



Managing Your WEIGHT



MetSC
METABOLIC SYNDROME CANADA

- Increased body weight puts you at risk for diabetes and heart disease
- Discuss weight loss and weight gain prevention goals with your dietitian
- Achievable weight loss varies among people; changing **what** you eat also matters





- The *higher* your blood sugar, the *higher* your risk for heart disease
- Changing **what** you eat can improve your blood sugars even if you don't lose weight
- Discuss your target blood sugar range with your healthcare team



Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



Eat balanced meals at regular times

Eat 3 meals everyday and include healthy snacks

Include a variety of healthy foods:

- Have plenty of vegetables & fruits
- Choose whole grain foods more often
- Eat protein foods
- Make water your drink of choice



Eat high fibre /whole grain foods more often

Fill half of your plate with vegetables and fruits

Whole grain foods include quinoa, brown and wild rice, whole grain pasta

Legumes (e.g. dried beans, peas and lentils) are high in fibre



Try carbohydrate counting

Consult your dietitian to determine if this is right for you

WAYS TO MANAGE YOUR BLOOD SUGAR



Eat and drink less added sugar

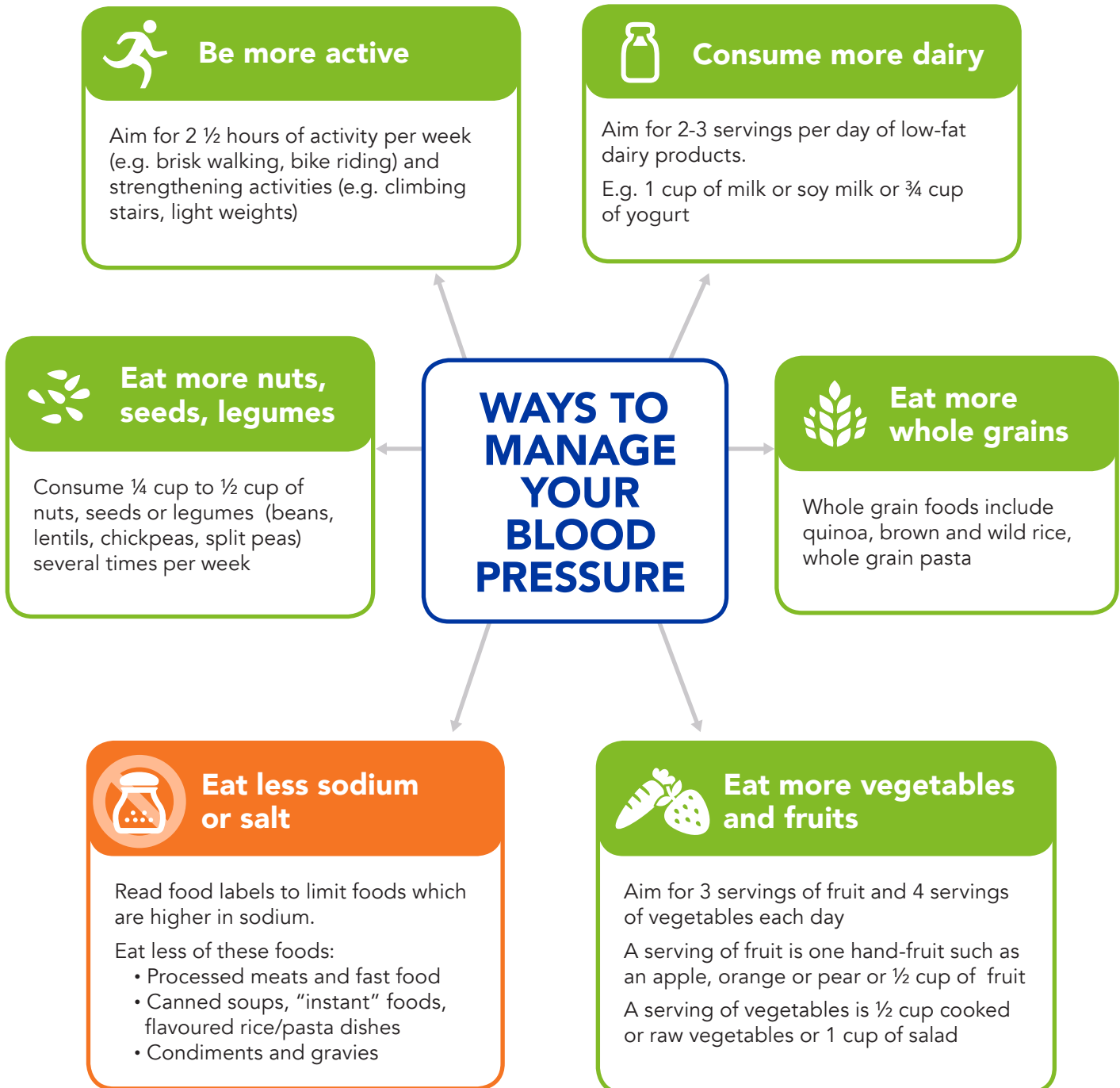
Eat less of these foods / drinks:

- Table sugar, brown sugar, honey
- Candy and products containing sucrose, fructose or high-fructose corn syrup
- Regular pop, fruit beverages and juices





- The *higher* your blood pressure, the *higher* your risk for heart disease.
- Changing **what** you eat can improve your blood pressure even if you don't lose weight
- Discuss your target blood pressure with your healthcare team





- HDL cholesterol is the *healthy cholesterol* in your blood
- The *higher* your HDL level, the lower your risk for heart disease
- Discuss your target HDL cholesterol with your healthcare team



Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



Eat more foods high in monounsaturated and omega-3 fats

Eat more of :

- Fish, seafood, ground flax
- Canola and olive oils
- Nuts, seeds, soy foods



If you choose to drink, have alcohol in moderation

Have up to 1-2 alcoholic drinks/day
A drink is 5oz (150 mL wine)



Eat more plant protein

Eat more of:

- Tofu, soy milk
- Beans, lentils, chickpeas, split peas

WAYS TO INCREASE YOUR HDL LEVELS



Seek support to quit smoking



Eat more vegetables and fruits

Aim for 3 servings of fruit and 4 servings of vegetables each day

A serving of fruit is one hand-fruit such as an apple, orange or pear or ½ cup of fruit

A serving of vegetables is ½ cup cooked or raw vegetables or 1 cup of salad





- LDL cholesterol is the *bad cholesterol* in your blood
- High levels increase plaque build up in your blood vessels, increasing risk for heart disease
- Changing **what** you eat can improve your LDL cholesterol even if you don't lose weight
- Discuss your target LDL cholesterol with your healthcare team





Lowering Your TRIGLYCERIDES



MetSC
METABOLIC SYNDROME CANADA

- Triglycerides come from food and your body and can increase your risk of heart disease
- Changing **what** you eat can improve your triglycerides even if you don't lose weight
- Discuss your target triglyceride range with your healthcare team



Eat balanced meals at regular times

Eat 3 meals everyday and include healthy snacks

Include a variety of healthy foods:

- Have plenty of vegetables & fruits
- Choose whole grain foods more often
- Eat protein foods
- Make water your drink of choice



Be more active

Aim for 2 ½ hours of activity per week (e.g. brisk walking, bike riding) and strengthening activities (e.g. climbing stairs, light weights)



Eat fewer foods high in saturated fats

Eat less of the foods below:

- E.g. high-fat meats, high-fat dairy products, processed meats, poultry skin, lard, butter, chocolate, palm oil, coconut oil

WAYS TO LOWER YOUR TG LEVELS



Have more omega-3 fat (EPA/DHA)

E.g. salmon, trout, herring, sardines, mackerel

Fish oil supplements may be used under a doctor's care



Eat and drink less added sugar

Eat less of these foods / drinks:

- Table sugar, brown sugar, honey
- Candy and products containing sucrose, fructose or high-fructose corn syrup
- Regular pop, fruit beverages and juices



Decrease or avoid alcohol

Maximum 2 drinks per day for men and 1 drink per day for women

