

Sample Menu:-

BREAKFASTS

Wholegrain cereals e.g. Weetabix or Porridge with fruit and low fat milk
- or try some of these:

Wholemeal toast with scrape of spread
Wholemeal toast with tomatoes or mushrooms - not fried!
Baked beans on toast
Fruit salad and low fat yoghurt
Hot fruit compote
Wholemeal rolls with scrape of spread
Wholemeal crackerbreads

Avoid cooked breakfast, meat or cheese at this meal.

LIGHT LUNCHES

Salad with potatoes or rice or jacket potato
Jacket potato with baked beans or tinned tomatoes
Toast with low fat cheese or baked beans or egg
Lean meat or low fat cheese and salad sandwiches
Lasagne and salad

MAIN MEALS

Keep meat portions small and lean.

Plain roast meat dinner - cut off the fat!
- have boiled potatoes instead of roast!

Cottage pie, peas and carrots
Poached cod with low fat parsley sauce, potatoes, green beans & carrots
Lean chop with mashed potato, broccoli and onion
Lean curry or chilli with rice or salad

**Produced by Department of Nutrition & Dietetics
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Sensible Slimming



Well Done! You've made the first step toward a healthier you.

Why lose weight?

Being overweight can be really bad for your health. At first you may suffer with:

- Hiatus Hernia
- High blood cholesterol
- Joint problems
- Shortness of breath
- Sleep apnoea
- Varicose veins
- Tiredness
- Backpain

or more serious problems such as:-

- Diabetes
- Heart disease
- Certain types of cancer
- High Blood Pressure
- Kidney disease
- Stroke

That's the bad news!

Good News!

To benefit from improvements to your health you don't have to lose lots of weight or do it quickly. In fact, you only need to lose about 5-10% of your weight to begin to see the benefits. This usually means about 5-10kg (10-20lb) at the rate of 1-2lb per week. This type of weight loss is achievable and long lasting.

There is no 'quick fix' solution to losing weight. Instead, you need to think about '**healthy eating**' in the long term to achieve gradual weight loss that will stay off.

CHOOSE	INSTEAD OF
Margarines & oils made from olive, rapeseed oils (e.g. Olivio, Utterly Butterly or low fat, 'light' spreads such as Flora / Vitalight etc,	Butter, hard margarine, lard, blended oils.
Grilled, baked, steamed, poached foods.	Fried foods.
<u>Lean</u> meat / chicken / fish.	Fatty meat, skin on chicken, tinned meats, burgers, sausages, pate, pastries, pies, fried fish (particularly in batter).
Semi-skimmed milk, reduced or low fat cheeses (e.g. cottage, low fat cheese spreads, Edam and low fat yoghurt, fromage frais.	Full fat milk/cheese, cream, Greek yoghurt.
Low fat mayonnaise/salad cream.	Full fat versions.
Plain savoury crackers / rice cakes / occasional low fat crisps	Crisps and other savoury snacks e.g. pastries.
Sweeteners e.g. Candarel, Sweetex, Hermesetas.	Sugar
Diet pop / squash	Ordinary pop / squash
Sugar free mints / chewing gum / fruit. Occasional plain biscuits e.g. Rich Tea / Marie / Garibaldi or Teacake / Malted loaf	Cakes, pastries, chocolate cream biscuits. Chocolates
Sugar free jelly, low fat diet yoghurt. s/f custard / angel delight, fresh or tinned fruit in juice tinned low fat / sugar rice pudding	Higher fat / sugar desserts

Weight Loss - Getting Started:-

To achieve weight loss you need to take in less energy (calories) than you are using. Therefore, try to be more active (use more energy / Kcal) by taking the stairs instead of the lift, walk wherever you can, remember household chores burn up the calories or even take up an exercise class etc. Aim to include moderate physical activity for 30 minutes a day 5 times a week (however always start off slowly and build up gradually and consult your doctor if in any doubt).

How much energy do we need?

Evidence suggests that in order to achieve 1-2lb a week weight loss as recommended we need to reduce our dietary intake by 500kcal a day.

To lose weight successfully:-

1. Eat regular meals (skipping meals encourage weight gain by slowing down the body's metabolism)
2. Cut down on foods high in fat and sugar (see pages 5&6) as these contain the most concentrated source of energy or kcals.
3. Watch what you drink! - choose low calorie drinks and use sweeteners instead of sugar. All alcoholic drinks are high in calories, and contain no useful nutrients, e.g. vitamins / minerals, therefore cutting down will help with weight loss.

How many calories?

1 pint of bitter, lager or cider	170kcal
1 pint of strong ale	410kcal
1 glass of wine	100kcal
1 pub measure of spirits	50kcal

4. Try and include walking into your daily lifestyle/routine to increase energy used.
5. Eat plenty of fruit and vegetables i.e. 2-3 pieces of fruit a day and 2-3 portions of vegetables or more as not only are they full of vitamins and minerals that protect against cancer / heart disease they are low in calories and will also fill you up.
6. Choose high fibre foods whenever possible e.g. granary or multigrain breads, cereals, brown rice / pasta / potatoes in skins etc as these will fill you up for longer.

Tips

- Eat smaller helpings at mealtimes and eat slowly (it takes 20 minutes for the brain to register that the stomach is full).
- Eat at the table and take time to eat, avoid eating in front of the TV or while doing something else.
- Never go shopping on an empty stomach - you will only buy more than you need and are more likely to buy less suitable foods (i.e. convenience foods which may taste good but are likely to be high in fat and sugar).
- If you 'comfort' eat or eat out of boredom or stress try not to keep snack foods in house, fill your time with hobbies or go for a walk instead. Try keeping a food diary and write foods in before eating and ensure someone else will see it as this can act as a deterrent. Don't beat yourself up if you have a 'bad' day just get back on track ASAP. You could try sugar free gum / nibble some fruit or drink low calorie drinks to help fill you up.

- Don't weigh yourself too often as we are only looking for 1-2lb a week weight loss, it can be demotivating if no weight loss is seen. Aim to weigh yourself no more than once a fortnight or once a week and weigh at same time each time, preferably in the morning before dressing / eating and on the same scales.
- Try to find someone else who is also trying to lose weight for support, it is also helpful to ensure family / friends are aware of your plans to lose weight, and their encouragement can be helpful / supportive you are more likely to succeed. Also, be aware that the suggestions in this leaflet are not just good for you but for the whole family so by getting them on board you are doing them a favour.
- Occasional treat is OK. It helps to make the healthy eating easier to stick to in the long term.

The Waistline Test

You may decide to lose weight for the sake of your health or to change your appearance and feel better about yourself. First of all, check that you do really need to slim, you may be fine just the way you are.

Measure around your waist and see what action is needed.

Womens Waist Measurement	Mens Waist Measurement	Action
less than 80cm or 31½ inches	less than 94cm or 37 inches	Your weight is within the healthy range. Keep it there with healthy eating and regular activity.
80 - 88cm or 32 - 34½ inches	94 - 102cm or 37 - 40 inches	Your health is at risk. Try to lose some weight.
over 88cm or 35 inches	over 102cm or 40 inches	Your health is seriously at risk, take action to lose weight now.