

On European Obesity Day on 20th May 2017

The ISA joins forces with CNAO in 'Tackling Obesity Together'

Why is obesity a big public health concern?

Because, altogether, obesity can cause or affect more than 30 different conditions or diseases including



type 2 diabetes



cardiovascular disease



several types of cancer

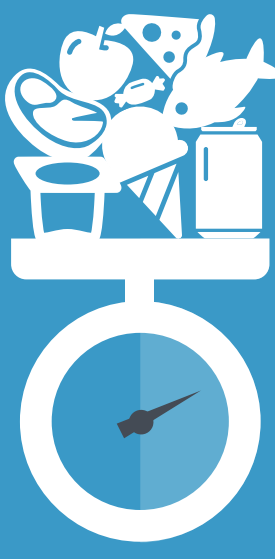


osteoarthritis



depression

Obesity is still rising because of a combination of high caloric intake and low physical activity levels leading to, what we call, energy imbalance.



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Prevention is the most effective obesity treatment

Don't forget: The best way to avoid weight gain is to follow a healthy diet and to be physically active everyday.



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But if you have a few extra kilos, or if you are overweight or obese take small **steps** to a healthier body weight...

1 Improve your eating habits by...



adding more fruits and vegetables



taking smaller frequent meals and snacks



Choosing low calorie foods and drinks in place of energy-dense equivalent

2 Increase your daily physical activity by...



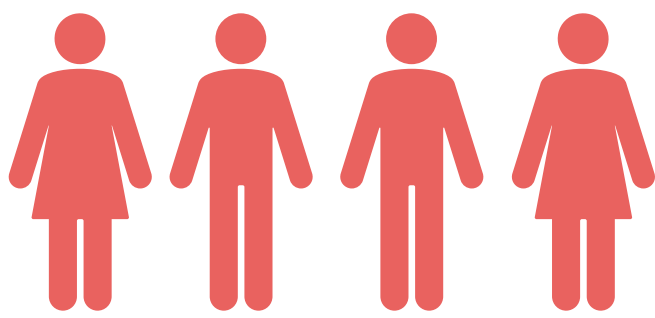
Being more active all day while reducing sedentary activities



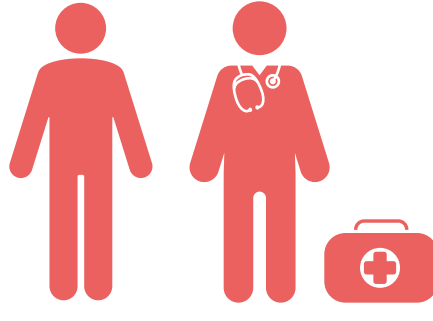
Exercising at least 30 minutes per day

3 Set realistic weight management goals

4 Ask for your family and friends' support in tackling obesity together

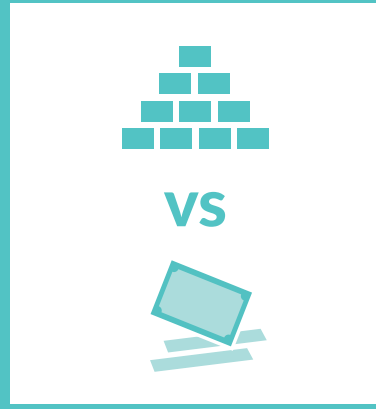
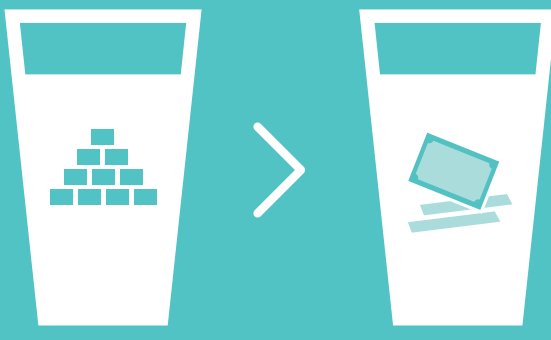


5 Visit a qualified health professional who can guide you in your effort to manage your body weight



Low calorie sweeteners can be an ally in reducing overall calorie intake...

If you are following a behavioural weight control programme, replacing sugar-sweetened foods or drinks with their low calorie sweetened equivalent can help you reduce your overall calorie and sugar intake while maintaining the desired sweet taste in the diet.



1 teaspoon in your coffee/tea



16-20 kcal vs ≈0 kcal

1 can (330ml)



140 kcal vs <1 kcal

1 yoghurt



180 kcal vs 100 kcal

1 scoop of vanilla ice cream



170 kcal <> 90 kcal