



أمانة للرعاية الصحية
Amana Healthcare
Brought to you by M42

Healthy Weight



For more information,
please contact us:

✉ info@amanahealthcare.com

🌐 amanahealthcare.com

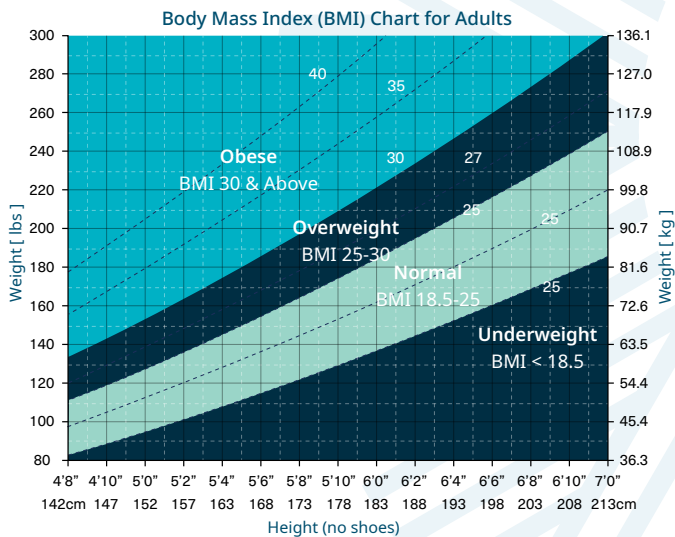




Achieving and maintaining a healthy weight (BMI between 18.5-25kg/m²) can reduce the risk of serious health problems such as high blood pressure, diabetes, cardiovascular disease (CVD) and strokes.

What is a healthy weight/BMI?

Your healthy weight can be determined by your Body Mass Index (BMI). BMI is the ratio between your weight in comparison to your height. A healthy BMI is between 18.5-25kg/m² but even a 5% weight reduction if you are overweight can reduce the risk of many health problems and complications.



Another measurement which can be used to assess your weight and risk of obesity related health problems, is your waist measurement. Generally, men with a waist size of 94cm or more and women with a waist size of 80cm or more are more likely to develop these issues.



Changes in your diet

Weight loss and a healthy weight can be achieved with small changes in your diet and an increase in your exercise. A weight loss of between 0.5 to 2kg a week is a safe and realistic target, but this can be agreed and discussed with your doctor or dietitian. See below some tips on how to follow a healthy eating plan:

- Start the day with a healthy breakfast such as porridge oats, or eggs. Evidence suggests people who eat breakfast find it easier to control their weight as they do not tend to overeat later in the day.
- Eat three regular meals a day, avoiding large gaps without food. Only include snacks if you are hungry or are required to, to control your blood glucose level.
- Aim to increase your fruit and vegetable intake. It is recommended you include at least 5 portions throughout the day. One portion of fruit is one apple, one medium banana, a handful of berries or 2 small fruits such as plums or figs. One portion of vegetables is 2 heaped tablespoons of broccoli, peas or a large handful of spinach. One small glass (150ml) of fresh juice a day also counts as one portion.
- Avoid eating at the same time as doing something else such as working, reading or watching TV.
- Aim to drink at least two litres of fluid a day, choosing water or low calorie, non-caffeinated drinks. If you are feeling hungry, try having a drink first as thirst can often present as hunger.

Everyday we should aim for a variety of foods, to achieve a healthy, balanced diet.

Each meal is not required to contain foods from every food group, however your overall intake throughout a day should reflect this.

Fruits and vegetables

Fruits and vegetables are a good source of vitamins, minerals and fibre, and can help bulk up your meals making you feel full. Aim to eat at least 5 portions of fruit and vegetables, or at least one third of your plate. You can choose from fresh, tinned and frozen. Limit fruit juice and dried fruits, as there is a high concentrate of natural sugar content. Potatoes, rice, bread and other starchy carbohydrates

Starchy foods should make up around one third of the food you eat. They provide a good source of energy and fibre. Choose wholegrain varieties such as wholewheat pasta and bread, or leave skins on potatoes.

Potatoes, rice, bread and other starchy carbohydrates

Starchy foods should make up around one third of the food you eat. They provide a good source of energy and fibre. Choose wholegrain varieties such as wholewheat pasta and bread, or leave skins on potatoes. (e.g. brown rice, whole oats)

Beans, pulses, fish, eggs, meat and other proteins

These foods are good sources of protein, used for growth and repair of cells in your body. Pulses such as lentils, peas and beans, are good non animal sources of protein and tend to be lower in fat and high in protein.

Choose lean meats, cutting off visible fat before cooking, and avoid adding additional fats such as oil or butter when cooking. Aim for at least 2 portions of fish a week, with one of those portions being an oily fish such as salmon or mackerel.

Dairy and alternatives

Milk, cheese, yogurt and laban are good sources of protein and calcium, which helps keep your bones strong. When choosing dairy, go for lower fat and lower sugar products.

When choosing milk free alternatives such as almond, soya, or oat milk, ensure they are fortified with calcium and have no added sugar.

Oils and spreads

A small amount of fat is an essential part of a healthy, balanced diet, and is used in the body to help absorb some vitamins, and is used in the makeup of cells. Choose unsaturated fats such as nuts, avocados, sunflower oil, rapeseed oil or olive oil.

Avoid adding fats such as ghee or vegetable oils when cooking. Choose boiling, grilling or dry frying foods.

High sugar snacks

Foods high in sugar are not required to achieve a healthy, balanced diet and should be limited to an occasional treat. These foods include sweets, cakes, candies and desserts.

