

# Weight Control and Food Sensitivities.

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For many women weight control has always been important. Since being a teenager we've had to watch what we eat and exercise regularly in order to maintain a healthy weight. As women get older, many find that it becomes more difficult to take off unwanted pounds.

## Body mass index (BMI)

Being overweight can increase your risk of heart disease, breast cancer and diabetes. It also can complicate your pregnancy and it may even make getting pregnant more difficult. Your health risk is only partially determined by the number you see on the bathroom scale. Once you complete this assessment, you'll get a better idea of how your weight is likely to affect your long-term health.

## HOW TO CALCULATE YOUR BMI

1. Divide your weight in pounds by 2.2 = weight in kilograms (kg).
2. Multiply your height in inches by 2.54 = height in centimeters (cm).
3. Divide your height (cm) by 100 = height in meters.
4. Square your height in meters.
5. Your BMI = weight in kilograms  $\div$  height in (meters<sup>2</sup>)

You must remember that there are others factors besides weight that can increase your risk of disease. Poor diet, alcohol, a lack of exercise, smoking and high blood pressure are other important risk factors.

## Tips for losing weight

You may have determined it's time to lose those extra pounds once and for all. The help beginning is the food plan and then you can move on to use the weight-loss strategies.

- ✚ **Set a realistic goal.** Take a look at what your weight is now and what weight you want to have.
- ✚ **Go with the right mind-set.** Think about making a long-term lifestyle change rather than a short-term quick fix.
- ✚ **Get social support.** If you need help from a spouse, family member, co-worker or friend, ask for it.
- ✚ **Start an exercise program.** This is an important step if you're not already active. Exercise burns calories while you do it and by building up muscles, it helps your body burn more calories and rest.
- ✚ **Eat at regular intervals throughout the day.** Eating regularly prevents hunger and helps to eliminate mindless snacking and overeating at the next day.
- ✚ **Don't eat dinner late.** Ideally, sit down to dinner before eight o'clock (the earlier the better)

- ✦ **If your meals are more than five hours apart, plan to have a snack.** Between-meal, snacks are important to help keep your energy levels up and prevent snacking on unhealthy foods like sweets. Depending on the meal your blood sugar will drop three to four hours later.
- ✦ **Be sure to get at least six serving of protein-rich foods each day.**
- ✦ **Reduce your portions of carbohydrate-containing foods.** Eating smaller portions of carbohydrates not only reduces your calorie intake, it also helps reduce high levels of blood insulin.
- ✦ **Get rid of excess sugar-natural and refined.** Drinks like regular soda, fruit drinks and fruit juice only adds extra calories to your day. Check this link out for more information.
- ✦ **Treat yourself to a serving of sweets, desserts or candy once a week.** Enjoy a “real” serving of whatever you really want once a week.
- ✦ **Don’t eliminate fat from your diet.** Keep your intake of added fats and oils to a moderate level.
- ✦ **Limit your alcohol intake to no more than seven drinks a week.** The calories in alcohol -from beer, wine or liquor- add up.
- ✦ **Deal with momentary lapses.** We’re all human. Whether you’ve had a busy social calendar or you’ve just returned from a wonderful vacation, you’re bound to have put on few pounds. The key to long-term weight maintenance is nipping small weight gains in the bud.