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Sheet handed out in consultation

METABOLIC

Finding your balanced weight

Losing weight for good without restricting yourself

A body that gains weight is not a lazy body: it is a body that manages its energy badly, often because too much was asked of it. This sheet gathers the habits that set the machine back in motion, and the traps of the diets that break it.

IN A NUTSHELL

Weight is not just a matter of calories: it depends on the quality of the plate, sleep, stress, activity and the history of previous diets. Severe restriction works for a few weeks then backfires: the body defends itself. What works in the long run is a filling, regular and livable diet, combined with movement and sleep, with patience.

THE ESSENTIALS

- The best diet is the one you can keep for ten years: no miracle method beats regularity.
- Hunger is not the goal: eating enough protein, fibre and real meals cuts appetite better than counting.
- One kilo a month that does not come back is worth more than five kilos that come back with guests.

WHAT HELPS YOU

Real meals, sitting down : a complete plate, twenty minutes, no screen: satiety arrives with the time you give it.

Protein at every meal : eggs, fish, poultry, pulses, yoghurt: they satisfy for a long time and protect muscle during weight loss.

Vegetables first : starting with vegetables and soup fills the stomach before starches: satiety is played out in the order of the meal.

Wholegrains : brown rice, wholemeal bread, oats, buckwheat: energy that lasts without the peaks that call you back to the fridge two hours later.

Water before and during meals : a large glass before eating naturally reduces what follows: the simplest gesture of all.

Home-made dishes : even simple ones: ultra-processed foods are designed to make you eat again, home-made to satisfy.

WHAT MAKES IT WORSE

Diets that are too strict : skipping meals and eating too little ends in cravings and binges: the body takes revenge on the famine.

Sugary drinks : sodas, juices, iced teas: liquid calories do not satisfy, they add up.

Screen snacking : in front of the TV or phone, you eat without counting or savouring: a conscious snack, seated, is another story.

The 'all or nothing' : one slip ruins nothing: it is the week's average that counts, not last night's meal.

Short nights : lack of sleep increases hunger and makes you prefer fat-sugar: sleeping is part of the plan.

Obsessive daily weighing : weight fluctuates by a kilo within the day: one weighing a week, same day same time, is enough to see the trend.

DAY TO DAY

The habits that make all the difference

1. **Start with breakfast**

   a real morning meal, with protein, reduces afternoon cravings: it is the day's fulcrum.

2. **Walk after meals**

   ten to fifteen minutes of walking after eating helps blood sugar come down gently: the most profitable micro-gesture.

3. **Plan three meals a week**

   not the whole menu, just the three risky meals: a decision taken in advance beats evening willpower.

4. **Sleep seven to eight hours**

   sleep is a documented slimming tool: go to bed thirty minutes earlier rather than having one more salad.

5. **Note your non-weight victories**

   looser trousers, easier stairs, energy on time: success is also measured off the scales.

This sheet accompanies your practitioner's advice, it does not replace it. Lasting weight loss is played out over months, not weeks: beware of fast promises. Consult a doctor if weight gain is rapid or unexplained, or before any programme if you take medication.

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