

Sensible Steps to a Healthier Weight

Many people want to lose weight, or at least stop gaining weight. Close to half of adult Canadians are overweight and one in six are obese¹. Getting control of your weight doesn't have to mean big changes in your lifestyle. Even small changes can make a difference.

Start with healthy eating

- Reduce your calorie intake daily. Cutting just 250 calories a day can turn into 1/2 lb (0.23 kg) of weight loss a week. That's over 25 lbs (11.34 kg) per year!
- Watch your portions – Learn to pay attention to your hunger level and stop eating when you feel comfortably full, not stuffed.
- Change your mindset to think about selecting foods that will help your body's health rather than foods that will affect your body's weight.

Make healthy choices

It's important to remember that added sugars add calories without vitamins and minerals.

Save an average of:

- 110-150 calories by drinking water or a no-calorie or low-calorie beverage instead of sugar-sweetened sodas
- 120 calories by snacking on a small piece of fruit instead of a candy bar
- 14 calories per teaspoon (5 mL) by switching to a non-caloric sweetener such as SLENDA® No Calorie Sweetener, to add to beverages and for baking

Look for the SLENDA® logo on many foods & beverages!

Canada's Food Guide offers a basic outline of the types and amounts of food you should eat each day to give your body the nutrients it needs for optimal health. Visit www.healthcanada.gc.ca/foodguide for more information.

Increase physical activity

Burn calories by doing even some of your routine activities – a little extra walking or housework. The number of calories burned will vary on the activity, the intensity and your weight and gender.

Walking – burn an extra 100 calories when you take an extra 2,000 steps (about 1 mile or 1.6 km).

Include activity in your social plans with family and friends – burn 200-600 calories with an hour of physical activity, depending on the activity.

Chores can help too – burn 150-300 calories when you do an hour of vigorous household chores, depending on the chore.

Talk to your Healthcare provider to determine the best options for you.

Keep a journal

Devote some time each day to record what you have eaten and your exercise. A food and exercise journal can provide a large amount of self-awareness. It can foster greater awareness of portion sizes, and help you discover your personal food triggers. Study any patterns that emerge from your food and exercise journal and identify where you may be able to make more healthful changes. A food and exercise journal provides an added benefit of keeping you focused on and committed to your goals.

Reward yourself!

Mark goal achievement with rewards. Celebrate your successes, even the small ones with special treats, like a new CD or a visit to the spa – whatever works for you. This will help you stay motivated and focused.



What Counts as a Serving?

Bread, Cereal, Rice and Pasta

1 slice of bread (35 g) or 1/2 a bagel (45 g)
30 g of ready-to-eat cereal
3/4 cup (180 mL) of cooked cereal
1/2 cup (125 mL) of rice or pasta

Vegetable

1/2 cup (125 mL) of fresh, frozen, or canned
1/2 cup (125 mL) of vegetable juice

Fruit

1 medium apple, banana, orange, etc.
1/2 cup (125 mL) of fresh, frozen, or canned
1/2 cup (125 mL) of 100% fruit juice

Milk, Yogurt, and Cheese (non-fat or low-fat)

1 cup (250 mL) of milk and alternatives
3/4 cup (180 mL) of yogurt
1 1/2 oz. (42 g) of natural cheese
2 oz. (57 g) of processed cheese

Meat, Poultry, Fish, Legumes, Eggs and Nuts/Seeds

2 1/2 oz. (75 g) cooked lean meat, poultry, or fish
3/4 cup (180 mL) of cooked legumes
2 eggs
2 tbsp (30 mL) of peanut butter
1/4 cup (60 mL) of nuts or seeds

Calorie-Counter Activity Guide

Activity	Total Calories Used Per Hour†
Cooking	185-200
Cleaning	235-355
Brisk Walking (4 mph/6.6 kph)	250-345
Jogging (6 mph/10 kph)	315-480
Cycling (9 mph/15 kph)	315-480
Tennis	315-480
Swimming	480-625

†Expenditures in calories by a 150 lb (68 kg) person



Quick Facts

- The more quickly weight is lost, the more likely the loss is coming from water and muscle, not fat. Since muscle tissue is critical in keeping our metabolism elevated, losing it actually leads to a decrease in the amount of calories we can eat each day without gaining weight. Fat loss is best achieved when weight is lost slowly.

- In order for exercise to be helpful in weight loss, you should strive for a minimum of five – 30 minute sessions per week.



SPLENDA® Brand Products can help you reduce the amount of calories and sugar in your diet. And they contain the sweetening ingredient sucralose – a healthy alternative to sugar.

Made from sugar, tastes like sugar, but it's not sugar

SPLENDA® Brand Sweetener (sucralose) is made from a process that starts with sugar. It is not recognized by the body as a carbohydrate or broken down for energy and thus has no calories. Sucralose is the sweetening ingredient in SPLENDA® No Calorie Sweetener products.

Ideal for the whole family

Sucralose has an excellent safety profile as proven in over 100 studies done over the past 20 years. It can be used by the whole family including people with diabetes, women who are pregnant or nursing, and children of all ages.

Use almost anywhere sugar is used

- SPLENDA® No Calorie Sweetener Granulated measures cup for cup like sugar. SPLENDA® Granulated can be used in most recipes to replace sugar for cooking and baking.
- SPLENDA® packets are great for sweetening beverages and for sprinkling on food, such as cereal and fresh fruit.

Cooking and baking with SPLENDA® Granulated

All recipes from the SPLENDA® kitchens have been developed for optimal results and require no modification. SPLENDA® cooking properties are different from sugar. The following tips may be helpful if you wish to adapt your favourite recipes.

- Baked goods made with SPLENDA® Granulated bake more quickly than those made with sugar. Check for doneness a bit earlier than the original recipe states.
- To help achieve a more golden colour when baking with SPLENDA® Granulated, lightly spray the batter or dough with cooking spray just before placing in the oven.
- To achieve a better rise, try adding 1/2 cup (125 mL) of non-fat dry milk powder and 1/2 tsp (2 mL) of baking soda for every 1 cup (250 mL) of SPLENDA® Granulated.
- All fresh baked goods are best eaten within 24 hours. To keep baked goods made with SPLENDA® Granulated longer, wrap well and freeze.
- SPLENDA® Granulated will not activate yeast. Maintain at least 2 tsp (10 mL) of sugar in recipes calling for yeast and replace the remaining sugar with SPLENDA® Granulated.



FAQs Frequently Asked Questions

Q. What is SPLENDA® Brand Sweetener?

A. The brand name for the ingredient sucralose. Sucralose is made through a patented process that starts with sugar and converts it to a no calorie, non-carbohydrate sweetener with no unpleasant aftertaste. Sucralose is made from sugar, tastes like sugar, but it's not sugar.

Q. Can SPLENDA® Brand Sweetener be used safely by the whole family?

A. Yes. It can be safely used by the whole family. The safety data on sucralose has been reviewed by Health Canada, the U.S. Food and Drug Administration (FDA) and other national regulatory agencies, as well as by international health authorities such as the World Health Organization.

Q. How can SPLENDA® Brand Sweetener have no calories?

A. After it is consumed, sucralose passes through the body without being broken down for energy, so it has no calories and the body does not recognize it as a carbohydrate.

Q. What is the role of SPLENDA® No Calorie Sweetener in a healthy diet?

A. SPLENDA® No Calorie Sweetener may be used as part of a healthy diet that includes a variety of nutritious foods in moderate portions by helping to reduce the total number of calories. It helps meet the demands for good tasting foods and beverages by reducing calorie and sugar intake without sacrificing great taste.

Makes: 8 servings

Preparation Time: 15 minutes

Cranberry Walnut Muffins

- 1/4 cup (60 mL) fat-free sour cream
- 1 tbsp + 1 tsp (15 mL + 5 mL) reduced calorie margarine
- 1/4 cup (60 mL) egg substitute or 1 egg
- 1/4 cup (60 mL) chopped walnuts
- 1 cup (250 mL) chopped fresh or frozen cranberries
- 1/2 cup (125 mL) SPLENDA® Granulated
- 1 1/2 cups (375 mL) all purpose flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/2 tsp (2 mL) cinnamon
- 1/2 cup (125 mL) unsweetened orange juice

Directions: Preheat oven to 375°F (190°C). Spray 8 cups of a 12-cup muffin pan with butter-flavoured cooking spray. Set aside. •Mix SPLENDA® Granulated, flour, baking powder, baking soda, and cinnamon together in a medium-sized mixing bowl. Set aside. •Mix orange juice, sour cream, margarine and egg substitute (or egg) together in a small mixing bowl. Add liquid mixture to dry mixture. Mix gently to combine. Add walnuts and cranberries and stir until just blended. •Spoon batter into 8 muffin cups. Bake in preheated 375°F (190°C) oven 15-20 minutes or until a toothpick inserted in the centre comes out clean.

Nutritional Information per serving

Calories	150
Protein	4 g
Fat	4 g
Carbohydrates	24 g



For more information and recipes call 1-800-561-0070 or visit www.splenda.ca