

## THE WAY TO LOSE WEIGHT

Eating a healthy, balanced diet containing less fat and sugar will help you to lose weight. Try to follow the guidelines below for each food group daily. This is to ensure that you obtain enough vitamins and minerals. Eating fibre-rich foods may help fill you up, so that you eat fewer snacks.

### FRUIT AND VEGETABLES

- Include at least 5 helpings per day e.g. vegetables (3 tbsp.), small bowl of salad, piece of fresh fruit, handful of dried fruit or small bowl of fruit tinned in juice or water
- Citrus fruits like oranges and grapefruit are a good source of Vitamin C

### STARCHY FOODS

- These are the main sources of energy in the diet
- Include at each meal e.g. cereal, bread, toast, potato, rice, pasta, chapatti, teacake
- High fibre varieties help to keep the gut healthy and are more satisfying

### MILK AND DAIRY FOODS

- Milk, cheese and yogurt are important sources of calcium for healthy bones and teeth.
- Include at least 3 servings per day e.g. yogurt, glass of milk or cheese (small matchbox size portion)
- Choose lower fat or diet varieties e.g. semi skimmed or skimmed milk, low calorie yogurts, reduced fat hard cheese

### MEAT, FISH AND ALTERNATIVES

- Have at least 2 small servings a day. A serving should be the size of your palm
- Choose lower fat varieties. Include lean meat and poultry without skin, fish, eggs, peas, beans, lentils, quorn, tofu and cheese
- Cook with minimal fat e.g. baking, grilling, stewing, steaming

### FATS AND OILS

- Vegetable oils and vegetable margarines contain the same amount of fat and calories as other oils and margarines/butter respectively, so use sparingly
- Low fat spreads can be a useful alternative, but still use only in small quantities
- Use low fat cooking methods e.g. grill rather than fry foods, or use an oil spray

### FATTY AND SUGARY FOODS

- Chocolate, crisps, cakes and biscuits eaten occasionally in small amounts should do no harm. One or two treats a week may be easier than trying to avoid these foods completely
- Try to cut down on sugar and sugary drinks – use sweetener instead. Keep fruit smoothies, milkshakes and milky coffees for treats – they add unwanted calories and do not satisfy appetite

***If you are hungry eat more fruit, vegetables and starchy foods. These make excellent snacks.***

### MEAL SUGGESTIONS

***Regular meals are important to help control your appetite.***

***Try some of the ideas below:***

## **BREAKFAST IDEAS**

- 1 small glass unsweetened fruit juice  
Wholegrain cereal with semi skimmed milk
- Bowl of sugar-free muesli with sliced banana
- Muffin or crumpet with margarine, butter or low fat spread and low sugar jam
- 1 small glass unsweetened fruit juice  
Porridge made with ½ milk (semi skimmed) and ½ water, with raisins to sweeten

## **SNACK MEAL IDEAS**

- Sandwiches made with wholemeal bread, cold lean meat, fish, eggs, or low fat cheese and salad. Low calorie yogurt
- Baked beans on granary toast. Low calorie fromage frais
- Vegetable soup (home-made or canned) with bread. Low calorie yogurt
- Sardines or pilchards on wholewheat toast with sliced tomato. Fresh fruit
- Jacket potato with reduced fat grated cheese, or cottage cheese and low calorie coleslaw
- Sugar free jelly

## **MAIN MEAL IDEAS**

- Spaghetti Bolognese and mixed salad
- Poached cod and parsley sauce, jacket potato, broccoli and peas
- Lean roast meat, chicken or grilled lamb/pork chop, boiled potatoes, green beans and cabbage
- Cauliflower cheese, crusty bread and carrots
- Vegetable curry and wholegrain rice

## **DESSERT IDEAS**

- Sugar free jelly with fresh fruit or fruit tinned in juice
- Sugar free mousse or low calorie yogurt
- Milk pudding, made with skimmed milk and artificial sweetener
- Fruit – fresh or frozen, tinned in natural juice or stewed without sugar
- Banana custard, made with skimmed milk and artificial sweetener
- Trifle made with semi skimmed milk, sugar free jelly and fromage frais

If you are hungry between meals, choose

- Fresh fruit to fit in your hand e.g. 10-12 grapes, 1 apple, 1 child size banana, 2 satsumas
- Low calorie yogurt or fromage frais
- Handful of vegetable sticks with 1 dessertspoon low fat hummus

## **USEFUL TIPS**

- Remember to set realistic targets. Aim to lose ½-1 lb per week (0.25-0.5kg)
- Aim to increase activity as well as changing eating habits
- Try to have at least 8 drinks each day. Have unsweetened drinks, water, tea, coffee, low calorie fruit squashes and fizzy drinks
- Cut down on alcohol
- Concentrate on making 1 or 2 changes to start with and take it from there!

## **NEED MORE HELP?**

- Go to <https://www.nhs.uk/live-well/> where you will find the NHS 12-week weight loss plan, Couch to 5k and lots more information and support
- Go to <https://www.nhs.uk/oneyou/for-your-body/eat-better/> for the Easy Meals app
- Go to <https://www.bda.uk.com/resource/weight-loss.html> for food facts on weight loss

Support is important when losing weight. Talk to your family and friends to agree the changes you are making. Your own GP or Practice Nurse can also offer advice and support.

**Good luck!**