



Weightloss

LOSE WEIGHT, save money

--IN THE CURRENT ECONOMIC SQUEEZE, CUTTING COSTS IS A TOP PRIORITY. WHY NOT REDUCE YOUR WAISTLINE AT THE SAME TIME? BY Ellen Connolly.

As the recession deepens, it's easy to fill up on so-called value meals from fast food outlets, or indulge in sugary snacks rather than nutrient-rich, healthy meals.

You're not saving and you're probably piling on the kilos. But there are ways to lose weight and save money.

SACK YOUR CLEANER

This could be a toughie for those who hate mopping floors and scrubbing the toilet, but an hour of light house cleaning burns 798 kilojoules (190 calories).

Throw in the laundry and taking out the rubbish and the number jumps to about 1932 kilojoules (460 calories). You'll have a spotless house, and you won't need to fork out as much money on exercise.

- **Gain \$1200 a year (\$100 a month).**
- **Lose Three kilograms a year.**

MAKE YOUR LUNCH

We know that taking your lunch to work every day is

sensible, but many of us just couldn't be bothered.

This often leads to indulging in what you think is a healthy cafe lunch, such as chicken, avocado and cheese on Turkish bread, says dietitian Susie Burrell.

"But a sandwich like this contains a whopping 2000 kilojoules (800 calories)," she says.

There is a solution. On Monday, take a loaf of wholegrain bread, salad leaves, tomatoes, cheese, tins of tuna and some chicken to work. Store it all in the fridge and make your lunches, Burrell says. Keep the money you save in a jar as a motivator.

- **Gain \$25 a week (more than \$1000 a year).**
- **Lose Four to five kilograms a year.**

SHOP LOCAL

Farmers' markets are cheap and healthy, naturopathic nutritionist Lola Berry says.

"The fruit and veg are great value and incredibly fresh because they're direct from the source. Because you're eating wholefoods, it's healthier."



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Find out if there are farmers' markets in your area. Be prepared for crowds during peak times, but it'll be worth it for the quality and bargains.

- **Gain** *At least \$25 a week (\$1000 a year).*
- **Lose** *Two to five kilograms a year.*

SOUP IT UP

Cook a pot of vegetable soup on Sunday and take it to work on Monday or have it as a light meal.

"I've worked out that it costs 57 cents a meal," says dietitian and author of *How To Put \$3000 In Your Pocket* (Wilkinson Publishing), Dr John Tickell.

Bulk it up by adding beans or rice. Soup freezes well, making it a perfect quick meal.

- **Gain** *"Heaps!" says Tickell.*
- **Lose** *Up to seven kilograms a year.*

REDUCE COFFEE INTAKE

Instead of three lattes a day, cut back to one. Dr Tickell says his friend was buying three cappuccinos a day, which amounted to \$60 a week. He cut down to one a day and recently spent the \$2000 he saved sunning his new slim body on an island holiday.

- **Gain** *One less takeaway coffee a day is \$20 a week (\$1000 a year).*
- **Lose** *Four kilograms a year. If you have seven fewer lattes a week you will save 2637 kilojoules (630 calories) a week.*

STOP BUYING SNACKS

Rather than buying banana bread or chocolate, have healthy snacks on hand, says Berry.

Raw nuts or berries are ideal. Buy nuts and seeds in bulk at the supermarket or farmers' market and package them in small zip-lock bags for easy access.

Chocoholics should not deprive themselves, adds Burrell. Buy a large block of chocolate and divide it into three or four squares for your daily hit.

- **Gain** *\$10 a week based on three muffins a week (\$520 a year).*
- **Lose** *Four kilograms a year.*

MEAT-FREE MEALS

Opt for vegetarian meals at least twice a week, which will reward not only your hip pocket but your heart, Berry says. She recommends the trendy new superfood quinoa, a small grain that's cooked like rice.

High in protein and low in carbohydrate, it's excellent for weight loss, and cheap. Berry suggests making a quinoa salad by adding mushrooms, tomatoes, onions, baby spinach and pine nuts to a cup of quinoa.

- **Gain** *Up to \$1500 a year.*
- **Lose** *Two to three kilograms a year.*

Quick snapshot

- **Reduce coffee from two a day to one. Save \$100 a year; drop 4kg in weight.**
- **Avoid the junk food machine and have nuts or four small chocolate squares from a family-size block on hand. Save \$435 a year; drop 5kg.**
- **Drink water instead of fruit juice. Save \$750 a year; drop 4kg.**





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