

- FACT SHEET -

Managing your Healthy New Years Resolutions
www.milhamdietitians.com

One of the most popular new years resolutions is to eat healthier and/or to lose weight. So many people start and then finish their healthy new year resolutions before the January long weekend. Below are some tips to make sticking to your goals easier.

1. Keep a food diary to gain greater insight into your eating habits. You will discover habits you didn't know you had. This is the first step to managing your eating better. For example, many people eat when they are not hungry but when environmentally triggered (for example, the TV happens to be on) or when emotionally triggered (for example, feeling bored and eating becomes a hobby.)
2. Make sure that if your goal is weight loss that you are losing weight for the right reasons, otherwise your success may be short-lived. Choose mostly positive and internally motivated reasons rather than negative and external.
3. For long lasting motivation you must have the 4 P's – PATIENCE, PERSISTENCE, POSITIVE THINKING AND PASSION FOR YOUR GOAL.
4. Your goals must be realistic. Aim to lose weight steadily at around ½ to 1 kilogram a week. Goals for rapid weight loss on extreme diets missing complete food groups, or with a very limited range of foods or that leave you hungry or feeling deprived, never last. Aim for a balanced, varied food intake, and allow occasional indulgences, eating out and for your program to fit in with your families eating habits.
5. Set sub-goals with your weight. For example, aiming to lose 20 kilos is too large a chunk to consider. Shoot for 5 kilos at a time and then reward yourself for your achievements. This means more frequent successes and rewards.
6. Vary your menus, foods and recipes so you don't get bored otherwise you may go looking for excitement elsewhere. A tuna salad sandwich may be a healthy lunch, but eaten every day for a week could drive you to detour down the lolly aisle at the supermarket and find a packet of 'fruchocs' have landed in your trolley by the time you touchdown at the checkout.



For more information on Caron Milham & Associates, please visit us online at www.milhamdietitians.com or telephone us on (08) 8377 2298

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7. Plan your menus, shopping list and shopping expeditions, in advance, so you minimise the risk of temptations and maximise your variety.
8. If you are an emotional eater, discover what's eating you, before you turn to food for the wrong reasons. If watching TV bores you and seeing a food advert starts you salivating, then change the channel, pick up a book or go for a walk around the block.
9. Temp me not. Throw out or give away foods you shouldn't consume often (think: biscuits, cakes, chips), particularly if you cant stop once you start.
10. Buy a gorgeous outfit a size smaller than your current size as an incentive to lose weight. Put it in a place where you'll see it daily, like hanging on your bedroom door or in the pantry.

For a healthy weight loss plan including a 2 week menu and shopping lists and more weight loss and healthy cooking tips, see the book *The Australian Healthy Cooking Guide*. To make healthy supermarket shopping easier and less confusing, and for some smart shopping tips, see the book *the Australian Healthy Shopping Guide*. Both books are available at all good bookshops.



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