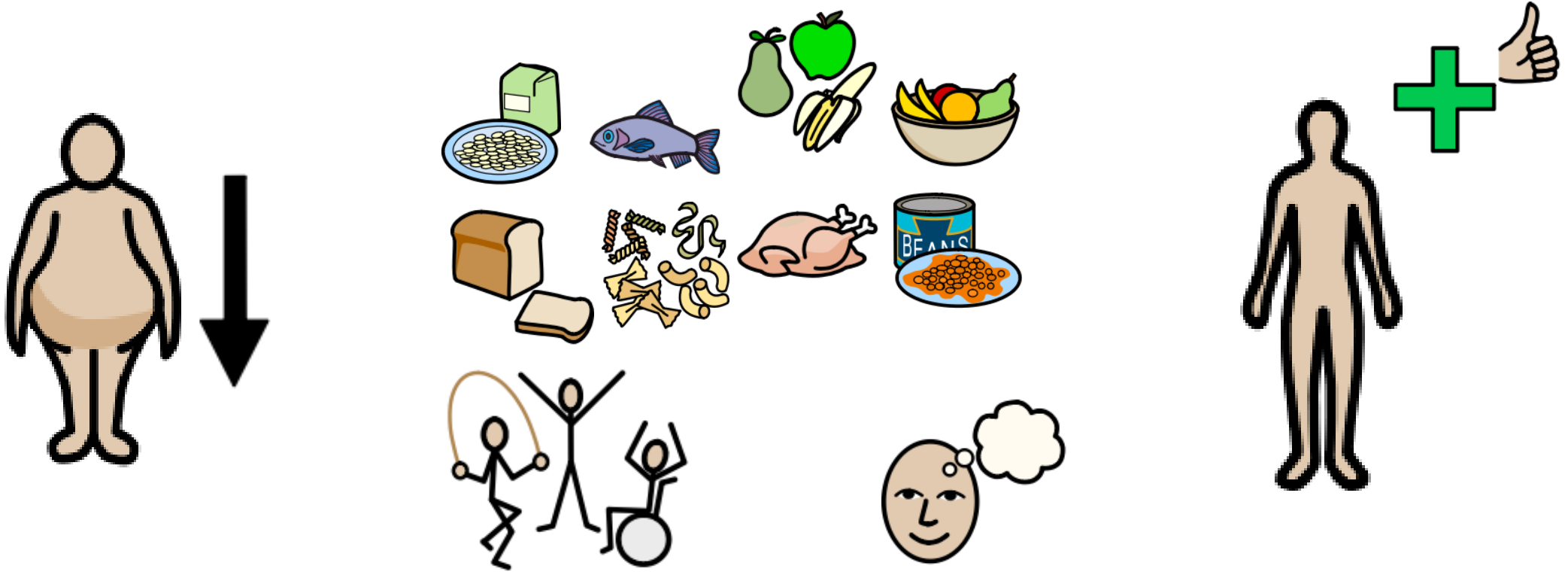


Weight loss guide

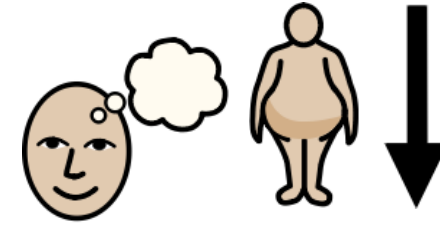


This guide is for _____

Dietitian _____

Contents

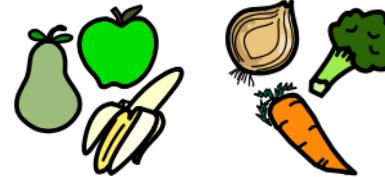
Section 1 - thinking about losing weight?



Section 2 - Carbohydrates



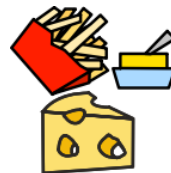
Section 3 - Fruit and vegetables



Section 4 - Protein & Dairy



Section 5 - Fatty foods



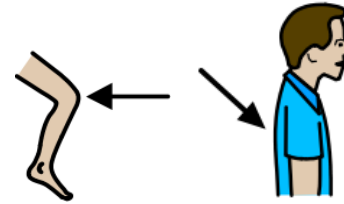
Section 6 - Sugary foods



Why do you want to lose weight?

Losing weight can help...

Knee and back pain



Stop you feeling out of breath



Keep your heart healthy



Mean you can walk further



Make you feel better about your self



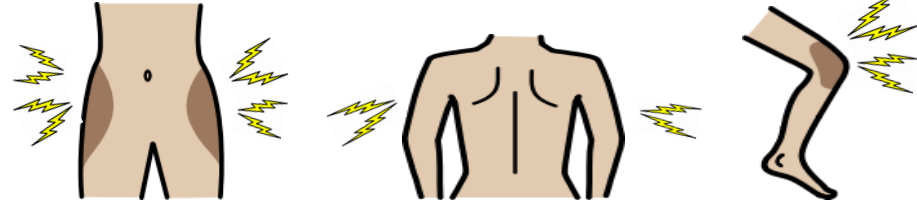
Why should I make some changes to my diet?



If you are overweight



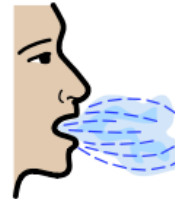
You might get pain in your hips, back or knees



Walking can be difficult



You may feel out of breath



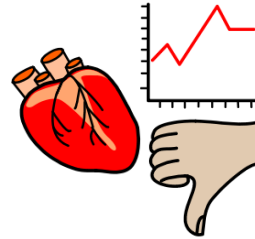
You can get high blood pressure



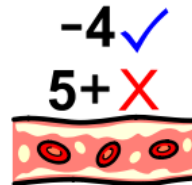
If you are overweight

You might get...

Heart disease



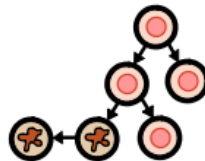
High Cholesterol



Diabetes



Some cancers

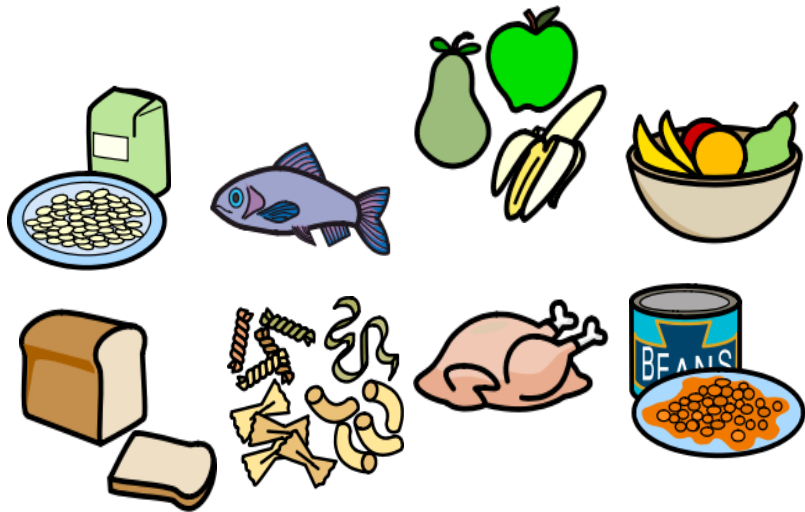


Stroke



What should we do to stay healthy?

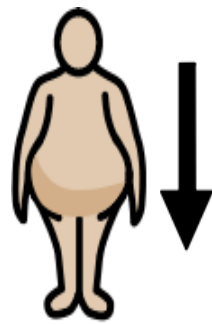
Eat the right food



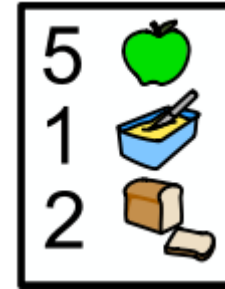
Stay active and exercise



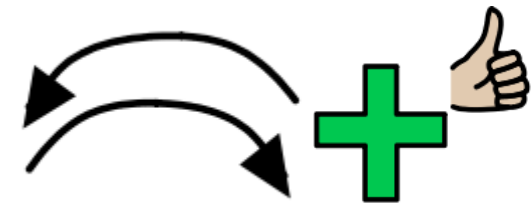
Weight loss



We should think about making 1 or 2 changes per week



This guide will give you ideas of changes to make



Read the guide and think about what dietary and lifestyle changes you can make

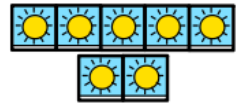
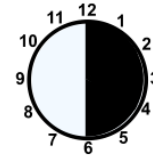


You might want to look at a section per week

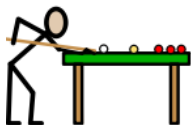
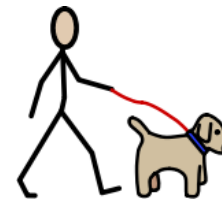
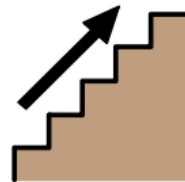
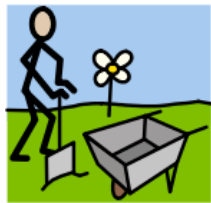
Exercise



Aim to have at least 30 minutes of activity a day.



Exercise does not have to be going to the gym - lots of activities count.



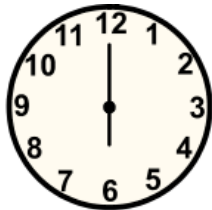
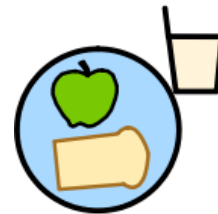
We need to eat regular meals



Breakfast



Lunch



Evening meal



We should eat a balanced diet with food from each food group

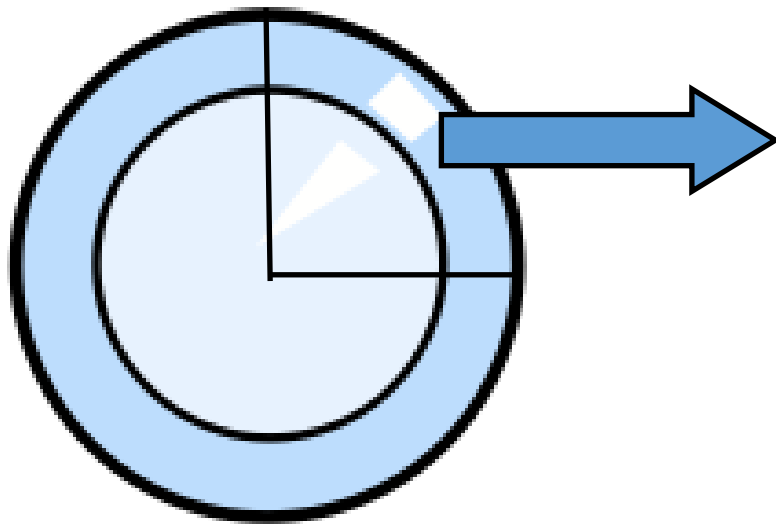


Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2015

Starchy carbohydrates

Aim for $\frac{1}{4}$ of your plate at main meals to be bread, rice, pasta, potatoes or other starchy carbohydrates

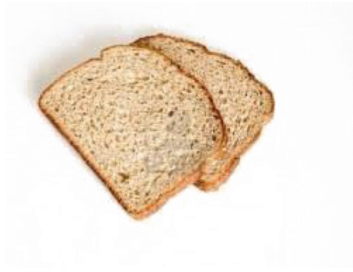


Carbohydrates

At each meal time we should have one serving of Carbohydrate



OR



OR



OR



2 x wheat
biscuits

2 x slice
bread/ toast

2-3 x egg-sized
potatoes

6 x tablespoons
pasta/ rice

Try not to not have two servings at a time.

For example do not have extra bread with a meal or chips with a sandwich

Wholegrains



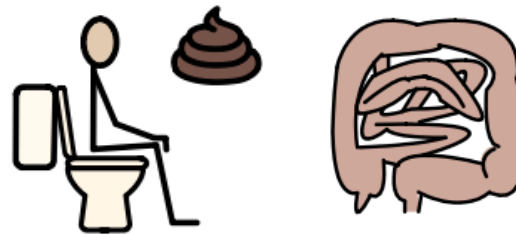
We should try and have wholegrain carbohydrates

They contain fibre that help us:

Feel full for longer

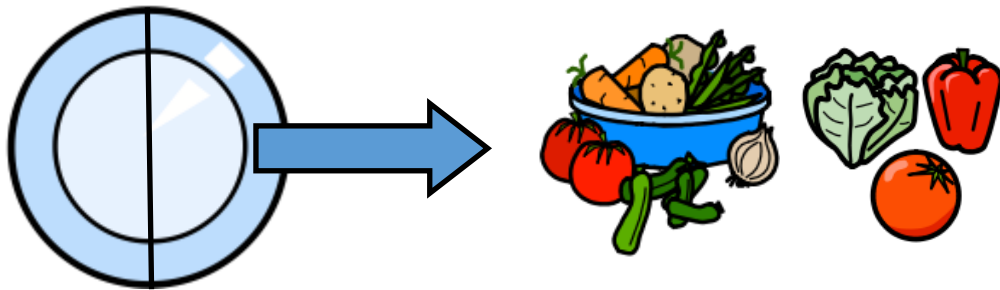


Keep our bowels moving

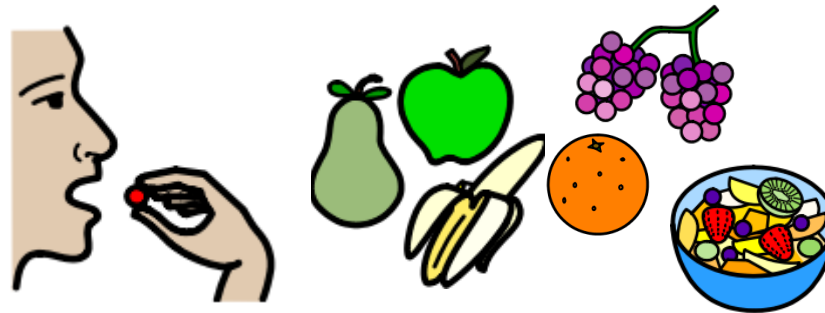


Fruit and Vegetables

At main meals aim for half of your plate to be vegetables



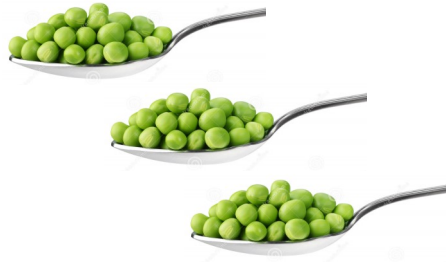
Have fruit as snacks



150ml of Fruit juice or smoothie can only count as 1 of your 5 a Day



What is a portion?



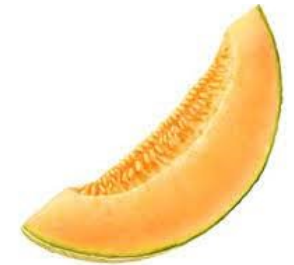
3 tablespoons
vegetables



Small tin beans
or lentils (counts
as 1 of 5 a day)



Handful grapes
or berries



Wedge of
melon



Cereal bowl
salad



1 medium fruit
e.g. apple/
banana/
orange/ pear



2 small fruits
e.g. kiwi/ plum/
mandarin
orange



150ml pure fruit
juice or
smoothie

Dairy and Alternatives

Aim to have 3 portions of dairy or dairy alternatives each day



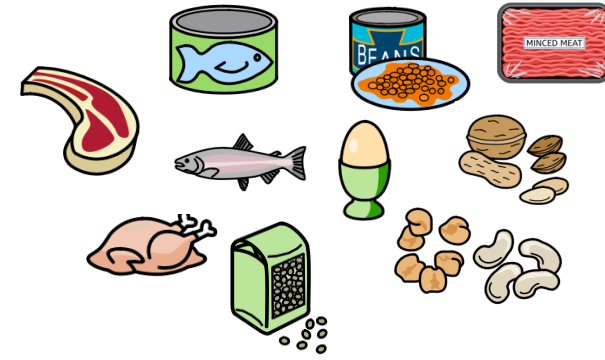
Try to choose low fat or diet products

Choose fortified dairy alternatives to ensure there is calcium added

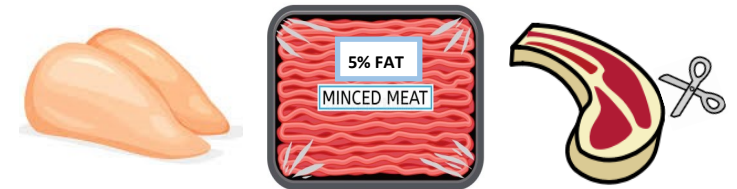


Protein

We should eat these foods everyday



We should choose lean meats and cut any visible fat off



We should try to eat 2 portions of fish per week (1 oily fish)



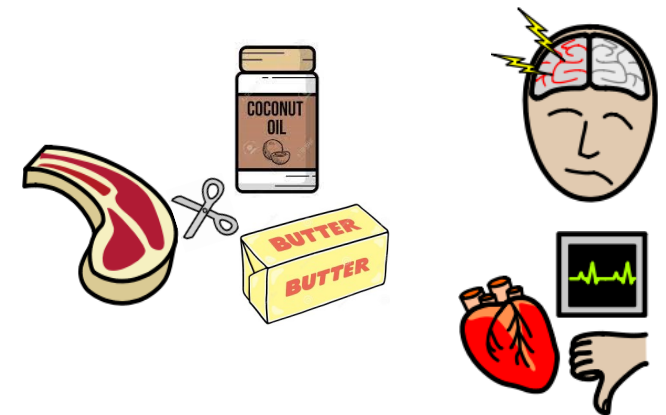
We should eat more vegetable protein like pulses or lentils

Fats, oils and spreads

Fats, oils and spreads contain a lot of energy
Eating too much can make us gain weight



We should try not to eat bad fats as these can
cause heart disease and strokes



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



Foods which are high in fat

Takeaways



Fish & chips



Indian / Chinese takeaway



Fried chicken



Pizza



Burger



Kebab

Foods which are high in fat



Sausage rolls



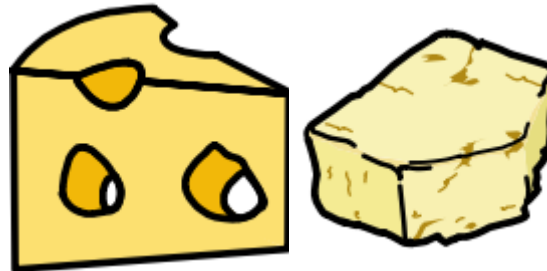
Sausages



Pies



Chips

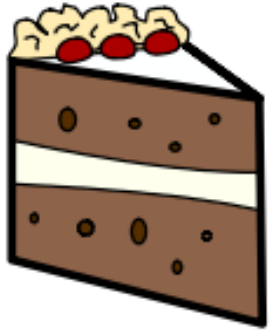


Cheese



Crisps

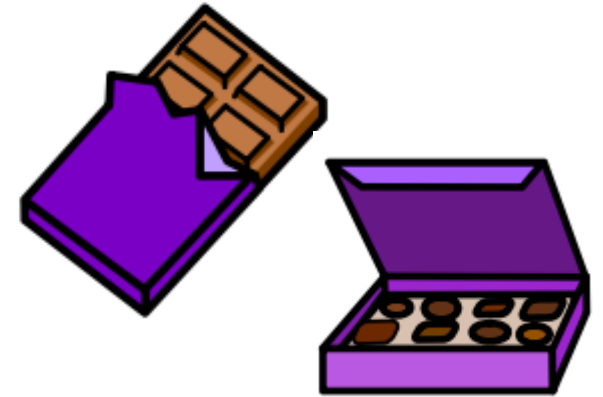
Foods high in fat and sugar



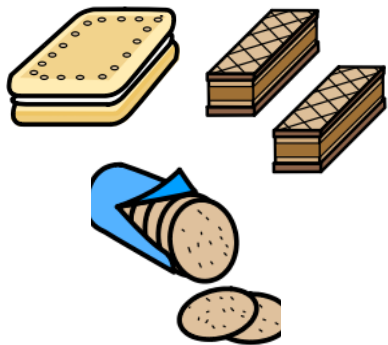
Cake



Buns



Chocolate



Biscuits



Desserts

Other foods high in sugar



Jams



Honey



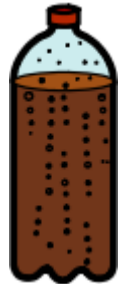
Sugar



Syrups



Some
yoghurts



Fizzy
drinks

Sugar swaps

Sugary cereal to
wheat cereal



Sugar on cereal to
fruit on cereal



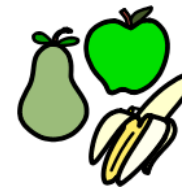
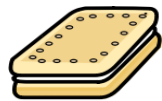
Sugar to sweetener



Sugary yoghurt to
'light' yoghurt



Biscuit to fruit



Jam on toast to
banana on toast

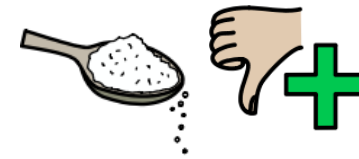


Fluids

Drink plenty of fluids



Choose sugar free or diet drinks



Limit fruit juice to one small glass per day



Sugary drinks swaps



Fizzy drinks, milkshakes, tea and coffee with sugar, hot chocolate, energy drinks, sports drinks and fruit juice.



Water



No added sugar squash



Low fat milk



Diet drinks



Sparkling water

Alcohol

Drinking too much alcohol can be bad for your body and can make you put on weight

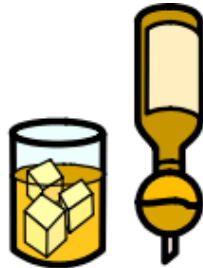
If you do drink alcohol try not to have more than 14 units per week

Don't drink lots of alcohol at once

Have some days when you don't drink any alcohol.



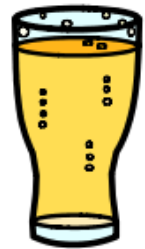
Wine one glass
2 Units
150-200kcal



Spirits 1 measure
1 unit
50kcal



Alcopop
1.5 units
170-200kcal



Beer one pint
2-3 units
170-210kcal



Cider one pint
3-4 units
200-240kcal

Sensible snack guide

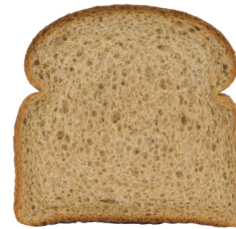
Limit snacks to 2 a day keep snacks to 120kcal or less



Handful of fruit



2 crackers and low fat cheese



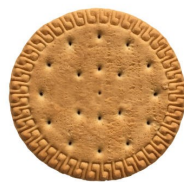
1 slice toast



Small plain scone



Packet low fat crisps



1 plain biscuit



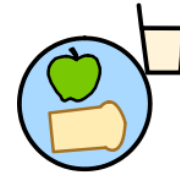
1 small pancake



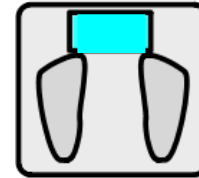
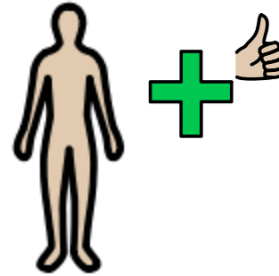
1 light yoghurt

Remember

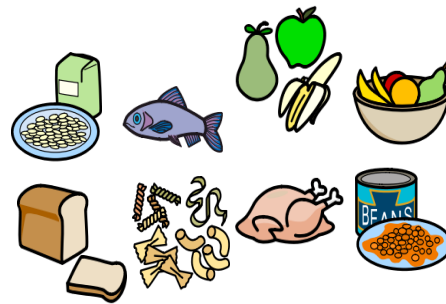
Eat three regular meals a day



Maintain a healthy weight



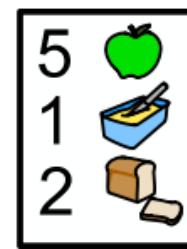
Eat healthy foods



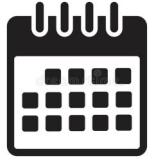
Keep active



My Goals



Date



My goal

'I will...'



Who or what will help
me?

Achieved?

