



## Ditch the yo-yo

### Description

**Obesity affects over 650 million adults and 340 million children worldwide, and leads to serious health conditions such as diabetes, cardiovascular disease, and certain types of cancer. By promoting awareness and inspiring action, World Obesity Day on 4 March plays a vital role in fostering a healthier population.**

We've all been there: you lose and regain those same few kilogrammes repeatedly. That is the yo-yo effect of going on and off a diet. The only way to make a permanent weight change is to make a permanent lifestyle change.

If you need to shed extra kilos, speak to your healthcare provider or a registered dietician to devise a plan that best suits your lifestyle and individual health challenges. To help you along the way, though, we have a few tips to get you started.

## Eat Mindfully

Focus on the present moment while eating. By savouring flavours, textures, and aromas, you can become more aware of your food choices and portion control.



## Eat a rainbow

Try to include at least three to five different colours on your plate to make sure you're getting all the vitamins and minerals you need.



## Swop it out

Eat this	Not that
Whole grains (quinoa & brown rice)	Refined grains (white & pasta)
Protein-rich Greek yoghurt	Sweetened regular y
Water (sugar-free sparkling if you want)	Sweetened fizzy dri
Healthy fats such as avocado	Saturated fats like b
Nutritious snacks (hummus and veggies)	Empty calories (swe and cakes)

## Category

1. Our Wellness

default watermark