

# 10 keys to diet success

With so much diet information around it's hard to know what to listen to and what to block out. Here are some tried and true strategies for keeping you focused on what really works for weight management.



1. **Eat and drink less calories** – Cutting back on the total calories you consume is clearly a winning strategy for weight loss. Target high-calorie fatty and sugary foods first and cut back on alcohol. These dietary changes create the energy shortfall that helps you burn and reduce body fat.
2. **Burn more calories** – The more you move your body every day, the more energy you'll use up, which helps to create an even greater energy shortfall. More daily movements, walking and some strength training provide the best combination of activity.
3. **Manage your appetite** – Limit your portion sizes and avoid the habit of overeating. Choose foods that are filling and not fattening, like lean protein, salads and wholegrain cereals.
4. **Know your eating triggers** – Identifying the people, places or thoughts that trigger you to overeat or choose high calorie foods will allow you to plan alternatives and deal with situations that tend to trip you up.
5. **Monitor your progress** – Track changes to your diet and exercise routine to raise your awareness and keep you on the path to success.
6. **Build your support network** – Enlist family, friends or workmates to encourage and support you.
7. **Get professional advice** – Use a weight loss advisor to share good information, tips and strategies to keep you focused and motivated.
8. **Personalise your program** – As you progress, keep the diet strategies that work for you and ditch the ones that don't.
9. **Choose to lose the confusion** – Make it your policy to critically filter the useless and distracting diet information you hear.
10. **Be flexible** – Allow yourself to have slip-ups and try not to let them become major set-backs. Lasting results come from a healthy attitude.