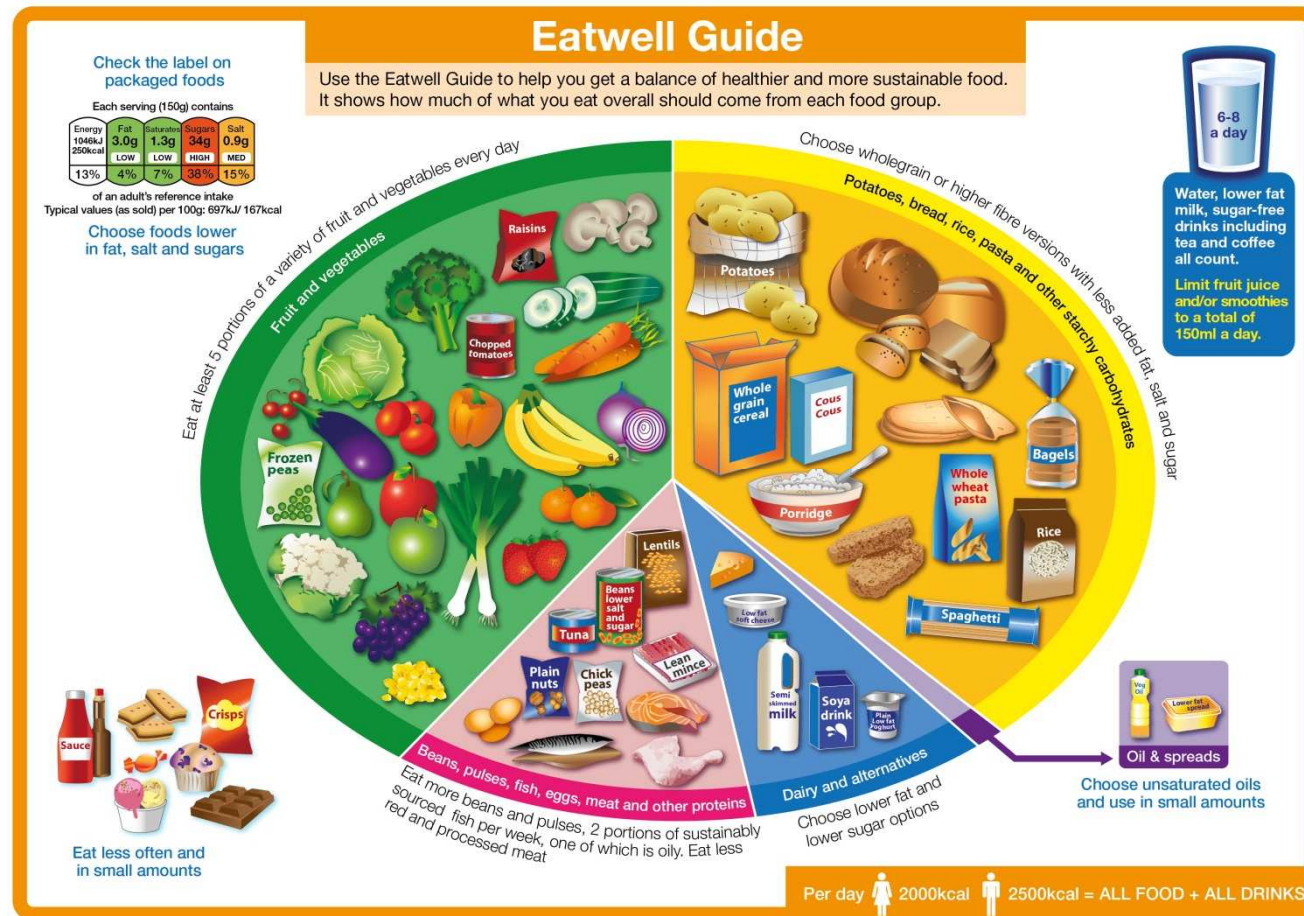


# I want to lose weight

## A balanced intake....



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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# Fruit and Vegetables



- At main meals aim for half of your plate to be vegetables
- Have fruit as snacks.
- Fruit juice can only count as 1 of your 5aDay



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# Starchy carbohydrate



- Aim for  $\frac{1}{4}$  of your plate at main meals to be bread, rice, pasta, potatoes or other starchy carbohydrates
- Cereals or porridge make a good breakfast
- Aim to have some carbohydrates at each meal time



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# Dairy and alternatives



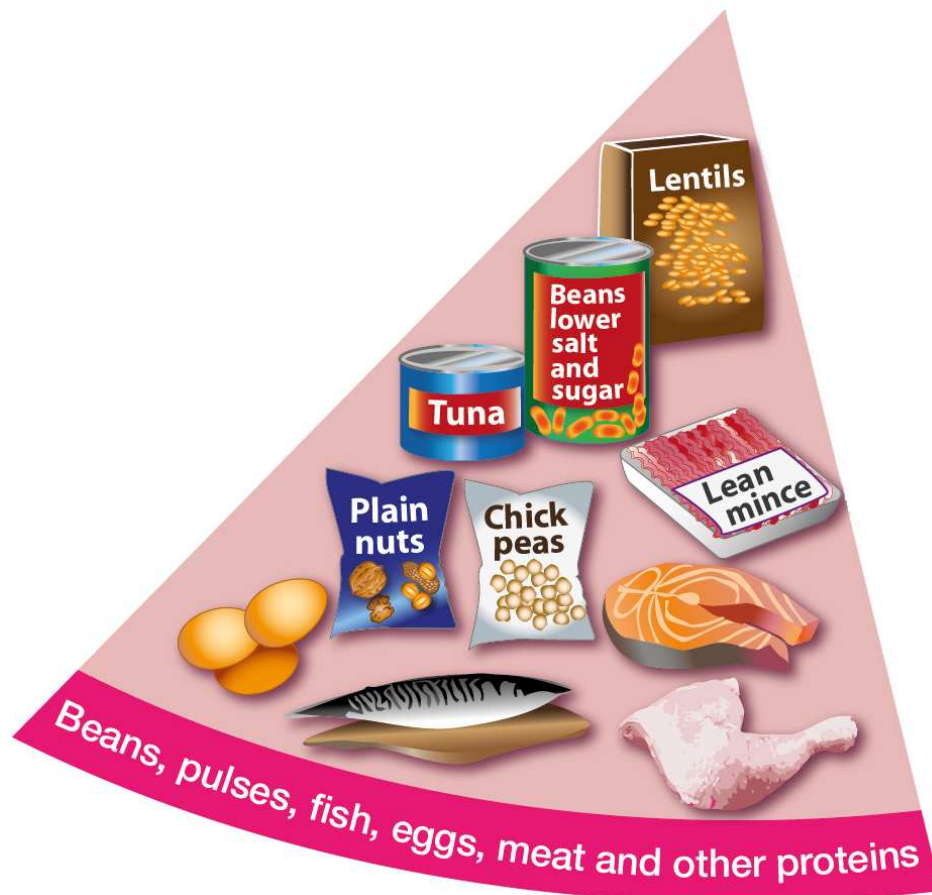
- Aim to have 2 or 3 portions of dairy or dairy alternatives each day.
- Try to choose low fat or diet products.
- Choose fortified dairy alternatives to ensure there is calcium added.



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# Protein



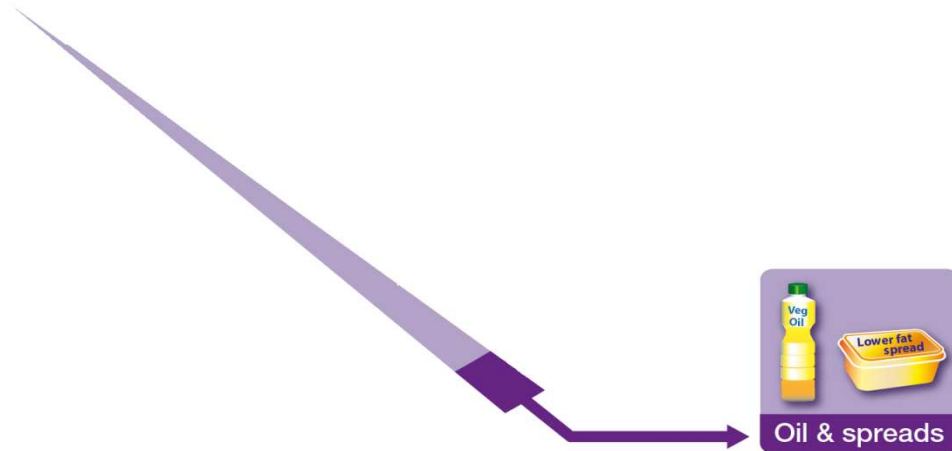
- Aim for  $\frac{1}{4}$  of your plate to be meat, fish, egg, beans or other vegetable protein alternatives at main meals.
- Try to have 2-3 portions of these foods each day.



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# Oils and spreads

- Try to use only small amounts of oils and spreads.
- Choose unsaturated fats where able e.g. olive oil, rapeseed oil and vegetable oil



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# Foods high in fat and/or sugar



- Try to eat these only as a treat
- Have only in small amounts

Eat less often and  
in small amounts



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# Fluids



- Drink plenty of fluids
- Choose sugar free or diet drinks
- Limit fruit juice to one glass per day



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# Alcohol

- Don't forget, alcohol contains calories too!
- 1-2 units each day with at least 2 alcohol free days per week is ok.

1 glass of wine = 2 units = 150-200kcal

1 single measure of spirits = 1 unit = 50kcal

1 pint of beer = 2-3 units = 170-210kcal

1 pint of cider = 3-4 units = 200-240kcal



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# How does your dietary intake fit with the guide above?

- Try to have a think about your diet. Does it fit well with this?
- Can you identify some things to change?
- The next section will help with some ideas about making positive changes.



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# Do I need to lose weight?

- Body mass index (BMI) compares your weight and height.
- If your BMI is higher than 25kg/m<sup>2</sup> you are more at risk of heart disease, stroke, diabetes and some cancers.
- If your BMI is higher than 30kg/m<sup>2</sup> this risk is even greater.
- You can find out your BMI using the calculator in the links section.
- Being healthy will help you feel better and live longer.
- If you are over weight, make small changes to your lifestyle to improve your health.



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# Explore why you're eating and find a replacement activity

- If you're bored or lonely, call or text a friend or family member.
- If you're stressed out, try a yoga routine. Or listen to some feel-good tunes and let off some steam by jogging in place, doing jumping jacks, or dancing around your room until the urge to eat passes.
- If you're tired, rethink your bedtime routine. Tiredness can feel a lot like hunger, and food won't help if sleepless nights are causing daytime fatigue.
- If you're eating to procrastinate, open those books and get that work over with. You'll feel better afterwards.



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# Try to list what you find difficult and think of ways around them

Trigger	Action plan
Boredom	Try finding a hobby to keep yourself busy without food
Watching TV	Keep hands busy, knitting or puzzles or games on mobile phone
Feeling deprived	Ensure to build foods in as a treat only. If you have had your treats, have some healthy snacks like cut up veggies in the fridge
Feeling tired	Don't go for energy drinks – they are high calories and will give a quick spike and then feel worse. Get plenty of rest and relaxation, or have a quiet walk.



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# Are you really hungry?

Physical Hunger		Emotional Hunger
Tends to come on gradually and can be postponed	VS	Feels sudden and urgent
Can be satisfied with any number of foods	VS	Causes very specific cravings (say, for pizza or ice cream)
Once full, you're likely to stop eating	VS	You tend to eat more than you normally would
Doesn't cause feelings of guilt	VS	Can cause guilt afterwards



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# Motivation

- Know your goal
  - Set your target, where do you want to be?
- Make it specific
  - When do you want to get there?
- Make it realistic
  - 5-10% weight loss over 3-6 months is effective and realistic
- Write it down
- Break it down
  - Put it into manageable chunks e.g. lose 1-2lb per week



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# Try some non-food rewards

Each time you achieve a goal for example losing 1lb or achieving exercise weekly target give yourself a reward.

- Add £1 to a coin jar for every pound – growing money collection can be a reminder of what you accomplished and you can save for something big!
- New music/DVD/film
- Shop for new clothes/accessories
- A Magazine or book
- Trip to the cinema
- Health/beauty products
- A night out dancing
- A day off work or a spa day



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# Small changes are easier to make

- Try setting yourself 4 or 5 changes to your diet that will help to move it closer to a healthy diet.
- Make these small, measurable, achievable targets.
- For example:
  - Snacks only twice per day, and keeping snacks below 100kcal each.
  - Have breakfast every day.
  - Limit takeaway to a treat once per month/fortnight.
  - Have half of the plate being vegetables at each main meal.



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# Are your portions getting bigger?

20 years ago	Today	Exercise
 Bagel 3 inch diameter 140kcal	 6inch diameter 350kcal	210kcal difference  1 hour vacuum cleaning 
 Cheese burger 333kcal	 Cheeseburger 590kcal	257kcal difference  1 hour of Golf 



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 <p>1 cup spaghetti with sauce and 3 small meatballs 500kcal</p>	 <p>2 cups spaghetti with sauce and 3 large meatballs 1025kcal</p>	<p>525kcal difference</p> <p>1 hour 40 minutes mowing the lawn</p> 
 <p>2.4oz French fries 210kcal</p>	 <p>6.9oz French fries 610kcal</p>	<p>400kcal difference</p> <p>1 hour 20 minutes brisk walking</p> 
 <p>Turkey Sandwich 320kcal</p>	 <p>Turkey Sub 820kcal</p>	<p>500kcal difference</p> <p>1hour 25 minutes cycling</p> 












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 <p>Coffee with whole milk and 1 tsp sugar 45kcal</p>	 <p>Mocha coffee with whole milk and mocha syrup 350kcal</p>	<p>305kcal difference</p> <p>1 hour playing tennis</p> 
 <p>Muffin – 1.5oz 210kcal</p>	 <p>4oz Muffin 500kcal</p>	<p>290kcal difference</p> <p>1 hour 30 minutes vacuuming</p> 
 <p>1.5cups chicken Caesar salad 390kcal</p>	 <p>3.5cups chicken Caesar salad 790kcal</p>	<p>400kcal difference</p> <p>1 hour of swimming</p> 



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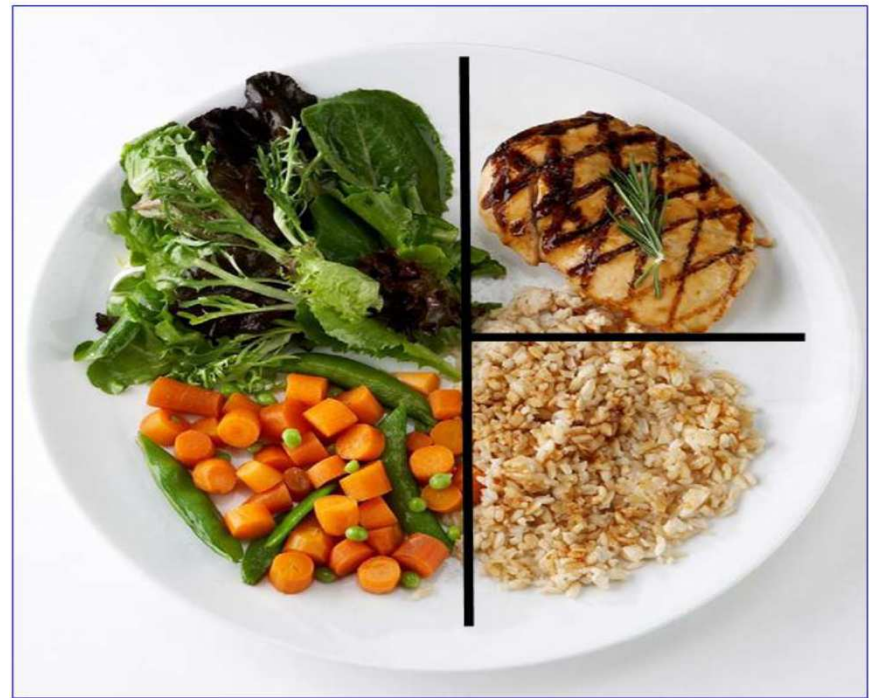
 <p>3 oz cheesecake 260kcal</p>	 <p>7oz cheesecake 640kcal</p>	<p>380kcal difference</p> <p>45minutes of running</p> 
 <p>Chocolate chip cookie 1.5 inch diameter 55kcal</p>	 <p>Chocolate chip cookie 3.5 inch diameter 275kcal</p>	<p>220kcal difference</p> <p>1 hour 15 minute washing the car</p> 
 <p>Chicken stir fry 2 cups 435kcal</p>	 <p>Chicken stir fry 4.5cups 865kcal</p>	<p>430kcal difference</p> <p>1 hour 10 minutes aerobics</p> 



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# How can I reduce my portion size?

- Try using a smaller plate for meal times.
- Fill up on vegetables, and decrease size of higher calorie foods.
- Have  $\frac{1}{2}$  of your plate vegetables or salad



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# Use fruit as snacks

A portion of fruit is:


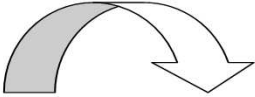











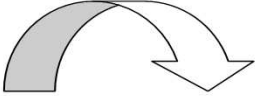

- A small glass of juice
- One piece of fruit such as an apple, orange or banana.
- Two small pieces of small fruit such as kiwi fruit, satsuma's and plums.
- A handful of grapes or berries like strawberries or cherries.



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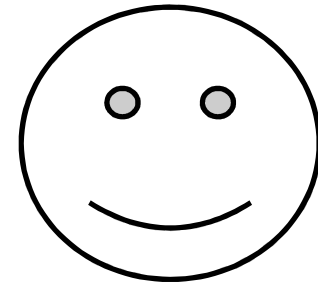
# SNACK SWAP!

 <b>133 calories</b>	<p>Swap for</p> 	 <b>83 calories</b>
 <b>259 calories</b>	<p>Swap for</p> 	 <b>114 calories</b>
 <b>102 calories</b>	<p>Swap for</p> 	 <b>54 calories</b>
 <b>250 calories</b>	<p>Swap for</p> 	 <b>101 calories</b>
 <b>180 calories</b>	<p>Swap for</p> 	 <b>54 calories</b>



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# Meal ideas



- Breakfast



- Lunch



- Dinner

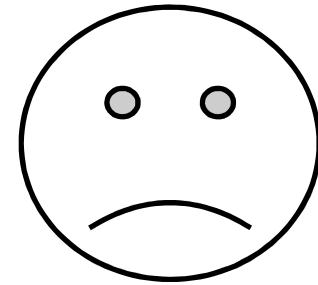


- 2 snacks



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# Things to try avoid...



- Missed meals

- Snacked a lot



- Had a take away



- Drank lots of fizzy pop



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# Try to plan your meals

- Use the guides in the resource section to plan your meals.
- Try monitoring what you have had in the day so you can keep to your plan
- Planning your meals in advance will also mean you only have food in the house for meals, and less tempting snacks available.








## Lunchtime Menu Planning Ideas

With

Or

Or

Or

	1 medium sized jacket potato (about 200grms with no butter)	218 calories
	With 1 small tin of reduced sugar baked beans	+ 126 calories Total 344 calories
	With 2 large spoons of cottage cheese	+ 56 calories Total 274 calories
	With 30grams of low fat cheese	+ 100 calories Total 318 calories
	With $\frac{1}{2}$ tin of tuna in spring water	+ 100 calories Total 318 calories



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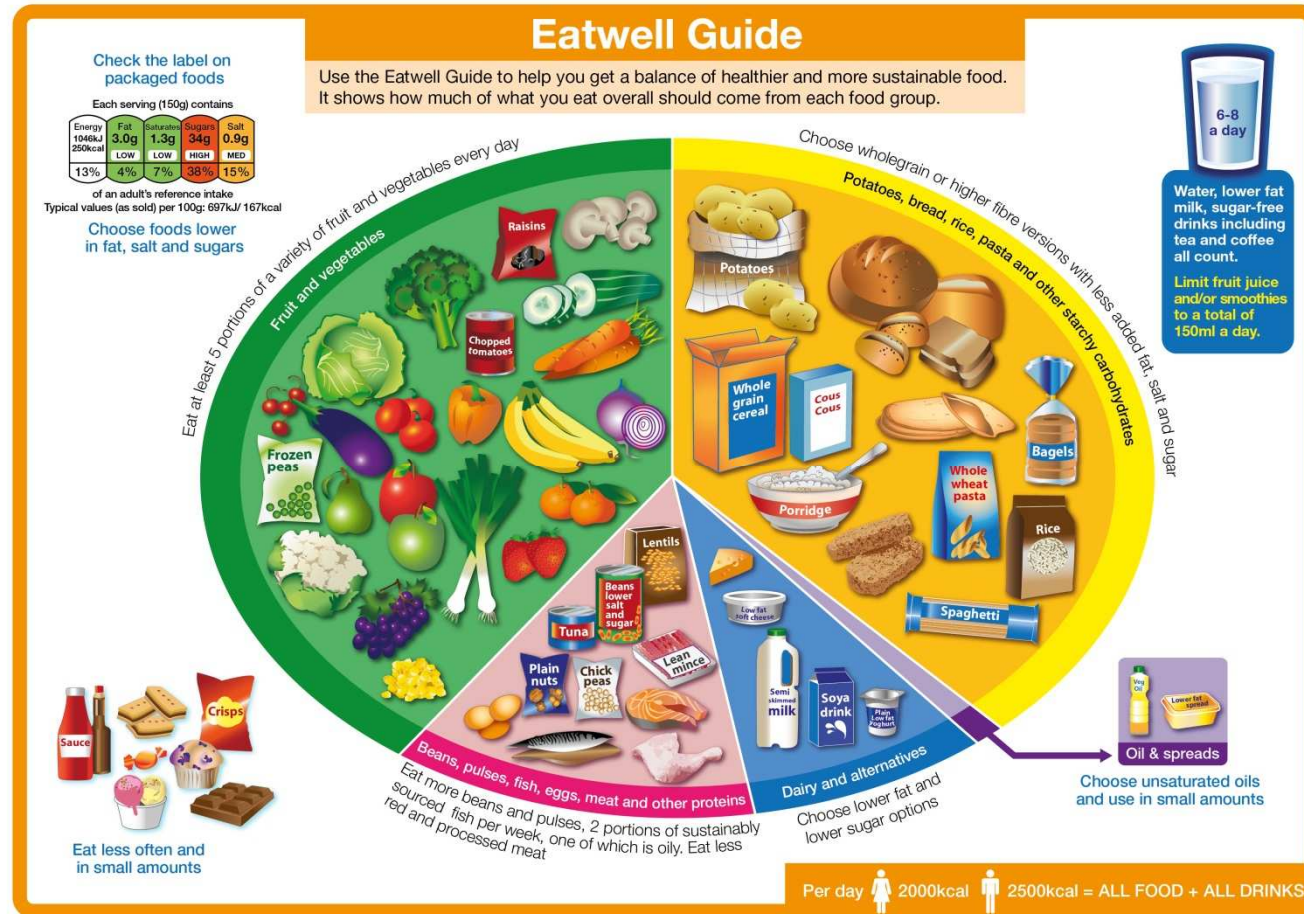
# Healthy eating doesn't have to be difficult

- Get into healthy habits
  - Eat at regular times
  - have fruit as snacks
  - Try to avoid emotional eating
  - Take regular exercise
- Try to reduce bad habits
  - Having fried breakfasts daily
  - Skipping meals
  - Having a biscuit with each cup of tea
  - Opting out of exercise
  - Snacking all day – especially when upset



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# Aim to work towards a dietary intake that would reflect the eat well guide:



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