

Weight Loss Guide



Contents

Section 1	Thinking about losing weight	3-6
Section 2	Carbohydrates	7
Section 3	Fruit and vegetables	8
Section 4	Protein and dairy	9
Section 5	Fatty foods	10-11
Section 6	Sugary foods	11-13



Why should I make changes to my diet?

A healthy diet plays an important part in maintaining good health and can help you feel your best. This guide talks about changes you can make to improve your diet and lifestyle.

We should think about making one or two changes per week. This guide will give you ideas about the changes to make.

Read the guide and think about what dietary and lifestyles changes you want to make. You might want to look at a section per week.



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 yourself.

If you are overweight



Walking can be difficult



You can get high blood pressure



You may feel out of breath



You might get pain in your hips, back or knees.

If you are overweight, you are at risk of developing:

- Heart disease
- Some cancers
- High cholesterol
- Diabetes
- Stroke.

What should we do to stay healthy?

- Eat the right food
- Stay active and exercise



Exercise

Aim to have at least 30 minutes of activity each day. Exercise does not have to mean going to the gym, lots of activities count including:

- Walking
- Cycling
- Gardening
- Hiking
- Swimming
- Dancing.



Regular meals

We need to eat regular meals such as breakfast, lunch and an evening meal.

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

Use the Eatwell Guide below to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy 1048kJ 250kcal	Fat 3.0g	Saturated 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ / 167kcal

Choose foods lower in fat, salt and sugars



Eat less often and in small amounts



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.



Choose unsaturated oils and use in small amounts

Starchy carbohydrates

Aim for one quarter of your plate at main meals to be bread, rice, pasta, potatoes, or other starchy carbohydrates.



Carbohydrates

At each mealtime, we should have a serving of carbohydrates, or: bowl of cereal, two slices of bread or toast, four egg sized potatoes, six tablespoons of rice or pasta.

We should not have two servings of carbohydrates at meal times, for example, extra bread with our meal.



Wholegrains

We should try to 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

150mls of fruit juice
or smoothie can only
count as one of your
five a day

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



At least
five
per day

What is a portion?

- Three tablespoons of vegetables
- Small tin of beans or lentils but only once per day
- Handful of grapes or berries
- One medium apple or banana
- Two small kiwi fruit, plums or tangerines
- One cereal bowl of salad
- Once daily 150ml fruit juice or smoothie.



Protein

- We should eat these foods every day
- We should choose lean meats and cut any visible fat off
- We should try to eat two portions of fish per week (one oily fish)
- We should eat more vegetable protein like pulses or lentils.



Dairy and alternatives

- Aim to have two or three 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.



Fats, oils, and spreads

- Fats, oils, and spreads are high in energy eating and should be eaten in small amounts
- Unsaturated fats are healthier fats and include vegetable, rapeseed, olive and sunflower oils
- We should try not to eat bad fats as these can cause heart disease and strokes.

Foods which are high in fat



Takeaways are often high in fat.



Foods high in fat and sugars



Oils and spreads

Try to use only small amounts of oils and spreads. Choose unsaturated fats where available, for example, olive oil, rapeseed oil and vegetable oil.



Food high in sugar

We should try to eat less of these foods

- Chocolate
- Cakes
- Pudding
- Biscuits
- Sweets.

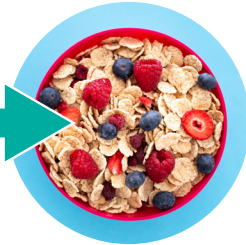
Other foods that are high in sugar

- Jams
- Syrups
- Honey
- Yoghurts.

Sugar swaps



Sugary cereals
to wheat based
cereals



Add fresh fruit
instead of sugar
to cereals



Sweetener in
drinks in place of
sugar.

Sugary drinks

- Fizzy drinks
- Milkshakes
- Hot chocolate
- Tea and coffee with sugar
- Energy drinks
- Sports drinks and fruit juices.



Sugar swaps for drinks

- Water
- No added sugar squash
- Diet pop
- Sparkling water.



Fluids

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

Alcohol

Don't forget, alcohol contains calories too! No more than 14 units per week and spread evenly over four to five days. Try to have two free days per week.



One glass of wine has 150 to 200kcal



One unit of spirits has 50kcal



One pint of beer (two to three units)
has 170 to 210kcal



One pint of cider (three to four units)
has 200 to 240kcal



Sensible snack guide

Limiting snacks to two per day keeps snacks to 120kcal or less

- Small plain scone
- Two small pancakes
- One slice of toast
- Two plain biscuits
- Packet low fat crisps
- Crackers and low fat cheese spread.

What about your diet?

How healthy is your diet?

Can you think of any small changes you can make to your lifestyle?

Remember

- Eat three regular meals per day
- Maintain a healthy weight
- Eat healthy foods
- Keep active.

Mersey Care NHS Foundation Trust
V7 Building
Kings Business Park
Prescot
L34 1PJ

www.merseycare.nhs.uk