



LOSE WEIGHT FAST

This is a common claim by many diets, but it's unrealistic as healthy weight loss is only 0.5 - 1kg/week. Research shows that many people regain weight after losing weight quickly.



Why fast weight loss diets rarely work:

- They may cut out or restrict a whole food group so you get less vitamins, minerals, fibre, protein and carbohydrates.
- They reduce your body's energy burning ability (metabolism) leading to fast weight gain when diet stops.
- Are very expensive, restrictive, and can't be sustained long term.
- Can lead to a cycle of depriving yourself, guilt and overeating.

Better weight loss strategies:

- Plan meals & make a shopping list.
- Use the Portion Plate.
- Eat from the 5 core food groups daily.
- Read food labels.
- Eat mindfully and keep a food diary.
- Eat for health not just weight loss.
- Get the support of friends & family.

THE PORTION PLATE

Fill your plate with ½ vegies, ¼ grain foods and ¼ lean meat & alternatives at lunch and dinner to reach your recommended number of serves.



UPCOMING FOOD SENSATIONS PUBLIC PROGRAMS

DATE	LOCATION	TIME
Wednesdays November 9, 16, 23 & 30	Connolly Community Centre, 5 Glenelg Place, Connolly	10:30 am-1pm

[BOOK ONLINE NOW](#) or call 9463 3231

RECIPE OF THE MONTH: Choc amazeballs Serves 4-6

Equipment: Large plate, large bowl, small bowl, large spoon, spoon measures, cup measures, strainer, Optional: Blender.

Ingredients:

- 1/2 cup dates or sultanas
- 1 tablespoon natural crunchy peanut butter
- 4 tablespoons desiccated coconut
- 2 Weetbix crushed
- 3 tablespoons cocoa powder
- 1 tablespoon honey
- 1 tablespoon water

What to do:

1. Cut sultanas or dates into small pieces, place in a small bowl with a cup of boiling water for 10 minutes.
2. Measure 3 tablespoons coconut and all other ingredients and place in a large bowl.
3. Drain sultanas or dates with a strainer and place fruit in large bowl with other ingredients and mix with a spoon.
4. Continue mixing with a spoon until smooth or if you have a blender, blend ingredients.
5. Take a tablespoon of mixture and shape into a rough ball. Roll 8-12 balls in remaining coconut on a tray or plate to make round. Optional: Leave balls in the fridge for 20 minutes or 10 minutes in the freezer.



FOOD FUNNIES



WIN A \$100 voucher!

Take 5 minutes to complete the Food Sensations evaluation survey from Curtin University which will be emailed to you three months after your program finishes. Every three months a winner is drawn!

BUDGET TIP

Add protein-rich kidney beans, chickpeas, lentils and 4 bean mix to meals.



Add to tacos and curries, mash into sauces and mix into salads.



Food Sensations for Adults is a program funded by the Department of Health.

