

Managing Weight Gain

NET Tip Sheet

This guide provides you with some broad tips on how to manage your weight gain through small lifestyle changes.

Dietary Recommendations ^(1, 2, 3)

- Enjoy a variety of nutritious foods everyday, including:
 - Plenty of fruit and vegetables.
 - Grain foods that are mostly wholegrain and high in fibre
For example: oats, wholegrain bread and brown rice.
 - Low and reduced fat, milk and milk products.
 - Some legumes, nuts, seeds, fish and other seafood, eggs, chicken, and/or red meat with the fat removed.
- Choose and prepare foods and drinks:
 - With unsaturated fats (canola, rice bran or olive oils), instead of saturated fats (butter, cream, lard, dripping or coconut oil).
 - Low in salt: if using salt, choose iodised salt.
 - Little or no added sugar.
- Make water your first choice over other drinks.
- If you drink alcohol, ensure you have 2 alcohol free days a week and drink no more than 2-3 standards per day.
- Eat only when physically hungry.
- Eat smaller portion sizes of energy-dense foods, for example cakes, pastries, chocolate, fast food (fish and chips, burgers, chinese).



Here are some simple food swaps you can make⁽²⁾

- Full fat milk → Trim milk
- Fruit juice or fizzy → Water
- White bread → Wholegrain bread
- Dried fruit → Fresh fruit
- Butter → Margarine
- Coconut cream → Lite coconut milk
- Muesli bars → Small handful of nuts
- Coconut oil → Small amounts of olive, canola and rice bran oils
- Tasty cheese → Edam cheese

Exercise Recommendations⁽²⁾

If cleared by your doctor to participate in physical activity:

- Aim for 30 minutes a day, 5 days a week of moderate intensity activity (brisk walking).
- Use the stairs when possible, instead of the lift or elevator.
- Park your car further away, increasing walking distance.
- If you have a standing desk, try and use this for approximately 1-3 hours each day.

This tip sheet is just a guide, for more personalised information contact a dietitian.

References

1. American Institute for Cancer Research (AICR), *Heal Well. A Cancer Nutrition Guide*, LIVESTRONG Foundation, 2013
2. Ministry of Health NZ, *Eating and Activity Guidelines for New Zealand Adults 2015*
3. Schnaid C, Kennedy E, *Nutrition and Neuroendocrine Tumours*, Unicorn Foundation Australia, 2017