

Finding Your Best Diet

Research has shown that there is no “best” diet when it comes to long-term weight loss.¹



Losing weight by going on overly restrictive diets does not work long term.



For people who have lost weight and kept it off, they found a way of eating the least amount of calories that they can maintain while taking into consideration the social and cultural aspect that food plays in their life.

To help you find the least number of calories that works with your lifestyle, start by tracking what and how much you are eating. A food diary or app can help you become more aware of your calorie intake.²



Understand your eating patterns

Measuring or weighing your food can help you be more aware of your portions

Identify challenges

Identify your high-risk time(s) of day:

- The times you're more likely to eat or drink larger amounts
- The times when you find yourself eating when you are not hungry

Take notes

Pay close attention to the calorie content of various foods



Managing your weight is a **lifelong journey**, so finding a way of eating that you can stick with is important.

Healthy eating is **important for everyone**, regardless of body size, weight, or health status.



Healthy eating **fuels our body**. Whole, unprocessed foods provide the most nutrients and are generally lower in calories.

	Whole Foods/Unprocessed	Processed/Minimally processed	Ultra-processed
Examples	Vegetables, grains, fruits, nuts, fish, meats, eggs and milk.	Bread, cheese, tofu, and canned vegetables, fruits, meat, or beans.	Soft drinks, chips, ice cream, chicken nuggets, hotdogs, and fries.



Studies have shown that when presented with ultra-processed foods, people tend to eat more calories. Whole foods can help reduce your overall calorie intake.³

Find a way of eating that **works for you**, while focusing on whole foods and limiting ultra-processed foods as much as possible.



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References: 1. Brown J, Clarke C, Johnson Stoklossa C, Sievenpiper J. Canadian Adult Obesity Clinical Practice Guidelines: Medical Nutrition Therapy in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/nutrition>. Accessed June 16, 2022. 2. Vallis TM, Macklin D, Russell-Mayhew S. Canadian Adult Obesity Clinical Practice Guidelines: Effective Psychological and Behavioural Interventions in Obesity Management. Available from: <https://obesitycanada.ca/guidelines/behavioural>. Accessed July 18, 2022. 3. Hall KD, Ayuketah A, Brytcha R, et al. Ultra-Processed Diets Cause Excess Calorie Intake and Weight Gain: An Inpatient Randomized Controlled Trial of Ad Libitum Food Intake. *Cell Metab.* 2019;30(1):67-77.e3.



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