

## Gift of good health for Mother's day

Submitted by: Trade Diet Plate

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Pampering your mum on Mother's Day is a pleasurable thing to do, but be warned, that huge box of chocolates may be given with love but cause her poor health in the long term.

A study which showed that women who gain excessive weight during pregnancy are more likely to be overweight or obese 21 years after giving birth, University of Queensland research has found.

Led by Dr Abdullah Mamun, from UQ's School of Population Health, the study

(<http://blogs.monografias.com/sistema-limbico-neurociencias/2010/04/19/weight-gain-during-pregnancy-associated-with-long-> is published in the latest edition of the American Journal of Clinical Nutrition.

Of the 2,026 women included in the study, 33 percent gained excessive weight, 41 percent gained adequate weight and 26 percent gained inadequate weight during pregnancy.

The average weight gain for mothers participating in the study was 14.7kg, about 400 grams per week.

It does not have to be so because forearmed, is forewarned and by adhering to a few simple rules before, during and after pregnancy, the ordinary woman can have celebrity body results. We are told frequently, to eat less and exercise more but how many of us know just how much we can eat to enable us to lose weight and have a balanced diet?

Counting calories is difficult at best and can be boring, but it is a necessity if we want to lose weight and achieve results. Thanks to the Diet Plate (<http://www.thedietplate.com/>) perfect portion control is now very easy and losing weight is greatly simplified. This weight loss programme is safe to use before, during and after pregnancy with advice.

A new baby in the house or a family to care for can often stop us from taking care of ourselves. Mother's are givers, we naturally attend to our family's needs first and this is how we gain weight almost without noticing. That 21 years later, we find we have put on 50kgs and are plagued with health issues. The Diet Plate (<http://news.bbc.co.uk/1/hi/health/6238740.stm>) which has also been clinically proven to work and help control Type 2 Diabetes (<http://www.thedietplate.com/Dr-Ian-Campbell/diabetes-mellitus-and-the-diet-plater.html>) can help to avert all of this, if adapted into a family's lifestyle for everyday use.

It makes a great gift (<http://www.thedietplate.com/Diet-Plate-Range.html>) of good health for the mother you love but do ask her first, she may demand chocolates! They cost just £21.99 plus p&p and are made in England and are microwave and dishwasher safe. With versions for men, women and magic plates for children, this could be the start of a whole new healthy you and your family.

Get yours from [www.thedietplate.com](http://www.thedietplate.com) use Coupon Code MD11 to get a 10% discount or call direct on 01457 860779.

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Kay Illingworth  
Perfect Portion Control Ltd  
Unit 28b, 4th Floor, Vernon mill, Stockport, SK1 2HX  
0161 480 9050  
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