

IS IT YOUR NEW YEAR RESOLUTION TO LOOSE WEIGHT?

It's the 'Slimming and Dieting Season,' where traditionally we will be bombarded with all the "new" diets and slimming programmes, which the manufactures hope will make them much fatter, whilst trying to persuade us to get much slimmer, if we eat these wonder products and buy the DVDs that go with them. As a past colleague of mine once wrote, its all "Flap Doodle and Snake Oil." So that's the reason we reprint one of the more sensible pieces of advice from the Food Standards Agency.

This advice is all about the concept of healthy eating with no frills and no get quick methods to get slimmer, or to learn the skills of Healthy Eating. The process is gradual as are the results ,if you are needing weight management. The advice given is not specific for Heart patients or Diabetics, but it is a good start. And coupled with extra activity and exercise, it works. Not tomorrow or the next day, just give it 3 to 6 months and you will notice a big difference.

One of the sayings that maybe we all are familiar with is "We are what **we eat!**" which is unlike Gillian Mc Keith's message. "We are what **we ate?**" although she may have a point, but it's far too indelicate to go there. Anyway let's start the weight management and Healthy eating regimes with a few well honed anecdotes:

For example; It appears that when we reach certain ages our weight becomes more of a problem, mainly because we have had time to become firm friends?

And most people don't have problem's losing weight. Because they can find it again, quickly?

Did you know that the Roman numeral for 40 is XL?

Advice To Men:

If she says. "My problem is I have fat genes!" Do not reply, "And considerably wider with it!"

If she points out that sizes seem to be getting smaller as she used to be able to get into a size 12, don't mention that the 1 seems to have been smudged from a 2!

Gentlemen please note the sensitive and diplomatic approach to these questions and comments will ensure our A&E dept. at the local Hospital is not overcrowded this Year.

So keep Fit and Healthy & 'Happy New Year', to you and your families.

PS: Here's one for the ladies. If your partner says his BMI (Body Mass Index) is still only 27. Don't point out that if he was 6'2" that would be excellent, but at 5' 6" it could pose a problem. (if you want to be picky and want the answer it would be a BMI of 34 or a fat guy result)

For many of us, losing a few pounds would be a good first step to help improve our health and well-being. (Being overweight makes us more likely to develop some health problems, including conditions such as heart disease and diabetes.)

But diets that severely limit the amount of food, or types of food, you can eat are hard to stick to. Often, people feel deprived and meals get really boring, which takes the enjoyment out of eating. And these kinds of diet can leave you short of nutrients that are important to be healthy.

So don't be tempted by the promise of super-fast results. The way to reach a healthy weight – and stay there – is to adapt your lifestyle gradually to reduce the amount you eat, improve your overall diet and be more active. Crash diets aren't good for your health and they don't work in the longer term.

Here are a few practical tips:

Base your meals on starchy foods, such as bread, rice, pasta and potatoes, and choose wholegrain varieties whenever you can. Some people think starchy foods are fattening, but it's things like butter that people spread on bread, the creamy sauces they pour on pasta and the full-fat cheese they add to a baked potato that make them fattening.

So starchy foods are a healthy choice, but try to serve them with low-fat spread, sauces made from tomatoes or vegetables, and low-fat cream cheese.

- ♥ **Cut down on foods high in saturated fat** such as pies, sausages, butter, cheese, dishes with creamy sauces, cakes, biscuits and doughnuts.
- ♥ **Eat lots more fruit and vegetables.** These are generally low in fat, help to fill you up, and make very healthy snacks if you get hungry between meals
- ♥ **Choose lower fat milk** such as skimmed or semi-skimmed milk and low-fat yoghurts, rather than full-fat versions.
- ♥ **Choose lean cuts of meat** and don't eat the fat. Avoid eating the skin on chicken, because although the meat is low in fat, the skin contains much more.

Food Standards Agency

Visit: www.crewheartsupport.co.uk website