

Gesonde gewigsverlies

'n Dieetgier kan beskryf word as 'n gewilde eetplan of -tendens waarin jy jou kosinname drasties verminder of verander in die hoop dat jy vinnig gewig sal verloor. Het jy byvoorbeeld al van die pomelo- of appelasyn-dieetgier gehoor? Namate vetsug toeneem, stel al hoe meer mense hierdie dieetgiere op die proef. Hierdie giere kan jou moontlik vinnig gewig help verloor, maar is nie altyd veilig of maklik om te volg nie. Net soos enige gier, kom en gaan dieetgiere ook. Gebruik hierdie nuttige pamflet om op 'n sinvolle manier gewig te verloor terwyl jy steeds saam met jou gesin kan eet.

- Gesonde gewigsverlies is tussen 0,5 en 1 kg per week.
- Stel vir jouself 'n mikpunt om 5 tot 10% van jou huidige gewig te verloor om gesonder te wees.
- Jy hoef nie spesiale produkte of gewigsverliesaanvullings te koop nie. Koop eerder gesonde kos en baie vars, bevrore of ingemaakte vrugte en groente.
- Moenie dieetgiere volg wat kwansuis towermiddels of wonderkosse insluit nie. Geen middel kan die langtermynuitwerking van te veel kos en te min oefening ongedaan maak of die vet net laat wegsmelt nie.
- Moenie dieetgiere volg wat sekere kossoorte beperk of uitsny, sekere kossoorte in groot hoeveelhede aanbeveel, slegs sekere koskombinasies toelaat, of streng, onbuigsame spyskaarte voorskryf nie.

Die beste wenke om energie-inname te verminder en gewigsverlies te bevorder:

- Wees aktief. Gereelde oefening (40 minute elke dag) is noodsaaklik vir 'n gesonde leefstyl.
- Eet ontbyt (kies veselryke laevetgraankosse of volkoringbrood en vrugte.)
- Moenie suiker en vet by jou kos byvoeg wanneer jy kook nie.
- Sny alle sigbare vet (en hoendervel) af voordat jy vleis gaarmaak.

- Drink baie skoon, veilige water of dieetkoeldrank; tee of koffie met afgeroomde melk, sonder suiker.
- Laai gerus jou bord vol groente en vrugte. Probeer vyf porsies of meer per dag eet.
- Eet of gebruik altyd volkoring- of bruinbrood.
- Vervang vleis meer dikwels met vis, hoender en peulgroente (ertjies, boontjies en lensies).
- Probeer minstens twee koppies melk, maas of jogurt per dag inneem. Afgeroom of laevet is beter. Dit bevat steeds al die proteïene en kalsium, maar minder vet.
- Vetinname moet beperk word, veral versadigde en transvette. Voorbeelde van hierdie vette sluit in diervette, volroomsuiwelprodukte, sjokolade, klapper, harde margarien, volroomprodukte, gebak (soos pasteitjies en koekies) en palmolies (soos koffieverromers en nagmaakte room).
- Kies kos en drankies met min of geen suiker, en vermy soet kosse en drankies.
- Lees produketikette. As jy kan kies, koop laevet- (minder as 3 g vet per 100 g) of lae-energie-produkte.
- Kies sagte laevetmargarien.

Hoeveel behoort jy te eet?

Die hoeveelheid kos wat jy nodig het, hang af van jou ouderdom, geslag en aktiwiteitsvlakke.

'n Eetplan om gewig te verloor is waarskynlik gesond indien dit drie of meer gemengde maaltye per dag insluit. Gebruik die gids hier langsaan om tred te hou met jou daaglikse kosiname.

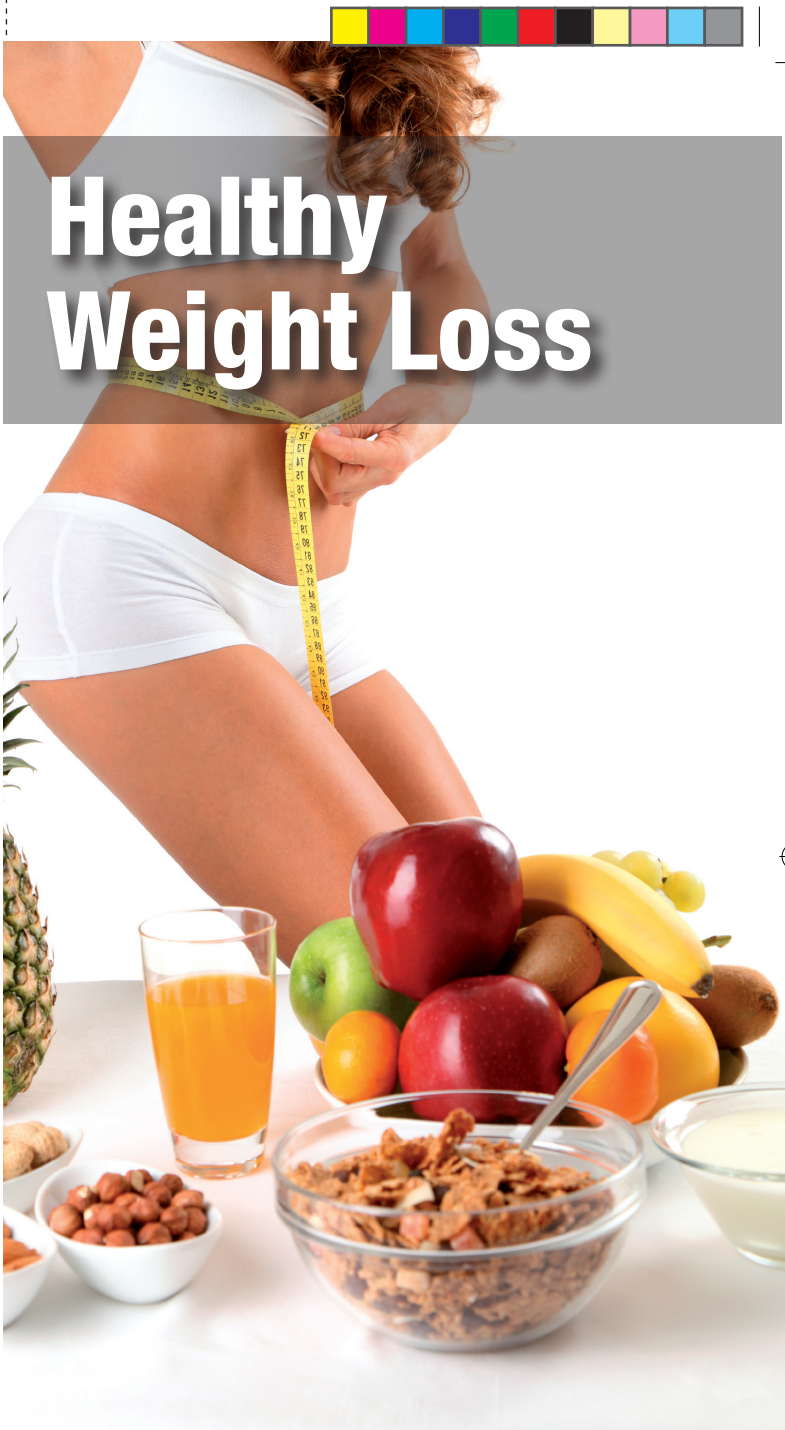
Versprei die kos oor die hele dag. Vermy groot porsies.



Vir meer inligting oor gesonde lewenstyl, skakel gerus die **Nutrition Information Centre Stellenbosch University** (Nicus) by **021 933 1408** of stuur 'n e-pos aan nicus@sun.ac.za

Indien jy enige kommentaar oor ons reeks verbruikersbrosjures het, tree asseblief in verbinding met Sarita van Wyk by: Shoprite Checkers Kommunikasiedepartement, Posbus 215, Brackenfell 7561 www.checkers.co.za

KOSSOORTE	Vroue 5000 - 6000 kJ	Mans 7000 - 7500 kJ
GRAAN Brood, bruin/volkoring Hawermout/mieliepap, sag Mieliemeel, droë poeier Aartappels/patats Rys/pasta, gaar Stampmielies/volgraan, gaar Ontbytgraan Groenmielies – pitte of aan die stronk Springmielies, geskiet, geen sout of vet	1 sny ½ koppie 3 opgehoopte eetlepels 1 middelslag ½ koppie ½ koppie ½ koppie ½ koppie ½ koppie 3 koppies	Kies enige 5 per dag Kies enige 8 per dag
GROENTE Vars/bevrore groente Rou blaargroente	½ koppie, gaar 1 koppie, rou	Kies 3 of meer per dag Kies 3 of meer per dag
VRUGTE Appel, piesang (middelslagvrug) Appelkose, pruime (middelslagvrug) Pomelo (groot vrug) Opgesnyde vrugte Vrugtesap Rosyntjies Gaar of ingemaakte vrugte	1 vrug 2 vrugte ½ porsie ½ koppie ½ koppie 2 eetlepels ½ koppie in blokkies gesny	Kies enige 2 per dag Kies enige 3 per dag
VLEIS/BONE Droë bone, gaar Lensies, split-ertjies, gaar Sojamaalvleis, droog Vis, wit (soos geelbek, stokvis, koningklip, kabeljou) Vis, hoër vet- en omega 3-inhoud (soos salm, sardientjies, makriel, forel, sardyne, snoek, tuna, geelstert) Hoender, sonder vel Vleis, maer Hoenderieiers Hoenderlewars Kaas, geel	½ koppie ½ koppie 30 g 1 groot porsie 1 klein porsie 1 middelslagborsie palmgrootte, 10 mm dik gesny 2 3 porsie van 30 mm/40 g (so groot soos 'n vuurhouttjiedosie)	Kies enige 2 per dag Kies enige 3 per dag
MELK, MAAS, JOGURT Melk (laevet of afgeroom) Maas (laevet) Jogurt (laevet of vetvry)	1 koppie 1 koppie 1 houer, 100 ml	Kies enige 2 per dag Kies enige 2 per dag
VET, OLIE Olie: sonneblom, canola, olyf of ander plantolie Margarien in 'n houer Grondboontjiebotter	1 teelepel 1 teelepel 1 opgehoopte teelepel	Kies enige 2 per dag Kies enige 4 per dag
SUIKER Suiker (bruin of wit) Konfyt	1 teelepel 1 opgehoopte teelepel	Kies enige 2 per dag Kies enige 2 per dag



Healthy Weight Loss

Desember 2013 - chameleongroup.co -



also at 

2013/11/27 10:13 AM

Healthy Weight Loss

A fad diet is defined as a popular diet, or trend, where you reduce your food intake in hopes of losing weight quickly. Have you heard about the grapefruit or apple cider vinegar fad diets? As the rate of obesity continues to increase, so does the amount of people trying these fad diets. Though these diets can help you lose weight fast, they're not always safe or easy to follow. Just like any fad, fad diets come and go. Use this useful pamphlet to lose weight sensibly while continuing to eat with your family.

- Healthy weight loss is 0.5 – 1 kg per week.
- Aim to lose 5-10% of your current weight to be healthier.
- You do not need to buy special products or weight loss supplements. Buy healthy food and lots of fresh, frozen or canned fruit and vegetables.
- Do not follow fad diets that claim to include magical or miracle foods. No foods can undo the long-term effects of overeating and not exercising, or melt away fat.
- Do not follow fad diets that restrict or eliminate certain foods, recommend certain foods in large quantities, insist on eating specific food combinations, or offer rigid, inflexible menus.

Best tips to reduce energy intake and promote weight loss:

- Be Active. Regular exercise (*40 minutes every day*) plays an essential role in a healthy lifestyle.
- Eat breakfast (*choose low fat cereals that are, high in fibre or whole wheat bread and fruit*).
- Do not add sugar and fat to your food when cooking. Cut off all visible fat (*and chicken skin*) before cooking meat.
- Drink lots of clean, safe water or diet cold drink, tea or coffee with skim milk – no sugar
- Fill your plate with vegetables and fruit. Aim to eat five portions or more per day.

- Always eat or use whole wheat or brown bread.
- Substitute meat more frequently with fish, chicken and legumes (*peas, beans, lentils*).
- Aim to eat or drink at least two cups of milk, maas or yogurt per day. Skim or low fat is better. It has all the protein and calcium, but less fat.
- Fat intake should be limited, especially saturated- and trans fats. Examples of these fats include animal fats, full cream dairy products, chocolate, coconut, hard margarine, full cream products, baked goods (*e.g. pies and cookies*) and palm oils (*e.g. coffee creamers and artificial cream*).
- Choose foods and drinks with little or no sugar and avoid consuming sweet food and drinks.
- Read food labels. Buy low fat (*less than 3g fat per 100g*) or energy reduced products if there is a choice to choose from.
- Choose soft low fat margarine.

How much should you eat?

The amount of food a person needs depends on his/her age, gender and activity level.

A weight loss eating plan is likely to be healthy when it has three or more mixed meals each day. Use the guide on the next page to keep track of your daily food intake. Distribute the food throughout the day. Avoid large servings.


For more information on healthy living kindly contact
Nutrition Information Centre Stellenbosch University (Nicus)
on **021 933 1408** or send an email to **nicus@sun.ac.za**

Should you have any comments on our range of consumer leaflets, please write to Sarita van Wyk at:
Shoprite Checkers Communications Department,
PO Box 215, Brackenfell 7561
www.checkers.co.za

Foods		Females 5000 - 6000 kJ	Males 7000 - 7500 kJ
GRAIN			
Bread, brown / whole wheat	1 slice	Choose any 5 per day	Choose any 8 per day
Oats /maize porridge, soft	½ cup		
Maize meal, dry powder	3 heaped tablespoons		
Potato / sweet potato	1 medium		
Rice / pasta, cooked	½ cup		
Samp / whole grains, cooked	½ cup		
Breakfast cereal	½ cup		
Cut corn / mealie	½ cup		
Popcorn, popped, no salt or fat	3 cups		
VEGETABLES			
Fresh / frozen vegetables	½ cup, cooked	Choose 3 or more per day	Choose 3 or more per day
Raw leafy vegetables	1 cup, raw		
FRUIT			
Apple, banana (<i>medium sized fruit</i>)	1 piece	Choose any 2 per day	Choose any 3 per day
Apricots, plums (<i>medium sized fruit</i>)	2 pieces		
Grapefruit (<i>large sized fruit</i>)	½ portion		
Chopped fruit	½ cup		
Fruit juice	½ cup		
Raisins	2 tablespoons		
Cooked or canned fruit	½ cup diced		
MEAT/BEANS			
Dry beans, cooked	½ cup	Choose any 2 per day	Choose any 3 per day
Lentils, split peas, cooked	½ cup		
Soya mince, dry	30 g		
Fish, white (<i>e.g. geelbek, hake/stockfish, kingklip, cod</i>)	1 large piece		
Fish, higher in fat and omega 3 (<i>e.g. salmon, sardines, mackerel, trout, pilchard, snoek, tuna, yellowtail</i>)	1 small piece		
Chicken, no skin	1 medium breast		
Meat, lean	palm size, slice 10 mm		
Chicken eggs	2		
Chicken liver	3		
Cheeses, yellow	cube of 30 mm/40 g (<i>match box size</i>)		
MILK, MAAS, YOGHURT			
Milk (<i>low fat or skim</i>)	1 cup	Choose any 2 per day	Choose any 2 per day
Maas (<i>low fat</i>)	1 cup		
Yoghurt (<i>low fat or fat free</i>)	1 tub, 100 ml		
FAT, OIL			
Oil: sunflower, canola, olive oil or other plant oil	1 teaspoon	Choose any 2 per day	Choose any 4 per day
Tub margarine	1 teaspoon		
Peanut butter	1 heaped teaspoon		
SUGAR			
Sugar (brown or white)	1 teaspoon	Choose any 2 per day	Choose any 2 per day
Jam	1 heaped teaspoon		



Gesonde Gewigsverlies



www.checkers.co.za

also at **Checkers Hyper**

December 2013 - chameleongroup.co -

2013/11/27 10:13 AM