

LOSING WEIGHT TIPS



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Weight loss and maintenance is easier when everyone's eating the same thing -- and you're not tempted to taste someone else's calorie-dense food. Remember that little things add up.

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Foods containing lots of fibre can help keep you to feel full, which is perfect for losing weight. Fibre is only found in food from plants, such as fruit and veg , oats, wholegrain bread, brown rice and pasta , and beans, peas and lentils .

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Losing Weight Tips

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"The only time I put on weight recently was with the kids," she says. Her trick for losing it? Real-life, simple tactics: "I've become the master of shortcuts! It's still about eating less and

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