



## Why is a healthy weight important?

*In Australia, 1 in 4 children and 2 in 3 adults are overweight or obese.*

Carrying too much weight, especially around your waist, puts you at a higher risk of lifestyle-related conditions, such as type 2 diabetes, heart disease, stroke and some cancers.

The good news is, this is something you can change. A small weight loss of just 5-10% of body weight can make a big difference to your health, helping you to live longer and have a better quality of life.

Research has shown that a sensible way to achieve sustainable weight loss is a balanced, calorie-controlled eating plan together with regular exercise. The aim should be to form new healthy habits that you can maintain for the long term.

### Tips for healthy weight loss

#### Make small food changes you can stick to

Instead of dieting, plan small, manageable changes so they become habits for life. Little changes can make a big difference in the long run. Some examples include:

- ▶ Reduce your portion size. Using a smaller plate might help, and don't feel you need to finish everything.
- ▶ Focus on the food you should eat, rather than dwelling on the foods you should not. Make each meal an opportunity to fuel your body with healthy foods (like lean meats, vegetables, fruits and wholegrains).

### Get more incidental exercise

We don't always think about how incidental exercise can benefit us, but make no mistake – keeping moving can make the difference between maintaining your body weight and having those kilograms sneak their way onto your hips or waistline. Sitting down and getting up, walking around, cleaning, taking out the garbage and all those other little bits and pieces, will slowly but surely chip away at our energy reserves. Even if you are doing regular formal exercise (e.g. gym sessions), incidental exercise (e.g. taking the stairs) is a vital component of helping to manage your health.

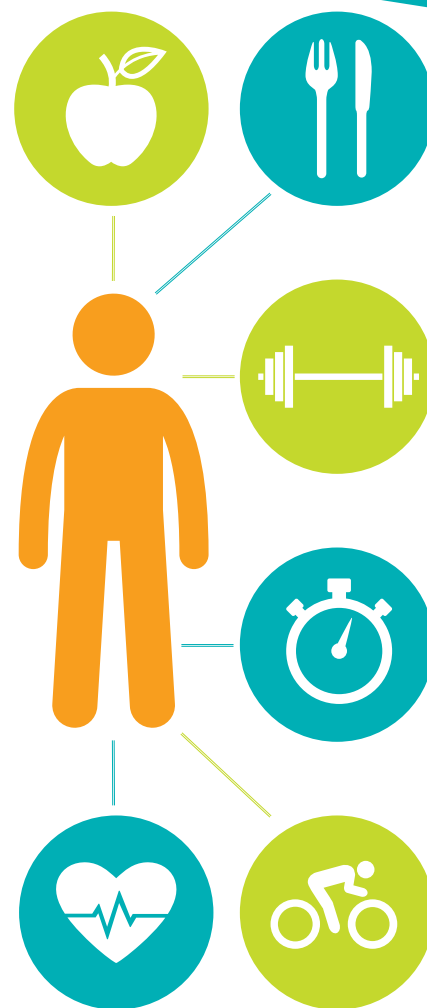
### Gradual weight loss is better

Slow progress is more likely to deliver long-term results; aim for 1 – 4 kg per month. There is no need to get on the scales every day. Let your clothes and how good you feel tell the story. If your weight loss slows down occasionally, don't give up. Small amounts of weight loss or just preventing further weight gain can have a big impact on your overall health.

### Treat, don't binge

A key to dietary success is to learn to enjoy controlled amounts of treat foods and not feel the need to binge simply because you have access to them. This means stopping after one or two biscuits or a few glasses of wine rather than feeling the need to demolish the entire packet or bottle.

**Australia's healthy weight week runs from 13th-17th February.**



# Febfast – pause for a cause

Febfast is a fundraiser that encourages Australians to pause from alcohol, sugar or something of your choice for the month of February in support of disadvantaged youths. Why participate? A month without alcohol or sugar will do wonders for both your physical and mental health, including improvements in cholesterol, blood pressure, insulin resistance and liver function. You will also be raising funds to support youths with drug and alcohol problems and other behavioural issues who often do not have access, or the opportunities they need to lead healthy, fulfilling lives.

How to get involved? Register at [febfast.org.au](http://febfast.org.au) and ask your friends, family and colleagues to sponsor you.

Previous Febfasters have reported feeling healthier, getting more sleep and saving money. Feel great, live lighter and be more productive as you kick start a healthier year.

For more information go to [www.febfast.org.au](http://www.febfast.org.au).



## Crustless Veggie Quiche

### Ingredients:

- ▶ 1 and 1/2 cups sliced yellow squash (or eggplant)
- ▶ 1 and 1/2 cups sliced zucchini
- ▶ 1 large capsicum, chopped (any color)
- ▶ 2 cloves roasted garlic, chopped
- ▶ 1 Tablespoon ground thyme (or fresh chopped)
- ▶ 3 large eggs
- ▶ 3 large egg whites
- ▶ 3/4 cup milk
- ▶ 3/4 teaspoon salt
- ▶ 1/4 teaspoon freshly ground black pepper
- ▶ 2/3 cup shredded cheese
- ▶ 2 Tablespoons grated parmesan cheese

### Method:

Preheat oven to 180 degrees. Spray a 20 – 25cm pan with nonstick spray. Set aside.

Heat a large pan over medium-high heat. Spray with nonstick spray and add sliced squash and zucchini, chopped capsicum, roasted garlic, thyme and a little pinch of salt and pepper. Stir frequently, cooking for 6-7 minutes or until veggies are tender. Spoon into a bowl and allow to cool as you prepare the egg mixture.

In a large bowl, whisk the eggs, egg whites, milk, salt, and pepper together until thoroughly combined. Arrange veggies into the prepared pan. Top with shredded cheese, then pour the egg mixture on top. Sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set. Cool for 10 minutes on a wire rack before slicing and serving. This quiche makes great leftovers. Store tightly covered in the refrigerator for up to 4 days.

Make it ahead: Baked quiche freezes well, up to 2 months. Thaw overnight and bake to warm up for approximately 20 minutes.



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