



HCG tablets[®]

The real weight loss solution

TIPS AFTER THE CURE



Tips after the cure

Did you reach your target weight? Then of course you want to keep this weight!

Good nutrition is necessary for our health. These simple tips will help make it easier for you to keep your health and weight:

- Don't go grocery-shopping on an empty stomach and don't buy more than you need. It is recommendable to make a grocery-list in advance. Buy as little candy and snacks as possible.
- Divide your meals regularly throughout the day. By eating something every 3 or 4 hours there is no time for that nagging hungry feeling. Do not skip any meals!
- Try to eat slowly. If you eat slowly, take small bites and chew well, you will be satisfied faster.
- It is recommendable to eat at a regular place, for example at the dining table and not in front of the TV. While eating don't do anything else, such as reading or watching TV, but concentrate on the food, taste and enjoy it.
- Try to snack as little as possible while cooking and only take one portion.
- Alcohol provides a lot of energy. Wine for example, contains sugars from the grapes and alcohol. Both provide calories. Besides, alcohol often makes you feel hungry. It is not necessary to leave all alcoholic drinks but use them soberly.
- Weigh yourself once a week, in the morning.
- Try to move a minimum of half an hour every day. While exercising, your energy-use will be increased. Choose exercise you like and can keep up for a while, for example, firm walking, cycling or swimming.
- Fresh air and enough sleep are very good for both body and mind.
- Don't reward yourself with food but for example with a nice movie, good book or an afternoon of shopping.

Tips for eating out

- Eat slowly and enjoy
- When you are going out to eat with an empty stomach chances are you are going to eat too much, therefore don't skip any meals in advance and moreover, eat something small (piece of fruit, bowl of yoghurt, slice of crisp bread) before you go out.
- Try to decide what to eat while you are at home.
- Maintain the portion sizes from home as much as possible.
- Don't eat too much French bread and don't cover it with (herb) butter.
- Don't order any coated meals. Suitable preparation methods are grilling, stewing or from the oven.
- Ask if it's possible to serve the sauce separately or ask to serve it without sauce. Choose red sauces, these contain less energy than the cream sauces.
- All vegetables and also raw vegetables are a good choice.
- Drink mostly water, light fresh drinks, tea or coffee and limit to 1 glass of alcohol.