

# Learn and live!

## Lifetime lessons in weight loss by Lite n' Easy's healthy eating expert, Maryl-Ann Marshall

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**Follow these simple lessons and you could enjoy healthy eating and great results for life!**

### Forget Dieting!

Don't think of Lite n' Easy as a diet, but as an eating plan designed to help you adopt a healthy lifestyle and achieve long-term weight control. Diets are only short-term, good habits last a lifetime!

### Learn from your food

Lite n' Easy is based on scientifically proven research, and shows you what and how much to eat. Simply take note of what you are eating along the way and you will learn valuable lessons.

For example, you will learn to:

**Eat breakfast** - never skip this very important meal, which boosts your metabolism and prevents you from overeating later in the day

**Control your portion size** - our portion-controlled meals will teach you how much you should be eating

**Choose high fibre, low GI breads, grains and cereals** - these fill you up and give you longer-lasting energy

**Take time to listen to your body** - learn to recognise when you are truly hungry - do not eat out of habit or simply because you feel like it

### Enjoy the food

Our meal plans are designed to help you develop a healthy and happy relationship with food. So make sure you always eat slowly and savour your food. This will help you to identify when you are full and prevent overeating.

If you take the time to learn these important lessons along the way, you will not only maximize your weight loss, but you will also have the tools, experience and knowledge to keep weight off and be healthy for the rest of your life.

