



Look Good. Feel Great!
Diets that make a difference

Eat intelligently

You don't need to starve yourself in order to lose weight says Dietitian Jaclyn Reutens. Here she explains how to eat your way to a slimmer and healthier you.


Do you want to lose weight? Have you lost weight only to gain it all back? Are you frustrated with fad diets? If you've answered yes to any of these three questions, read on.

Weight management is an issue common to everyone and affects people of all ages. One in two people – ranging from teenagers to senior citizens – desire to be lighter than their current weight. The battle with the bulge often results in embarking on restrictive and extreme diets. While these crash diets may deliver short term results, they unfortunately fail to keep the kilos off in the long run. You might even blame yourself for not being more disciplined with the diet. However, the truth is these fad diets are usually unbalanced and devoid of essential nutrients leading to unhealthy eating patterns. And because of their nutritional makeup these diets are close to impossible to maintain in the long run. So in fact, when you feel like you've had enough of a certain fad diet, it's usually your body's way of signalling you to stop.

Carbohydrates have long been considered the culprit to weight gain. However the truth is in order to lose weight, you *must* consume carbs – a certain quantity of carbohydrates actually prevents overeating and promotes adherence to a healthy diet.

Aptima Nutrition's diets are highly customised to your lifestyle. Dietitians are dedicated to re-educating clients about the importance of nutrition and how it affects your body. Once you have a clear understanding about food and its relation to weight loss, shedding the pounds is a breeze. You might think you've heard everything you need to know about diets but at Aptima, you'll learn something new about how your body reacts to your hormones, mind and stomach. Food choices are highly dependable on variables such as climate, smell of the food, visual appeal and emotions. At Aptima, a nutrition consultation with a dietitian includes:

- a detailed nutrition assessment
- setting a weight loss goal
- lifestyle assessment
- baseline body measurements
- highly customised diet
- exercise programme

Aptima's customised diet programme is prescribed to sustain you for life. It makes practical recommendations and also locates the best available foods in your vicinity. The diet is applicable to any cuisine including Chinese, Japanese, Indian and Italian, and the length of the programme varies. Losing two to four kilograms per week is healthy. 



Jaclyn Reutens BSc Nutrition & Dietetics, Finders Post Graduate in Sports Nutrition, AIS ISAK Level 2, AIS

Jaclyn Reutens is a clinical and sports dietitian and the founder of **APTIMA Nutrition & Sports Consultants**. Having nine years experience in the nutrition and dietetics field, she is an expert in the areas of obesity, diabetes, hypertension, heart diseases, cancer care and sports nutrition.

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