

# Weight Management Control

Resources



**Weight Management Control • CARBOHYDRATES**

INCLUDE MORE OFTEN	WHY?	DECREASE MORE OFTEN	WHY?
Whole grain breads, cereals, pastas High fibre cereals, ie. All-Bran, Bran Buds, 100% Bran, Fibre One, Kashi Cereal, oatmeal Brown rice Quinoa Kamut Beans, ie. black beans, kidney beans, pinto beans, garbanzo beans, lima beans Lentils Vegetables, ie. carrots, broccoli, brussel sprouts, beet greens, collards, kale, spinach, peas Fruits, ie. blackberries, raspberries, apples, pears, oranges, grapes	These choices are high in fiber. Fiber helps stabilize blood sugars and increase the feeling of satiety (fullness). These choices are also good sources of vitamins and minerals.	White breads, pasta, rice, flour Refined, low-fiber cereal, ie. Frosted Flakes, Corn Pops Sugar, ie. white sugar, brown sugar, icing sugar, honey, syrup Snacks foods, ie. cookies, cakes, sweets, chips, most packaged snacks Pop, fruit juice, fruit smoothies	These choices are low in fiber. They contribute to fluctuating blood sugar and increased hunger. They also lack in vitamins and minerals.

DECREASE MORE OFTEN	WHY?
White breads, pasta, rice, flour Refined, low-fiber cereal, ie. Frosted Flakes, Corn Pops Sugar, ie. white sugar, brown sugar, icing sugar, honey, syrup Snacks foods, ie. cookies, cakes, sweets, chips, most packaged snacks Pop, fruit juice, fruit smoothies	These choices are low in fiber. They contribute to fluctuating blood sugar and increased hunger. They also lack in vitamins and minerals.



# Weight Management Control • Fats



INCLUDE MORE OFTEN	WHY?	DECREASE MORE OFTEN	WHY?
<p>Monounsaturated fats, ie. olive oil, canola oil, peanut oil, olives, peanut butter, nuts, avocados</p> <p>Polyunsaturated Fats, ie. fish (salmon, albacore tuna, mackerel, sardines), fish oil supplements, walnuts, almonds, pumpkin seeds, flax seed oil, soybeans</p>	<p>These choices decrease bad cholesterol levels. This leads to decreased risk of heart disease.</p>	<p>Trans fats, ie. stick margarine, shortening, hydrogenated oils, cookies, crackers, doughnuts, cakes, snack foods, some frozen meals, potato chips</p> <p>Saturated fats, ie. butter, ice cream, whole milk, full fat cheese, meat fat, palm oil, coconut oil</p>	<p>These choices raise bad cholesterol levels. Trans fats also decrease good cholesterol levels. This leads to increased risk of heart disease.</p>

# Weight Management Control • Foods Containing Fibre

Food Item	Serving size	Fibre (g)	Calories	Sugar (g)
Bran buds	1/3 cup	13	80	8
Ground chia seeds	1 tbsp	6	70	0
Ground flax seeds	1 tbsp	3	30	0
Psyllium husk	1 tbsp	4	10	0
Quinoa (cooked)	1 cup	5	222	0
Edamame beans	1 cup	10	240	6
White kidney beans	1 cup	11	220	1
Red kidney beans	1 cup	16	219	0
Lentils	1 cup	16	230	4
Chick peas	1 cup	16	220	2
Avocado	1 medium	13	322	1



Food Item	Serving size	Fibre (g)	Calories	Sugar (g)
Raspberry	1 cup	8	64	5
Blackberry	1 cup	8	62	7
Strawberry	1 cup	3	49	7
Cauliflower (raw)	1 cup	3	25	2
Broccoli (raw)	1 cup	2	30	1
Plain instant oatmeal	1 packet	3	100	0
Whole wheat bread	1 slice	2	70	6
White bread	1 slice	1	60	2
All bran flakes cereal	1 cup	5	110	5
Fibre One Bar (chocolate)	1 bar	5	100	8
PGX fibre supplement	4 capsules	3	40	0