

Ten steps to help you lose weight

Making **small changes** to diet and activity levels over time is the best route to **long-term weight loss**.

1) Portion caution

Restaurants and food companies often sell over-sized portions. Our portion guide, included in this information pack, offers guidance on healthy portion sizes.

2) Reduce your fat intake

Swap full-fat milk for semi-skimmed or skimmed. Remove visible fat from meat and the skin from chicken. Choose half-fat cheeses or those lower in fat such as Edam and mozzarella.



3) Get cooking

Check out the recipes included in this pack — delicious home-cooked meal ideas that have been calorie and fat-reduced to help support weight loss.

7) Look at the label

Understanding what is in your food helps you make healthier choices. Always check fat and sugar content. For more information visit: <http://www.nhs.uk/livewell/loseweight/pages/readingfoodlabels.aspx>

8) Eating out

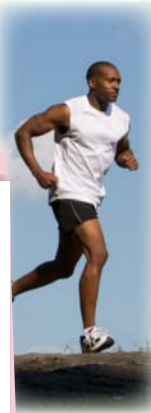
Don't be afraid to ask the chef to adapt your dish, for example, by grilling meat or fish instead of frying it. Ask for sauces and dressings 'on the side' so you can control how much to add.

9) Record what you eat

Use our food diary (see reverse) as a record to show your dietitian.

4) Get moving

To lose weight through physical activity, you need to aim for 45-60 minutes of moderate activity every day. A brisk walk for 40 minutes will burn around 177 kcal.



5) Drink less alcohol

Alcoholic drinks are high in calories. A large glass of wine contains about 170 kcals and a pint of lager 167 kcals. Try alternating with a glass of water or mix wine with sparkling water and beer with diet lemonade.

6) Use the Eatwell Plate guidelines, choosing:

- Plenty of starchy foods such as bread, rice and potatoes
- Plenty of fruit and vegetables
- Some dairy products
- Some meat, fish, eggs, beans and other non-dairy protein
- Only a small amount of food and drink high in fat and/or sugar

10) Eat less, move more . . .

. . . and remember, before trying to lose weight, take advice from your dietitian.