

Be prepared to adapt your lifestyle as necessary to maximize your chances of success.

People who have lost weight and kept it off, usually have made a permanent shift toward healthier eating habits. Simply replacing unhealthy foods with healthy ones, not for a few weeks, but forever will help you achieve weight loss while also offering numerous other benefits.



Successful weight loss mostly depends on becoming more aware of your eating habits and starting to change them. Instead of relying on willpower, which rarely lasts long enough this process demands you know exactly what you're trying to achieve.

Ask yourself, "How much weight do I need to lose to be healthy?"

Set personalized goals, in achievable amounts and introduce lifestyle changes to gradually lose weight and keep it off.

Healthy snacks for weight loss

- almonds or pistachios,
- string cheese
- an apple,
- Greek yogurt
- a banana with peanut butter



**Aotearoa Life Education
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Healthy diets combine natural, unprocessed foods and remove over pre-packaged meals and snacks. It is balanced, meaning that it provides your body with all the nutrients and minerals it needs to function best.

It emphasizes plant-based foods, especially fruits and vegetables, over animal foods although this depends on personal preference, lifestyle, and religious beliefs.

As a principle it contains plenty of protein. It is low in sugar and salt. It incorporates sunshine vitamins from “healthy fats” grass fed dairy and fish, olive oil and other organic plant-derived oils.

Dietary and Weight loss

