

## CU Healthy

### Internet Resources

Canada's Food Guide:  
[www.hc-sc.gc.ca/nutrition](http://www.hc-sc.gc.ca/nutrition)

Dietitians of Canada:  
[www.dietitians.ca](http://www.dietitians.ca)

Canadian Council of Food and Nutrition:  
[www.nin.ca](http://www.nin.ca)

Cyberdiet:  
[www.cyberdiet.com](http://www.cyberdiet.com)

Leslie Beck:  
[www.lesliebeck.com](http://www.lesliebeck.com)



**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

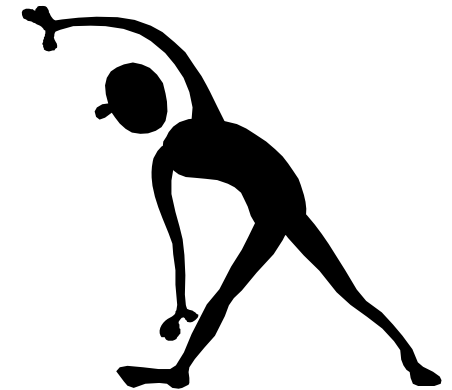
- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)

# Healthy Weight Loss



613-520-6674  
[carleton.ca/health](http://carleton.ca/health)  
2600 CTTC Building

## The Trouble with Diets?

You're not alone if you're unhappy with your weight. It may seem like almost everyone you know is on a diet, just fallen off a diet, or is planning to start one. However, studies have shown that short-term, calorie-reducing diets can hurt you physically, mentally and financially. Here's why:

1. If you're like most people, you get bored with the limited food choices in most diets, and therefore soon quit.
2. Dieting upsets your internal balance of water and minerals. This can lower your blood pressure, leaving you ill, weak or with an irregular heart beat.
3. Your emotions and self-esteem will fluctuate with your weight. This is because you tend to feel like a failure for not sticking to your "original plan."
4. Extreme dieting has been known to lead to eating disorders such as anorexia nervosa and bulimia. It can also lead to other severe health problems.
5. Diets can be very costly, especially ones that suggest you purchase their "special" food items or supplements.

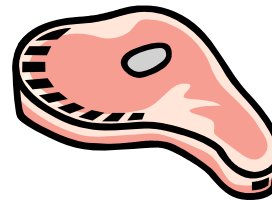


## High Protein/Low Carb Diets

Most of us have heard about diet books like "The Zone" and "Protein Power." They seem to be a dieter's dream come true, promising rapid and effortless weight loss. But the truth is, high-protein diets lack variety and nutritional balance. Many high-protein, low-carb diets are too low in calories for safe weight loss, and the quick drop in weight is often due to muscle tissue and fluid loss. Furthermore, carbohydrates are the body's primary fuel for activity and the only form of energy used by the brain. There are many ways to lose weight, but some methods are not healthy in the long run.

### High-protein diets may have the following long-term effect:

- Increased Risk of Heart Disease
- Increased Risk of Cancer
- Poor Long-Term Weight Control
- Reduced Athletic Performance
- Kidney Stones
- Osteoporosis
- Fainting
- Keto Breath
- Rise in Blood Pressure with Age



## Tips for Healthy Weight Loss

- Aim to lose one to two pounds a week. Losing weight at a slower pace improves the odds of keeping it off once and for all.
- Follow Canada's Food Guide to Healthy Eating, as it promotes eating foods from ALL food groups. A healthy weight can be achieved by selecting more vegetables/fruit, whole grains such as breads, cereals and pasta, along with leaner meats and lower fat dairy products.
- Combine healthy eating with regular physical activity to achieve and maintain a healthy weight naturally, without dieting!

### Carleton University Health and Counselling Services

2600 CTTC Building  
1125 Colonel By Drive  
Ottawa, Ontario  
K1S 5B6

Call 613-520-2600 x 6544  
to inquire about Dietitian  
Services for students or  
Healthy Eating Workshops at  
Carleton