



weekend weight crunch

weekend eating and weight gain

Weekend eating is probably hazardous to your waistline, according to a new study published in *Obesity Research* recently.

The study of some 28,000 Americans shows that people have a different meal pattern on weekends, consuming significantly more kilojoules, fat and alcohol per day than on weekdays.

Those in the 19- to 50-year-old age group were found to be most at risk, consuming approximately 480 kilojoules more per day on weekends!

This amounts to sneaking in an extra muesli bar, sausage or one-third of a cheeseburger on Saturdays and Sundays.

weekend indulgences

People eat differently on weekends for several reasons. First, there's often less routine. Breakfast may be skipped, meals are irregular, so snacking is more likely. Second, people eat out more, buy more take-aways and cook less at home. Finally, people simply give themselves licence to indulge in rich foods, perhaps arguing they've been "good" all week.

the implication

For every 42 additional kilojoules per day, you may gain about half a kilogram of fat a year. The simple behaviour described in this study translates to a gain of more than one kilogram yearly!

9 tips to survive the weekend

- Stick to a regular meal pattern.
- Don't miss breakfast and don't include extra snacks.
- Drink plenty of water and avoid sugary drinks.
- Limit take-aways to once per month or less.
- Choose smaller portions at restaurants.
- Get organised: make quick, simple meals at home.
- Spend more time outdoors.
- Don't binge drink. If you drink at all, limit alcohol.
- Share rich desserts with a friend.

See **page 39** for a delicious, light-weight, weekend recipe that will help look after your waistline.