

# Weight loss guide

Dietetics Service



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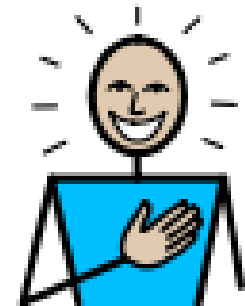
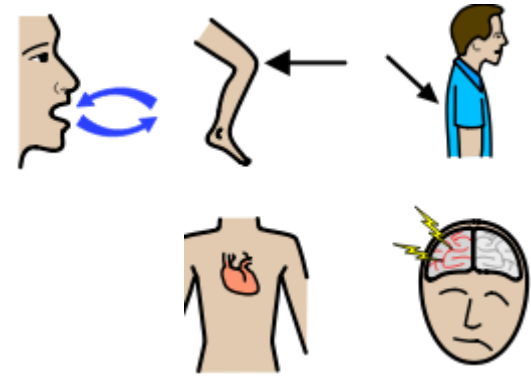
Section 6 - Sugary foods



# 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?



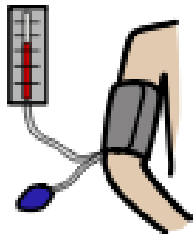
# If you are overweight



Walking can be difficult



You may feel out of breath



You can get high blood pressure



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# If you are overweight



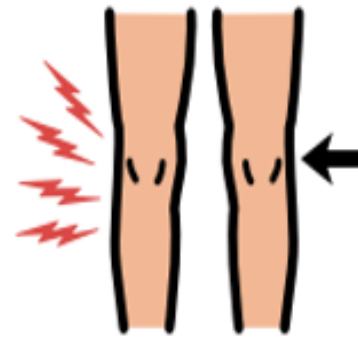
You might get pain in your .....



Hips



Back



Knees



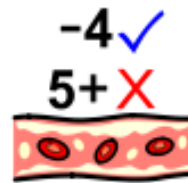
# If you are overweight



## You might get...



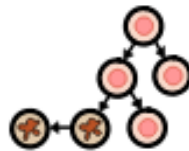
Heart disease



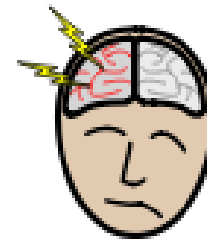
High  
Cholesterol



Diabetes



Some cancers



Stroke



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# 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.



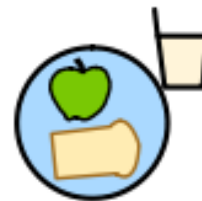
# We need to eat regular meals



Breakfast



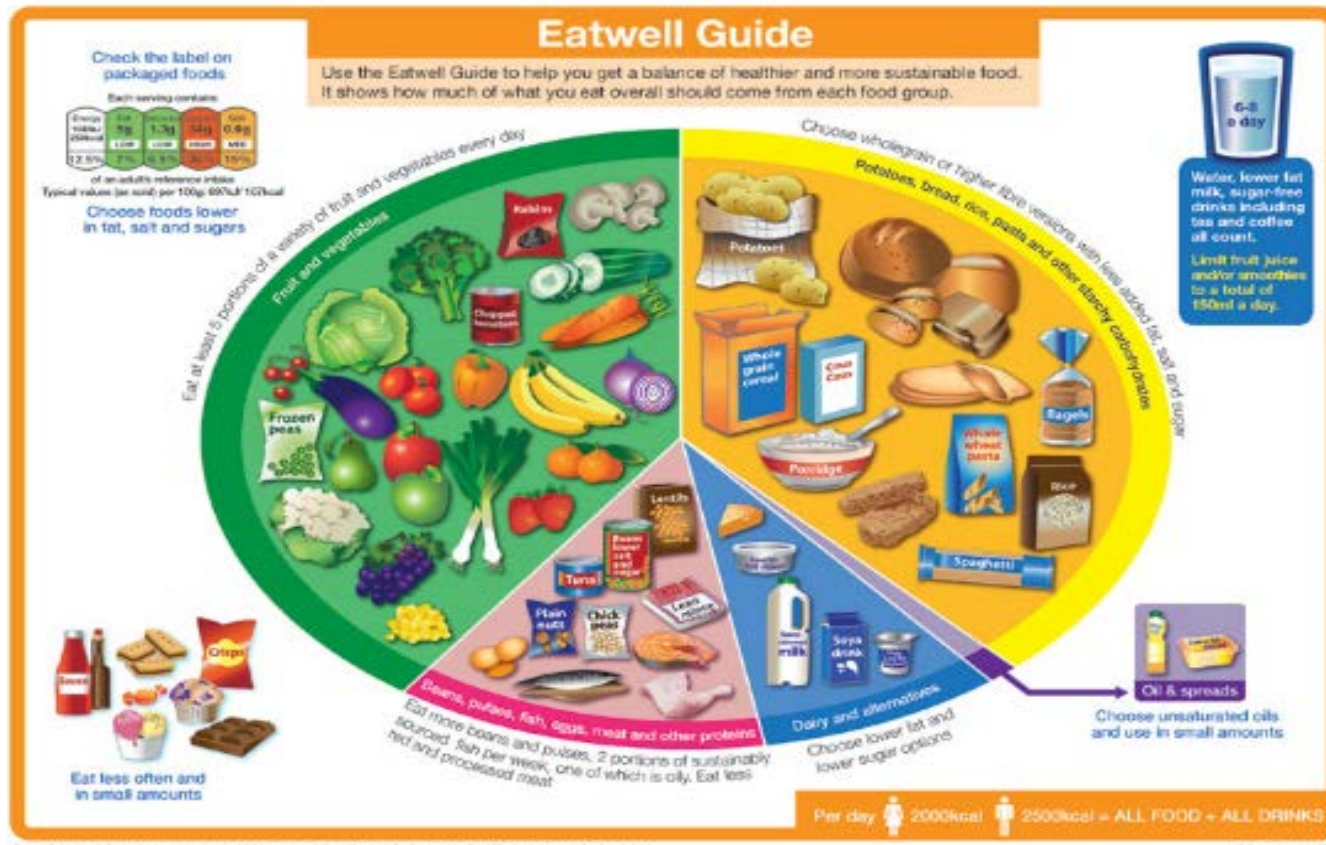
Lunch



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

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# Starchy carbohydrates

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



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# Carbohydrates

At each meal time we should have a serving of carbohydrate.



Bowl of  
cereal

or



2 slices of toast  
or bread

or



4 egg sized  
potatoes

or



6 tablespoons  
Rice or pasta

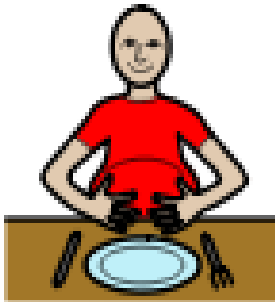
But we should not have two servings at meal times  
e.g. extra bread with meal



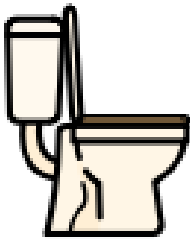
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# Wholegrains

We should try and have wholegrain carbohydrates  
They contain fibre that help us:



Feel full for longer



Keep our bowels moving



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# 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



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How many portions of fruit and vegetables should we have every day?



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# What is a portion?



3 tablespoons of  
vegetables



Small tin of beans or  
lentils.  
But only once a day



1 cereal bowl of  
salad



Handful of berries  
or grapes



One medium  
apple or  
banana



Two small Kiwi  
fruit, plums or  
tangerines



Once daily 150ml  
Fruit juice or  
smoothie



# 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



# 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



# Foods which are high in fat

## Takeaways



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# Foods which are high in fat



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# Foods high in fat and sugar



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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



# Foods high in sugar

We should try to eat less of these foods



Chocolate



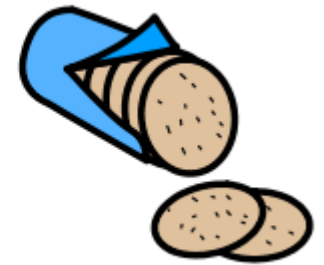
Cake



Puddings



Sweets



Biscuits



# Other foods that are high in sugar



Jams



Honey



Sugar



Syrups



Yogurts



# Sugar swaps

Sugary cereal to  
wheat based  
cereal



Add fresh fruit  
instead of sugar  
to cereals



Sweetener in  
drinks in place  
of sugar



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# Sugary Drinks

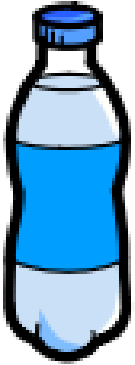


Fizzy drinks, milkshakes, tea and coffee with sugar, hot chocolate, energy drinks, sports drinks and fruit juice.



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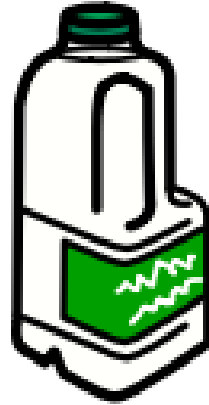
# Sugar swaps for drinks



Water



No added  
sugar  
squash



Low fat  
milk



Diet pop



Sparkling  
water



# Fluids

Drink plenty of fluids

Choose sugar free or diet drinks

Limit fruit juice to one glass per day



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

**Limit fruit juice and/or smoothies to a total of 150ml a day.**



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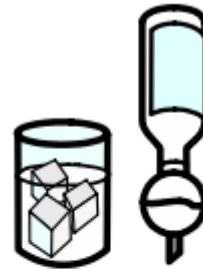
# Alcohol

Don't forget, alcohol contains calories too!

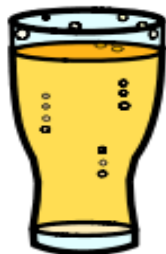
1-2 units each day with 2 alcohol free days per week is ok.



**Wine** one glass  
2 units  
150 -200kcal



**Spirits** 1 measure  
1 unit  
50kcal



**Beer** one pint  
2 - 3 units  
170 – 210kcal



**Cider** one pint  
3 - 4 units  
200 – 240kcal



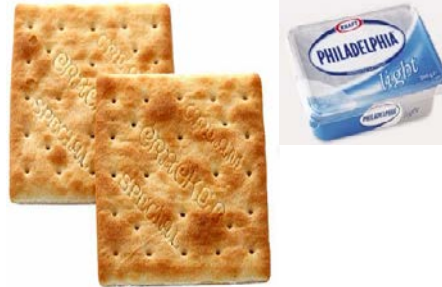


# Sensible snack guide

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



1 slice of toast



Crackers and low fat cheese spread



Small plain scone



Packet low fat crisps



2 plain biscuits



2 small pancakes

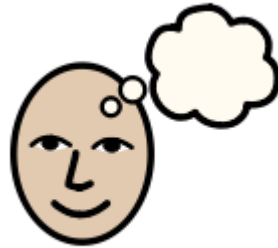


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# What about your diet?

How healthy is your diet?

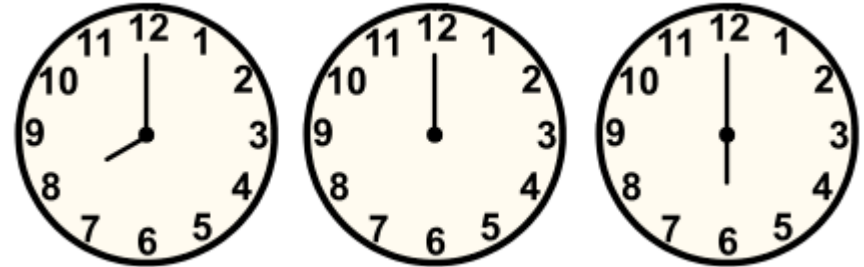
Can you think of any small changes you can make?



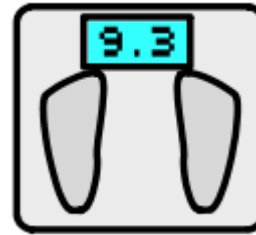
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# Remember

Eat three regular meals a day



Maintain a healthy weight



Eat healthy foods



Keep active



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