



Public Health
Agency



Eat well feel well and lose weight

Making healthy food choices and being active will help you to lose weight, improve your health and feel good.

Name: _____

Contact person : _____

Contact number: _____

Changes you should make

To lose weight you will find it helpful if you keep active as well as cutting down on the amount of food that you eat

Keep Active

Increase your everyday activity levels on a regular basis. Activity along with healthy eating will help you lose and maintain your new weight.

More Fibre

High fibre foods help to satisfy your appetite.

Less Fat

Foods high in fat are very high in calories.

Less Sugar

You do not need to eat sugar; it only gives extra calories and a frequent intake causes tooth decay.

Less Salt

For some people eating too much salt can cause high blood pressure.

Drink Sensibly

Keep alcohol intake within limits advised.
Men – no more than 3-4 units daily.
Women – no more than 2-3 units daily.





Action plan

- Set realistic targets – aim for a healthy weight loss of 1-2 lbs a week
- Weigh yourself no more than once a week
- Eat a wide variety of different foods to ensure a good intake of nutrients and prevent boredom
- Eat regularly – do not skip meals. Missing meals may lead to over eating later in the day
- Sit down to eat, eat slowly, chew well and enjoy your food
- Don't shop for food when you are hungry. Make a list and stick to it
- Keep more active eg try walking, gardening, or swimming regularly. This will help weight loss, improve circulation and make you feel good. If you have a health problem or have any concerns ask your doctor for advice
- It is your daily routine that is most important – any food can be enjoyed occasionally
- There may be times when you eat too much or make the wrong food choices. Don't let this put you off your goal
- Once you have achieved your target weight try to maintain it.

More active

Everyone can benefit from being more active.

Being more active is a good way to improve our health. Evidence shows that regular exercise can reduce your risk of getting type 2 diabetes and/or developing coronary heart disease

Staying active helps:

- Control weight
- Prevent diabetes and lowers blood sugar levels
- Lower blood pressure
- Improve cholesterol levels
- Strengthen muscles
- Prevent the development of osteoarthritis and osteoporosis
- Benefit the immune system
- Reduce stress, anxiety and depression
- Make us look and feel better

How active should I be?

Ideally everyone should take at least 30 minutes of moderate physical activity on 5 or more days of the week.

You can achieve your exercise target either by doing all the daily activity in one session or through several shorter bouts of activity of 10 minutes or more.





What is moderate physical activity

An activity which makes you:

Breathe faster than normal

Increase your heart rate to a point where you can feel your pulse

Feel warmer

- You should feel comfortable and should still be able to talk
- Walking, cycling, swimming or dancing is ideal.

Enjoy keeping active

Starting to exercise is easier than you think. Begin by putting a little extra effort into every day things such as housework, gardening or cleaning the car. Look out for opportunities to be more active.

Try a variety of activities and choose the ones you enjoy best.

Ask a friend to join you or find out about local clubs or classes where you can meet others, be active and have fun.

If you have a health problem or any worries about starting a new exercise, check with your GP first.

Less fat

Tick if you have already made the changes below. Then look at the boxes you have left blank. Why not try these suggestions?

- Grill, boil, bake, stew, steam, roast or microwave your food instead of frying.
- Use low fat spreads, margarine, butter and oils very sparingly. Low fat spreads contain less fat and less calories.

Choose spreads and oils labelled “high in monounsaturates”, “high in polyunsaturates” or “low in saturates”. Monounsaturated oils include rapeseed or olive oil.

Oils such as sunflower, soya or corn oil are polyunsaturated oils.

- Limit cakes, pastries, sweet biscuits, chocolates, crisps, sausage rolls, pies, cream, coleslaw and mayonnaise. These all contain a lot of hidden fat.
- Eat boiled or baked potatoes instead of chips, sauté and roast potatoes which are high in fat and should be avoided.





- Always cut the fat off meat before cooking and choose lean cuts of meat. Keep helpings small and drain off fat during cooking. Peas, beans and lentils can be used to replace meat, and are less expensive. Fish, chicken, and turkey contain less fat than other meats. Remove skin from chicken and turkey.

Eggs may be taken as an alternative to meat, try boiled, poached or scrambled instead of fried. Always cook well.

- Try to eat fish twice per week to include 1 portion of oily fish eg mackerel, sardines, salmon or trout. These are rich in omega 3 fats which are good for the heart.
- Try lower fat products – skimmed or semi-skimmed milk, diet yoghurts eg. Shape, Diet Ski, Mullerlight or lower fat cheeses eg. edam, reduced fat cheddar, cottage cheese.

High Fibre foods have benefits to health

- Choose wholegrain, wholemeal, wheaten or granary bread
- Try a high fibre breakfast cereal eg. Weetabix, Bran Flakes, porridge or Shredded wheat
- Try to include 5 portions of fruit and vegetables every day. Eating lots of different colours of fruit and vegetables will help make sure you get the full range of vitamins and minerals. These can be fresh, frozen, canned, dried* or juice

1 portion =

- 1 medium sized fruit eg. 1 apple, orange, banana or
- 2 smaller fruits eg. plums or kiwi fruit, satsumas or
- 3 heaped tablespoons of fresh or frozen vegetables
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad
- 1 glass (150mls) of fresh fruit juice can only be counted as one portion even if more than this is taken.

N.B. Potatoes are a starchy food and are not counted as a portion of vegetables.

*To protect dental health dried fruit is not a suitable between meal snack. It is best taken at mealtimes.





- Include pulses such as peas, beans and lentils regularly.
- Include boiled or baked potatoes, brown rice and wholemeal pasta.
- Try to have 6-8 glasses (1.2 litres) of fluids (non sugary) daily, preferably water but tea or coffee can also be included.

Less sugar

Foods high in sugar contain a lot of calories and very little nutrients. Sugar containing foods and drinks can not only lead to weight gain but also tooth decay.

Try to cut down by:

- Drinking tea or coffee without sugar. Do not add sugar to foods or drinks. If necessary use an artificial sweetener such as Canderel, Hermesetas or Sweetex
Water is best! Aim to drink more water.
Acidic drinks such as squashes and carbonated drinks, including diet and sports drinks are not recommended as they contribute to tooth decay and dental erosion. They should be limited to mealtimes where possible rather than between meals, and avoided at bedtime.
- Cutting out sugary snacks such as sweets, chocolates, cakes and sweet biscuits. Avoid diabetic products; they contain as many calories as non-diabetic foods.





Less salt

Eating too much salt can cause high blood pressure which can increase your risk of heart disease and stroke.

- Adults should have no more than 6 grams of salt daily. Try not to add salt at the table and use sparingly in cooking
- Use pepper, herbs and spices to flavour food instead of salt
- Avoid salt substitutes such as Losalt, Ruthamol or Selora
- Eat fewer crisps, nuts, cured or smoked meats and fish, tinned and packet foods
- Limit Marmite, Bovril and Oxo
- If using tinned or processed foods choose reduced salt or no added salt varieties

Drink sensibly

Regular heavy drinking can damage the liver, heart, brain and stomach. It can also increase the risk of some cancers, eg mouth and throat, liver, stomach and breast.

Recommended limits for alcohol:

Men: No more than 3-4 units daily

Women: No more than 2-3 units daily.

Try to spread your alcohol intake over the week and include some alcohol free days

Alcohol and weight

Alcohol is high in calories so cutting down could help you control your weight.



Drink	Quantity	Units	Calories
Stout	1 pint	2.5	210 calories
Lager	1 pint	3	160 calories
Cider	1 pint	3	200 calories
Alcopop	1 bottle (275mls)	1.5	170-220 calories
Spirits	1 NI pub measure (35mls)	1.5	50 calories
Wine	1 small glass (125mls)	1.5	80-100 calories
Bottle of wine	750mls	9	480-600 calories

Sample meal plan



Use skimmed or semi-skimmed milk: aim for ½ - 1 pint/day

Breakfast

Fruit or unsweetened fruit juice
High fibre breakfast cereal or porridge (no sugar)
1 round wholemeal bread/toast
A little low fat spread, margarine or butter

Mid-morning

Water, tea or coffee

Light meal

Small amount of lean meat, chicken, fish, cheese, eggs or pulses
Plenty of vegetables or salad
2 rounds wholemeal bread or 2 potatoes
or 4 tablespoons boiled rice or pasta,
Fruit or diet yoghurt

Mid-afternoon

Water, tea or coffee

Main meal

Small amount of lean meat, chicken, fish, cheese, egg or pulses
Plenty of vegetables or salad
2 potatoes or 2 rounds wholemeal bread
or 4 tablespoons boiled rice or pasta,
Fruit or diet yoghurt

Bed-time

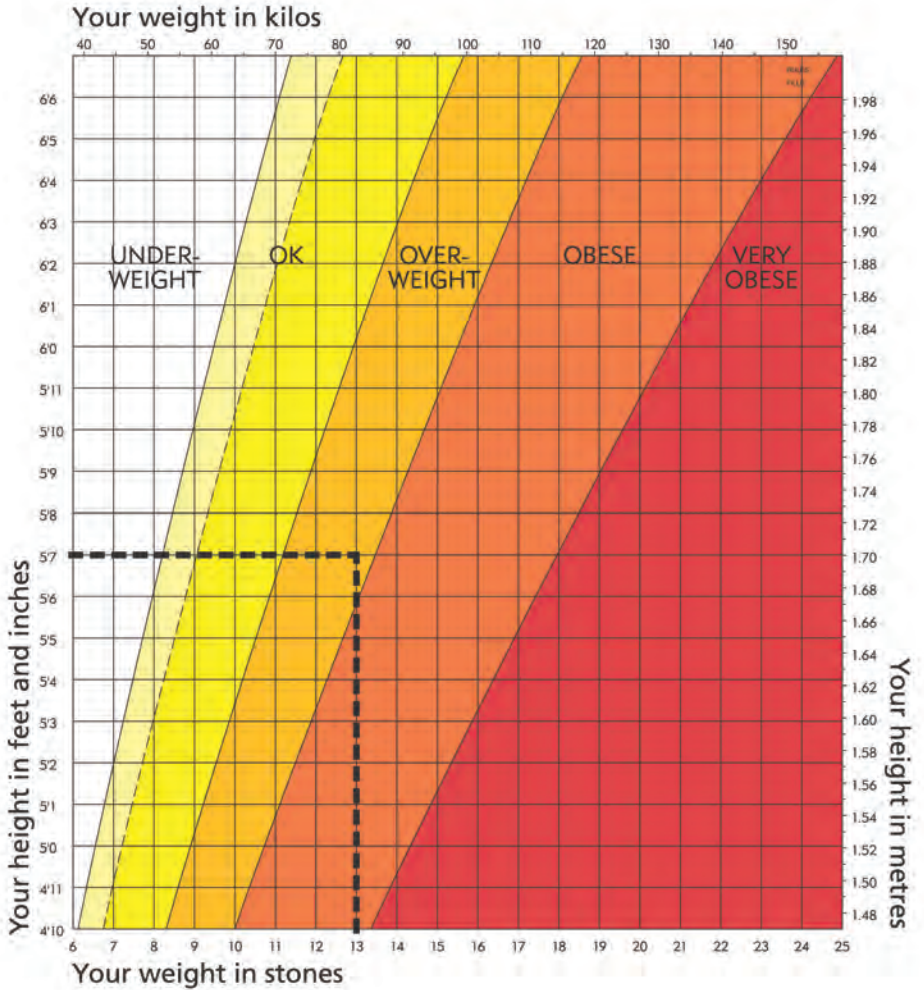
Water, tea or coffee

Notes

- If this is much less than your usual intake, eat more bread, cereal or potatoes
- Try to include 5 portions of fruit and vegetables every day.

Height/weight chart

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Goals/targets

Useful websites

Eatwell – www.eatwell.gov.uk

Food Standards Agency – www.food.gov.uk

British Dietetic Association – www.bda.uk.com

5 a day – www.5aday.nhs.uk

HSC Public Health Agency – www.enjoyhealthyeating.info

Safefood – www.safefood.eu/

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