

# Media Release



1 January 2012

## Heart Foundation New Year call: Don't go on a diet

The Heart Foundation is urging Australians not to go on a diet this New Year and is issuing a specific warning about low-carb diets such as the popular Dukan Diet.

“Very low carbohydrate diets don't provide the body with adequate nutrition, especially when it comes to antioxidants, calcium and fibre,” said Dr Robert Grenfell, National Clinical Issues Director of the National Heart Foundation of Australia.

“If followed in the long term they can also raise your levels of so-called ‘bad’ or LDL cholesterol as you often end up eating foods that are high in unhealthy saturated fat.

“Fad diets are not the way to achieve or maintain a healthy weight - it may sound a bit boring, but the key is to enjoy a variety of foods and be active every day.

Here are the Heart Foundation's five steps to losing weight the healthy way:

### **1. Set realistic weight loss or lifestyle goals**

If you make your goal too difficult, you can end up feeling like a failure so choose a goal that suits you. If you have recently been gaining weight, then set a goal to ‘stop gaining weight’ this could be a useful starting point.

### **2. Identify what you eat and drink as well as your level of activity**

Keep a diary for a week – it can help you to see where you can make changes.

### **3. Make changes to what you eat and drink**

Healthy eating for weight loss is about making sure you're still getting all the nutrients you need while reducing the amount of energy (kilojoules) you take in. Many of your favourite recipes will only need small changes to reduce their energy or saturated fat content. Visit [www.heartfoundation.org.au/healthyeating](http://www.heartfoundation.org.au/healthyeating) for specific tips.

### **4. Increase your physical activity levels**

Thirty minutes of activity on most or all days of the week is great for your general health and wellbeing, regardless of your weight. Build up to that and then work on increasing your time or intensity to help you lose weight.

### **5. Keep going with your weight loss plan**

After you've worked out where you think you could make changes, think about where you will start. It's best to do things gradually – start with a change you think you can make fairly easily. Once you've managed one change, try the next one on your list.

To order your copy of the Heart Foundation's ‘Losing weight the healthy way’ booklet, call the Health Information Service on 1300 36 27 87.

### **For more information please contact:**

Kirsten Andrews, National PR Manager - 02 9219 2468 / 0413 777 404