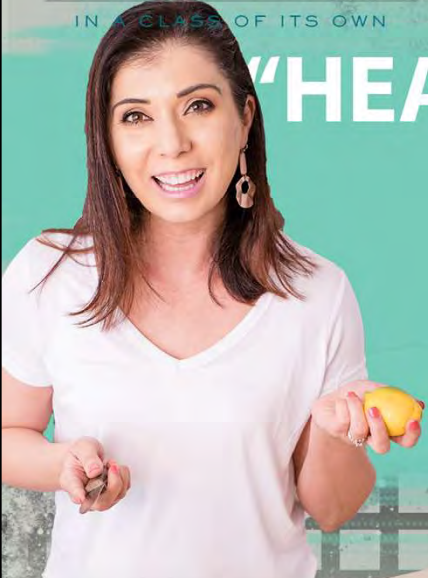




Wellness
Club
C A M A F
MEDICAL SCHEME
IN A CLASS OF ITS OWN



"HEALTHY BOUNDARIES: NUTRITION"

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Healthy Boundaries Lead to Healthy Living




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Boundary #1: Mega Dose Nutrients

Yes - vitamins and minerals are essential to health.
No – taking mega doses for long periods is not without risks.
Maybe – They only work if you have a clinical deficiency.

- Not regulated in South Africa.
- May interreact with other supplements or medications.
- Mega doses can have mega side effects. More is not always better.

Single nutrient supplements run the risk of over-supplementing because of high doses

Choose a good quality multivitamin with a variety of nutrients... and then add extras

"Foods first, supplements second"
Consult with your dietitian for tailored nutrition advice



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Boundary #2: Portions



Some foods you need to more of,
some foods you need to eat less of.

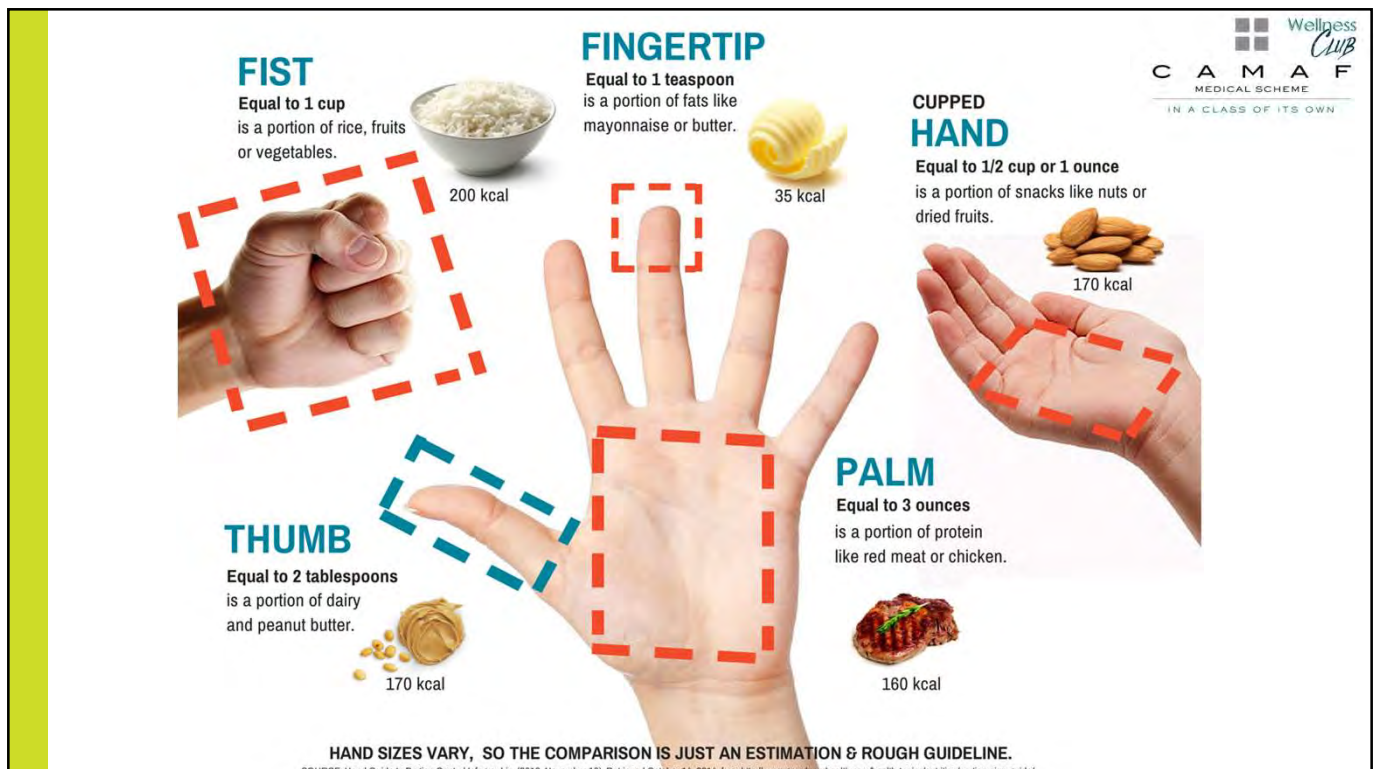
All foods can 'fit' in your diet.

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Plan Your Plate and You Plan Your Portions



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Healthy Boundary #3: Listen to Your Body



- You will need only a few bites to be fully satisfied.
- Pay attention to food smells and tastes and remove distractions.
- Chew slowly in order to fully enjoy the treat in that moment.
- Have a few slices of pizza while at lunch with friends instead of guzzling the whole pizza alone in front of the TV.



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- Use smaller utensils to portion your food.
- Eat off smaller dishes.
 - E.g. side plate, or dinner plate with a wider rim, large mug for soup and breakfast, use tall, thinner glasses.
- Refrain from second and third helpings. Fill up on vegetables or salads first.
- Don't put dinner on the table. Serve it from the stovetop or countertop.
- Start to fill up before main meals:
 - Summer: serve salad first.
 - Winter: serve soup first.
 - 30 min before meal: big glass of water
- See it before you eat it.
 - Don't eat out of the package or box. Put your snack in a small bowl and repackage super-size/ jumbo packages into smaller portions.
 - Pre-plate your main meals.
- See it while you eat.
 - Leave empty cans, tins or bottles in sight.
- Determine your 'signal clothes'.

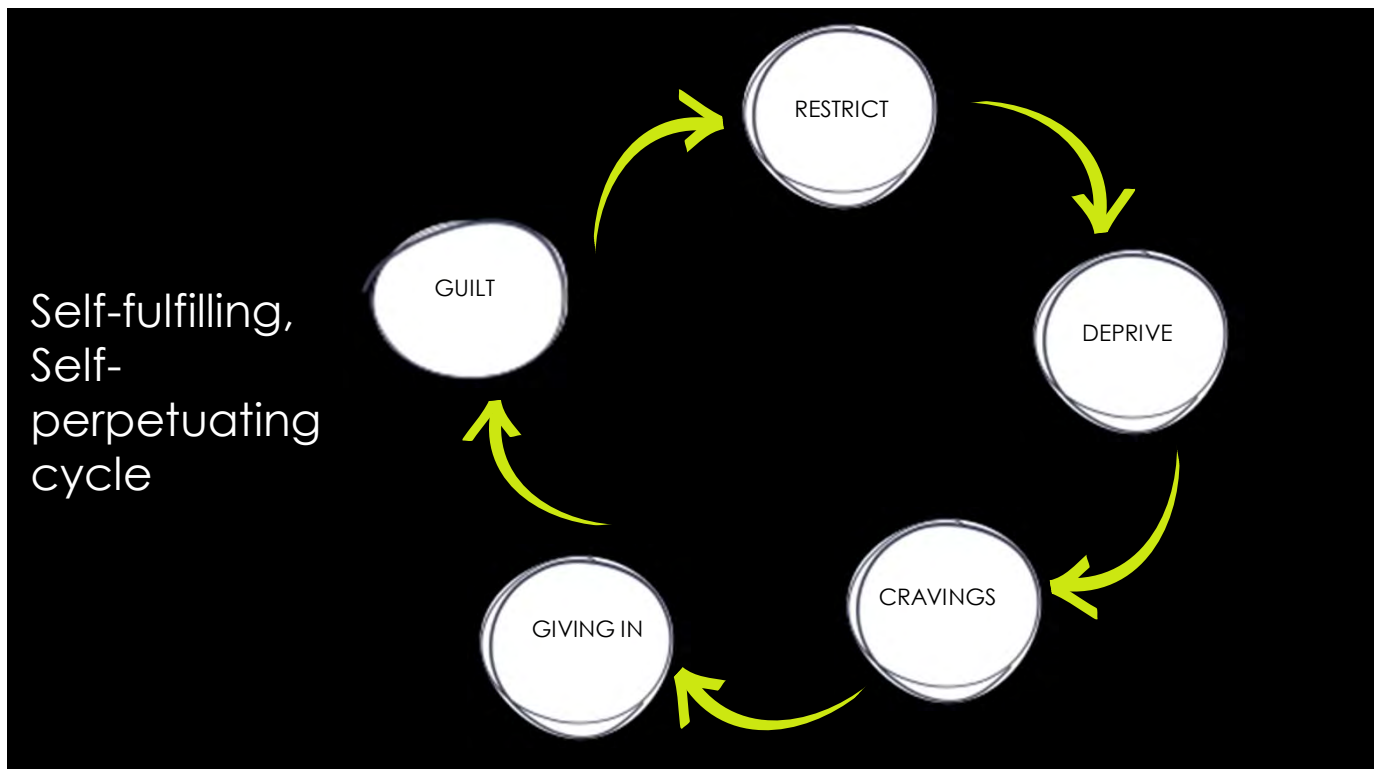


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Healthy Boundary #4: Ditch the Diet



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Food Freedom Means No Guilt

Study: participants who associated chocolate cake with guilt lost less weight than those associating chocolate cake with celebration.

While guilt has the potential to motivate behaviour change in some, it may lead to feelings of helplessness in others.

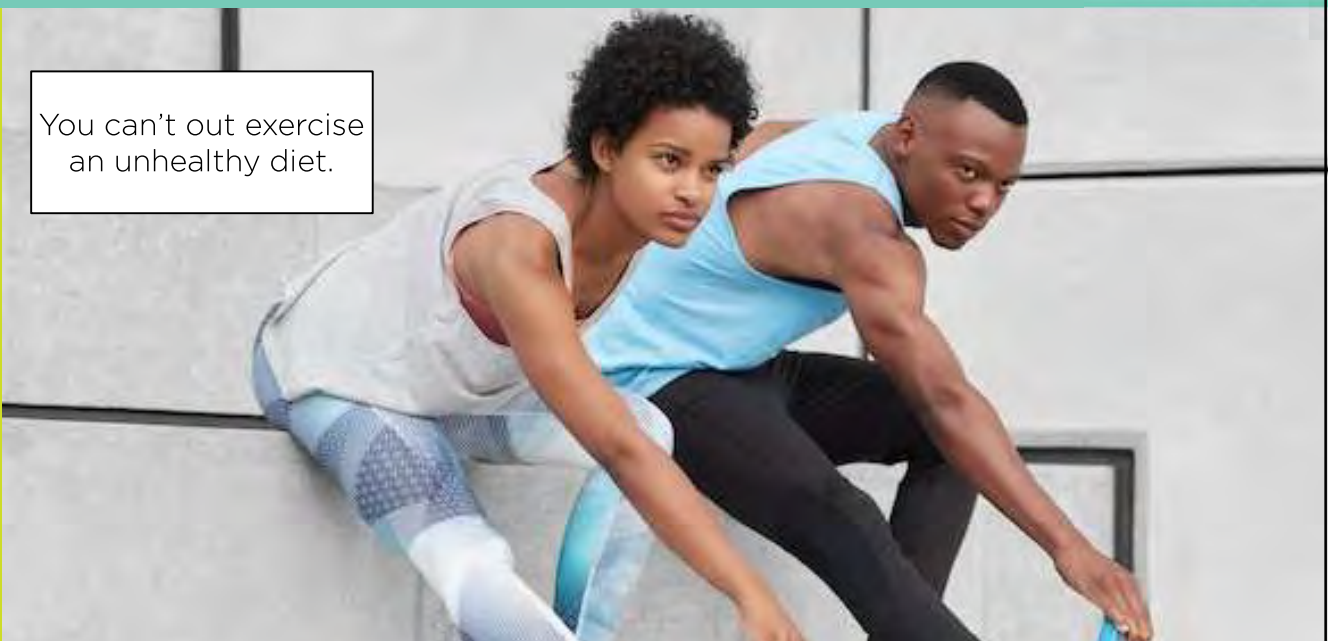
It is an important and powerful skill to enjoy your favourite treat foods guilt-free (but mindfully).



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Healthy Boundary #4: Exercise

You can't out exercise an unhealthy diet.



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Healthy Nutrition Boundaries Means...



- ✓ ... I focus on foods firsts and (mega dose) supplements seconds.
- ✓ ... I eat what I want, just in portion-controlled amounts.
- ✓ ... I listen to my body and pay attention when I eat.
- ✓ .. I have food freedom because I ditched the diet mentality
- ✓ ... I learn to love exercise for my health and well-being, not hate it because I know I have to do it for weight loss.

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Thank You!

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