

Vantage Pharmacy

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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for January 2023

1. How do I find out what weight I should be?
2. Why is waist measurement important?
3. Why is eating plenty of fruit and veg essential?
4. Is snacking between meals bad for me?
5. Are healthier foods more expensive?
6. Why is it important to eat slowly?
7. Why shouldn't I stock junk food?
8. Why should I get more sleep?
9. Why are foods that are high in fibre good?
10. Why should I drink plenty of water?

Kick start your

2023

by eating
healthily

Answers on the bottom of page two

How much do you need to lose?

The recommended BMI (Body Mass Index) for adults is between 18.5 and 24.9. Your BMI is calculated by taking your weight in kilogrammes divided by your height in metres squared. There are many websites that will do the calculation for you.

If your BMI is below 18.5 this could indicate you are not eating enough or you have an underlying medical condition. Between 18.5 and 24.9 you are a healthy weight. With a BMI between 25-29.9, you are overweight and need to eat more healthily and exercise a bit more. If your BMI is over 30 you are obese and need to prioritise losing weight.



However, there are times when BMI is less reliable e.g. if you are over 60, you are an athlete, you are pregnant, less than 5ft tall, a child or teenager or you are from a minority ethnic group. For this reason, taking your waist measurement is considered a better indication of the fat around your middle. A larger waist usually means there is excess fat inside your organs

which is linked to high blood pressure and diabetes.

So, what is the best way to lose weight?

The NHS suggests 12 tips for losing weight:
1. Do not skip breakfast because it will not

help you lose weight as you may end up snacking because you are hungry

2. Eat your meals at regular times as this helps burn calories faster and reduces the temptation to snack
3. Eat plenty of fruit and veg because they are low in calories and fat and high in fibre - 3 essential ingredients for successful weight loss
4. Get more active. This provides lots of health benefits on top of helping you lose weight
5. Drink plenty of water. People sometimes confuse thirst with hunger. You can end up eating extra calories when all you need is a glass of water
6. Eat high fibre foods because they make you feel full
7. Read food labels as this will help you choose healthier options
8. Use a smaller plate as this encourages you to eat smaller portions
9. Do not ban foods, especially the ones you like, because it will only make you crave them more
10. Do not stock junk food like chocolate, biscuits, crisps and sweet fizzy drinks as it removes the temptation to eat them
11. Cut down on alcohol. A standard glass of wine contains as many calories as a piece of chocolate
12. Plan your meals for the week making sure you stick to your calorie allowance

More tips to help you lose weight

- Eat slowly. You are limiting what you eat so its important you savour what you have chosen. It also gives your body time to let you know you are full – usually about 20 minutes
- If you want a snack between meals that is ok as long as they are not high in sugar, fat or salt. Fruit, veg and nuts are good alternatives



- If you think having healthy options will be too expensive buy fruit and veg when they are in season or get them in tins or frozen. They are just as good for you
- Get plenty of sleep. If you are tired it is much harder to resist temptation. The more rested you are the easier it is.



If you would like more support on this or any health-related conditions, contact one of our trained team members

Answers: Q1, Measure your height and look on the internet or in a slimming magazine at what range your weight should be. Q2, Because the evidence is carrying weight around your tummy increases your likelihood of having high blood pressure and diabetes. Q3, Because they are low in calories and fat and high in fibre - 3 essentials for successful weight loss. Q4, No provided the snacks are not high in sugar, fat or salt. Q5, Not if you buy fruit and veg that are in season or tins/frozen and avoid "slimming foods". Q6, Because it allows you to enjoy the food and gives your body more time to signal that you are full. Q7, Because it removes the temptation to eat them. Q8, Because it is much easier to resist the desire to eat more than you need to when you are not tired. Q9, Because they keep you feeling full which is perfect when you are trying to lose weight. Q10, Because sometimes people confuse thirst with hunger so you end up eating extra calories when a glass of water is all you need.