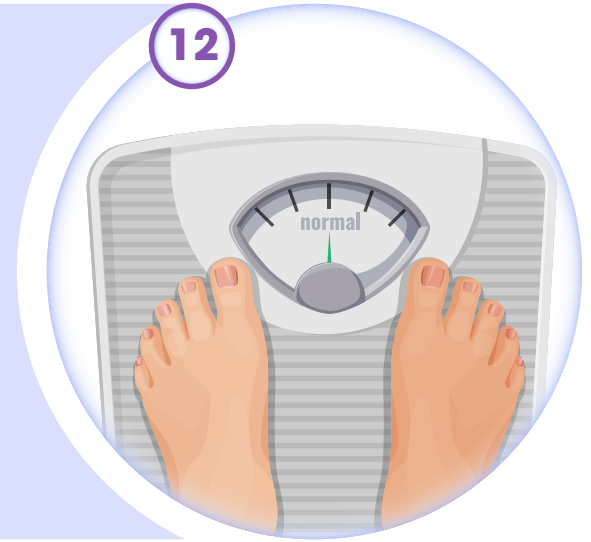
Opt for healthier snacks over sugary treats like cookies and candies, which can quickly spike blood sugar levels and lead to elevated insulin and fat storage. Choose alternatives such as whole fresh fruits and mixed nuts to promote better nutritional choices between meals.



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## Weigh yourself regularly

Regularly stepping on the scale can be a valuable tool for weight maintenance, fostering awareness of progress and promoting weight control behaviors. Individuals who monitor their weight often tend to consume fewer daily calories, aiding in the maintenance of weight loss. According to a study, those who weighed themselves six days a week consumed an average of 300 fewer calories per day than those who monitored their weight less frequently.



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## Limit your carbohydrate intake

Weight maintenance becomes more achievable when you carefully consider the types and quantities of carbohydrates in your diet. Excessive consumption of refined carbs like white bread, pasta, and fruit juices can hinder your weight goals as they lack natural fiber crucial for inducing a feeling of fullness. Diets low in fiber are linked to weight gain and obesity. Additionally, restricting overall carb intake might aid in sustaining weight loss, with some studies suggesting that individuals following low-carb diets post-weight loss are more likely to maintain their weight in the long run.



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## Practice mindful eating

Mindful eating involves paying attention to internal hunger cues, eating slowly without distractions, and savoring each bite. It aids in weight maintenance by addressing behaviors like emotional eating. Eating too quickly can lead to overeating, and alcohol and sugary sodas contribute extra calories. Choose calorie-conscious options and limit indulgence to prioritize nutritious foods.



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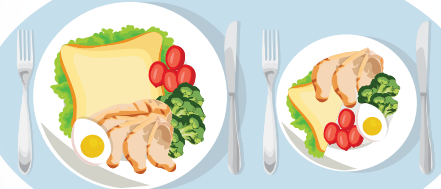
## Opt for whole fruits over fruit juices

Fruits offer water, fiber, vitamins, and antioxidants, and their natural sugars digest slowly, avoiding significant blood sugar spikes. In contrast, many fruit juices lack the fiber in whole fruits, leading to quicker blood sugar elevation. Some fruit juices contain added sugars and lack the nutritional benefits of real fruit, making them more likely to contribute to excessive calorie intake in one sitting.

## Eat from smaller plates

Your choice of dinnerware size can impact your food intake. A large plate may make your portion appear smaller, while a smaller plate can give the illusion of a larger portion. Research suggests that eating from a smaller plate is linked to increased feelings of fullness and reduced energy intake, particularly among those with a healthy body weight. This psychological trick helps prevent overeating by making it less likely for you to realize you're consuming more than usual, promoting better portion control and satiety.

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## Consider having an early and light dinner

Opt for an early and light dinner, considering there's limited energy expenditure post-dinner. Keep your evening meal light, such as having one roti with vegetable curry or soup. Ensure that dinner concludes at least four hours before bedtime, as going to bed immediately after eating may contribute to weight gain.

## Be mindful of your sodium and potassium levels

Excessive salt intake, averaging 9–12 g per day, coupled with inadequate potassium consumption (less than 3.5 g), can contribute to high blood pressure, increasing the risk of heart disease and stroke. To reduce salt intake, limit the use of salt and high-sodium condiments while cooking, avoid having salt or high-sodium sauces on the table, cut down on salty snacks, and choose products with lower sodium content. Counteract the effects of elevated sodium by incorporating potassium-rich fresh fruits (avocados, bananas, oranges, etc.) and vegetables (beans, potatoes, spinach, broccoli, tomatoes, etc.) into your diet.

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## Be smart with snacks

While pursuing weight loss, there's no need to eliminate all snacks. Snacks can be beneficial in curbing cravings, but it's crucial to consume them when hungry, not out of boredom. Opt for healthy snacks (yogurt, milk, peanut butter, homemade trail mix, air-popped popcorn, banana ice cream, etc.) that promote both weight management and overall health. Regular, satisfying meals can reduce the likelihood of unnecessary snacking.

## Choose soups as a part of your diet

Incorporate a broth-based soup into your daily meals to feel satisfied with fewer calories. Soups are particularly effective at a meal's start, slowing your eating pace and curbing your appetite. Begin with a low-sodium broth or canned soup and enhance it with fresh or frozen vegetables through simmering. Be cautious of creamy soups, as they may have high fat and calorie content.

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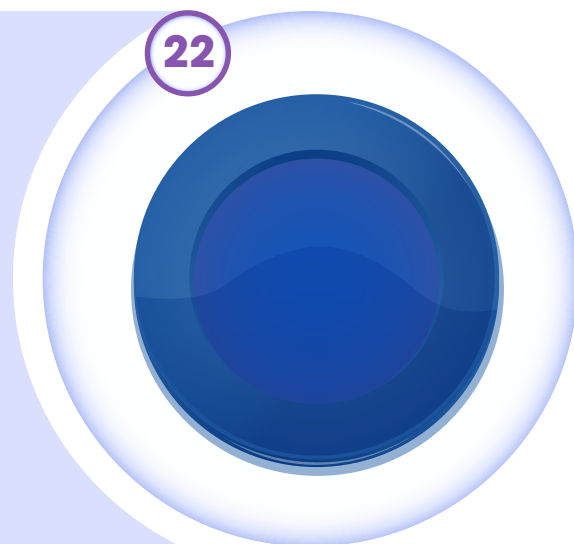


## Avoid all-you-can-eat buffet

Managing your food intake becomes challenging when faced with endless options. Opt for a la carte dining whenever feasible, as it helps minimize the tendency for overconsumption commonly linked with all-you-can-eat buffets.

## Use blue color plates

Surprisingly, the color of your dishes can influence the amount of food you serve yourself. Research indicates that the more food blends in with the plate color, the larger the portions you'll likely take. To promote mindful eating, consider using plates in a different hue. A 2018 study published in *Appetite Journal* revealed that individuals using blue plates consumed less than those using white or red plates. Medical experts suggest this could be attributed to the fact that blue is not typically associated with 'desirable' foods.



# CHANGES IN DAILY LIFESTYLE



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## Look good, feel good

Embrace the "look good, feel good" mantra by ditching oversized clothing. Donate anything too roomy or overly expandable. Invest in comfortable outfits that bring you joy and confidence.

## Get enough sleep

Ensure you get sufficient sleep, aiming for at least 8 hours each night. A recent study from the University of Chicago revealed that individuals who increased their sleep duration to 8 hours consumed approximately 260 calories less per day than those who did not reach the recommended sleep duration. This equates to nearly 2,000 fewer calories per week. With numerous other health benefits, getting enough sleep can be a simple yet effective way to manage weight.

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## Stick to a bedtime routine

Establish a consistent bedtime, as research indicates that staying up later at night is linked to increased calorie consumption throughout the day. Going to bed earlier eliminates the opportunity for a midnight snack, contributing to better overall health. Moreover, sufficient sleep is associated with weight loss, so adhering to bedtime addresses both sleep quality and weight management. Sleep your way to improved health by adopting a regular sleep routine.

## Control your stress levels

Effectively managing stress plays a crucial role in weight control. Elevated stress levels can lead to weight regain by triggering the release of cortisol, a hormone associated with increased belly fat, heightened appetite, and excessive food intake. Stress often prompts impulsive eating, even when not hungry. Fortunately, various strategies, such as exercise, yoga, and meditation, can help combat stress and improve overall well-being.

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⌘ LIMIT ⌘  
your  
SCREEN  
TIME



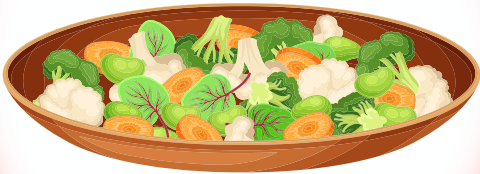
## Limit screen time

Screen time often translates to sedentary behavior, whether on your tablet, phone, computer, or TV. It's effortless to overeat when glued to a screen. Establish a curfew for yourself, limiting the amount of time you spend watching or surfing each day.



# HEALTHY FOOD REPLACEMENTS

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## Replace side dishes with steamed vegetables

Adding vegetables to your diet helps with weight loss and provides essential nutrients. Swapping side dishes for steamed veggies is suggested, at least when you are home.

## Choose healthy oils

Commonly used seed and vegetable oils, like soybean, cottonseed, sunflower, and canola oils, are highly processed and have become prevalent in households in recent decades. Despite being rich in omega-6 fatty acids, they lack heart-healthy omega-3s. Research indicates that a high omega-6 to omega-3 ratio may contribute to inflammation and is associated with chronic conditions like heart disease, cancer, osteoporosis, and autoimmune disorders. Opt for healthier alternatives such as extra virgin olive oil, avocado oil, and coconut oil instead of these processed oils.

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## **Eliminate maida, bread, and pasta from the diet**

Avoid refined flour or maida, traditional bread and pasta as it can contribute to weight gain. Instead, consider healthier alternatives like brown bread, multigrain bread, and similar options for better overall health.



# COOKING HABITS

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## Cook at home

Cooking at home allows you to ensure the healthiness of your meal, as you have complete knowledge of its contents. Preparing your food eliminates concerns about hidden unhealthy or high-calorie ingredients. Studies show that cooking at home is linked to a reduced risk of obesity and improved diet quality, particularly among children.

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## Cook with basic ingredients

This involves beginning with whole foods such as raw vegetables, fruits, proteins, and whole grains and preparing meals from scratch. This way, you can be confident that you're consuming food naturally, free from added ingredients.



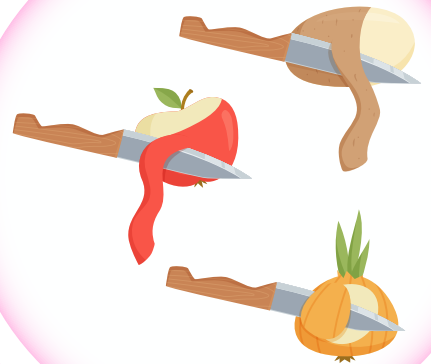
33



## Cut vegetables into big sizes

Opt for larger cuts when preparing vegetables, as they absorb less oil. To reduce fat intake, lightly coat the ingredients with oil before cooking, ensuring a healthier and more flavorful outcome. Larger pieces retain moisture and natural color, preserving the nutrient value of the vegetables.

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## Do not peel entire vegetables

Avoid peeling the entire vegetable to maximize nutrient intake. The fiber in vegetable peels helps maintain a feeling of fullness and reduces the tendency to snack frequently. Retain the skin on foods such as apples, potatoes, cucumbers, eggplants, and tomatoes.

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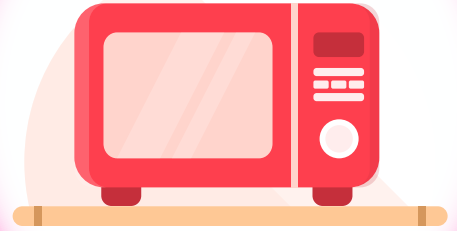
## Make dishes flavorful with herbs and spices

Enhance the flavor of dishes with herbs and spices. Freshly ground spices like black pepper and cardamom add taste and offer immune-boosting health benefits while preventing weight gain. These spices provide richness to meals without introducing extra calories or sodium. Utilize fresh rosemary, basil, and curry leaves to elevate the appeal of an ordinary dish.

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## Microwave vegetables

Opt for microwaving vegetables as it helps retain their nutrients and is a quicker cooking method. Steaming vegetables in the microwave is an excellent way to cook without adding excessive fat. According to a study, microwaving broccoli preserved more vitamin C than steaming or boiling.



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## Saute, don't fry

Opt for sautéing instead of frying, as deep-frying absorbs excessive fat into the food and dehydrates vegetables. Sautéing vegetables in extra virgin olive oil is a healthy cooking method, as olive oil boosts high levels of antioxidants and phytonutrients among cooking oils. Consider alternative lower-fat cooking techniques such as baking, broiling, roasting, stewing, and steaming.



# STAYING PHYSICALLY ACTIVE

**Disclaimer:**

The information provided below is for general guidance only. Before starting any exercise, it is advisable to consult with a qualified healthcare professional, especially if you have pre-existing health conditions or concerns.



## Be physically active

Incorporate regular physical activity to burn calories. Aim for at least one hour of exercise five days a week to create a calorie deficit, aiding in weight loss. Stay active throughout the day and avoid prolonged periods of sitting to support your overall fitness goals. Prolonged sitting is the new smoking!

## Walk daily

Incorporate daily walks as a consistent and manageable way to maintain peak physical fitness. Walking is not only an effective means of staying in shape but also serves as a calming activity after a hectic day. As walks are generally low in intensity, you won't experience intense hunger afterward. Unlike more strenuous workouts, regular walking doesn't significantly increase your body's need for extra calories. This makes walks a beneficial and appetite-friendly way to stay active without disrupting your overall caloric intake.



## Focus on strength training

While many prioritize cardiovascular activities for weight loss, consider incorporating two out of three maintenance workouts as strength training sessions. Building muscle benefits calorie burning, making it a strategic choice for maintaining your desired weight. Whether through lifting free weights a few days a week or participating in strength training group exercise classes, prioritize toning your body over excessive cardio to support your weight maintenance goals effectively.



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**Corporate Office:** Boomerang (Kanakia Spaces), Wing-B1, #403, 4th Floor, Chandiwali Farm Road, Chandiwali, Powai, Mumbai - 400 072, Maharashtra, India. Tel: 080-4346 4500, Fax: 080-4346 4529 | **Registered Office:** Margosa Building, #02, 13th Cross, Margosa Road, Malleshwaram, Karnataka, India. Tel: 080-4346 4500, Fax: 080-4346 4529 | **Regional Office:** 709, 7th Floor, Devika Tower, Nehru Place, New Delhi-110019, Board Line: 011 - 4285 4300 Fax: 011 - 4285 4310 | E-mail: enquiry.in@cims.co.in | URL: <http://corporate.mims.com>