Eat Well
Look Good
Feel Great
Lose Weight
# Contents

<table>
<thead>
<tr>
<th>Welcome</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>• The benefits of weight loss</td>
<td>5</td>
</tr>
<tr>
<td>• BMI – What is it and how can it help?</td>
<td>6</td>
</tr>
<tr>
<td>• Calculate your BMI</td>
<td>6</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>‘A Goal Without a Plan is Just a Wish’</th>
<th>7</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Set your target</td>
<td>7</td>
</tr>
<tr>
<td>• Get a plan</td>
<td>8</td>
</tr>
<tr>
<td>• Get smart shopping</td>
<td>9</td>
</tr>
<tr>
<td>• Mindful eating</td>
<td>11</td>
</tr>
<tr>
<td>• Keeping track</td>
<td>11</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>‘Let’s Eat. Right. Now’</th>
<th>12</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Eatwell</td>
<td>12</td>
</tr>
<tr>
<td>• The Eatwell Guide</td>
<td>13</td>
</tr>
<tr>
<td>• Be calorie smart</td>
<td>14</td>
</tr>
<tr>
<td>• Go green</td>
<td>15</td>
</tr>
<tr>
<td>• Eating out</td>
<td>16</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>‘Commit to Be fit’</th>
<th>17</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Get active</td>
<td>17</td>
</tr>
</tbody>
</table>

| Online Resources                                                      | 19|
Welcome

Congratulations on taking the first steps on your weight loss journey. By taking this journey you will be joining millions of people who have successfully lost weight and reached their goal.

We know that this success goes beyond just the number on the scales; it’s a combination of how you feel, your confidence and your health and happiness. We have pulled together some of the best tried and tested methods for healthy weight loss in this one handy booklet.

Wherever you are, whatever your lifestyle, this booklet can help.

If the benefits of weight loss could be bottled and sold, it would be a best seller!

Weight loss can help you:

- Sleep better
- Build confidence
- Reduce risks of many health conditions
- Increase vitality
- Meet new people
- Boost a sense of wellbeing and fitness
- Live longer
- Boost energy

Who wouldn’t want a bottle of that?
BMI – What is it and how can it help?

Body Mass Index, or BMI for short, is a measure used to determine if you are a healthy weight for your height. When calculated, it will tell you if you are underweight, a healthy weight, overweight or obese.

To calculate your BMI all you need to know is your height and weight.

\[
\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2}
\]

Example:

\[
\text{Weight (kg)} \quad \text{Height (m)} \quad \text{BMI}
\]

75 kg \quad 1.7 m \quad 25.9

To make it even easier, use the chart below, or calculate it online at: www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

**TIP:** Once you know your BMI, this will give you the motivation to start planning how you are going to take the steps necessary to being a healthier and happier you.
‘A Goal Without a Plan is Just a Wish’

Set your target

Losing 5% of your body weight is a really good goal to aim for. It is important to work towards losing weight at a safe and sustainable rate of 1-2 lbs (0.5-1 kg) per week.

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<th>5% goal</th>
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<td>lb</td>
</tr>
<tr>
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<td>0</td>
<td>6</td>
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<tr>
<td>8</td>
<td>7</td>
<td>6</td>
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<tr>
<td>16</td>
<td>0</td>
<td>11</td>
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Set a plan

TIP: Try to set small and achievable food and physical activity goals each week. This will help keep you on track and stay focused. These goals could be as simple as starting to eat breakfast, taking a 15 minute brisk walk in the evening, or having a vegetable with your main meal.
Get a plan

Trying to rely on willpower alone can be a dangerous approach, being prepared is so much easier and effective. By planning each week ahead, it will stop you from making spur of the moment decisions, which are often unhealthy ones.

- Start by thinking about your meal pattern and what works for you and your lifestyle. Aim for 3 regular meals everyday. Losing weight can be difficult if you graze or pick at food throughout the day.
- Most of us tend to eat the same breakfast day in, day out. Why not start here with your planning. You will quickly see 7 parts of your weekly meal plan fill up without too much thought or effort.
- Remember you can cook once, eat twice. By batch cooking and freezing, you can save time, money and energy.
- Think about how to reduce your sitting time. For example, when watching TV, stand up during the adverts or try standing instead of sitting when waiting for a bus or train.
- If you work shifts it is very important to consider the timing and quality of your meals. Plan your meals to help you stay alert at work and to relax/sleep when you need to rest.

**TIP:** NHS Choices Livewell can help you develop your own plan. The website provides an effective, evidence based 12 week guide that has great tips and tools for helping you develop healthier eating habits and become more active.

Go to:
www.nhs.uk/livewell/loseweight/pages/loseweighthome.aspx
Get smart shopping

Now you have planned your menu for the week it’s time to make a shopping list. Stick to the plan and only buy items on your menu.

✅ Allow extra time to start checking labels when shopping. Use total calories as a guide to help you make healthier food choices. Try to choose products with less calories per portion.

✅ Most products will have nutritional labels on the front of the pack. This information is colour coded – red (high), amber (medium) and green (low) for nutritional value of food portions. In short, the more green on the label, the healthier the choice.

✅ There are many websites that can help you get it right when checking labels.

- British Heart Foundation: www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/food-labelling
- NHS Choices: www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx

TIP: Don’t shop on an empty stomach as you will put more food in your trolley!
Swap Shop
Make these easy swaps to optimise your weight loss.

<table>
<thead>
<tr>
<th>Swap this</th>
<th>For this</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>Sweetener</td>
</tr>
<tr>
<td>White breads, bagels and muffins</td>
<td>Wholemeal or grain varieties</td>
</tr>
<tr>
<td>Regular mayonnaise</td>
<td>Extra light mayonnaise</td>
</tr>
<tr>
<td>Regular salad dressing</td>
<td>Fat free or low calorie dressing or vinaigrette</td>
</tr>
<tr>
<td>Whole milk</td>
<td>Semi-skimmed, 1% fat or even skimmed milk</td>
</tr>
<tr>
<td>Regular yoghurt</td>
<td>Fat free yoghurt/fromage frais</td>
</tr>
<tr>
<td>Tuna in oil</td>
<td>Tuna in brine/spring water</td>
</tr>
<tr>
<td>High juice cordial</td>
<td>No added sugar cordial</td>
</tr>
<tr>
<td>Butter and cheese</td>
<td>Light/reduced fat spreads or cheese</td>
</tr>
<tr>
<td>Regular fizzy drinks or energy drinks</td>
<td>Diet fizzy drinks, sugar free energy drinks or water</td>
</tr>
<tr>
<td>Cream or cheese based sauces</td>
<td>Tomato or vegetable based sauces</td>
</tr>
</tbody>
</table>

**TIP:** Focus on what’s on your plate, not what’s on the screen. So no TV, no computer, no phone, tablet or work.

**TIP:** It doesn’t matter how many times you have tried to lose weight before. What matters is now. If you have a bad day just start again the next day. Everyone has a setback. Try to think about all you have achieved. The important thing is not to give up!
Keeping track

Keeping track is one of the most effective tools for successful weight loss. It makes you aware of what you’re eating, and how much you are eating. How you decide to keep track is your choice. Here are some different ideas and tools.

Pen and paper
Pick up a piece of paper, mark off 7 days, each day marked with breakfast, lunch, dinner and extras. Add an extra column for tracking any physical activity you have done that day.

Keep a diary
You could use this to capture your planning, your food and physical activity tracking, how you are feeling and your success stories.

Use an app
There are lots of different calorie tracker and physical activity apps or devices available to download or buy. Check out our online resources page at the back of this booklet to try a few and see what works for you.

Mindful eating

Before you can transform your body you need to transform your mind. In our quick grab-and-go lives we often don’t stop and appreciate our food. Multi-tasking whilst eating, whether this be working on your computer, on your mobile, using social media or something else, will result in you not being satisfied and eating more than you need.

Here are five ways to practice mindful eating:

<table>
<thead>
<tr>
<th>Mindless eating</th>
<th>Mindful eating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating past full and ignoring your body’s signals</td>
<td>Listening to your body and stopping when full</td>
</tr>
<tr>
<td>Eating when emotions tell you to eat (i.e. sad, bored, lonely)</td>
<td>Eating when your body tells you to eat (i.e. stomach growling, energy low)</td>
</tr>
<tr>
<td>Eating alone, at random times and places</td>
<td>Eating with others, at set times and places</td>
</tr>
<tr>
<td>Eating foods that are emotionally comforting</td>
<td>Eating foods that are nutritionally healthy</td>
</tr>
<tr>
<td>Eating and multitasking</td>
<td>When eating, just eating</td>
</tr>
</tbody>
</table>
The Eatwell Guide is a brilliant tool. It helps you eat a healthy, balanced diet by showing you the different types of foods and drinks you should consume, and how much from each food group. You don’t need to achieve this balance with every meal but try to get the balance right over a day or even a week.

The Eatwell Guide is simple! Use it to help you make healthier choices whenever you’re:
- Deciding what to eat
- At home cooking
- Out shopping for groceries
- Eating out
- Choosing food on the run

Remember no matter how healthy you eat, you can still put on weight if you’re eating too much.

If you are aiming for a 1lb to 2lbs (0.5 to 1kg) per week loss, for most men this will mean consuming no more than 1,900kcal per day, and for most women, 1,400kcal.

Your weight loss meal guide
You need to keep an eye on your portions to help you meet the calorie target for your day’s meals.

Women (allowance 1,400kcal)
- Breakfast: 280kcal
- Lunch: 420kcal
- Dinner: 420kcal
- Other food and drinks: 280kcal

Men (allowance 1,900kcal)
- Breakfast: 380kcal
- Lunch: 570kcal
- Dinner: 570kcal
- Other food and drinks: 380kcal

The calorie allowance at meal times includes any drinks or desserts you have. If you eat more for your breakfast, lunch or evening meal, you may need to drop a snack later in the day to stay on track.
Eatwell Guide

Use the Eatwell Guide 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 150kJ 36kcal
Fat 3.0g 5%
Saturates 1.3g 4%
Sugar 3.4g 4%
Salt 0.9g 5%

of an adult’s reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Eat more beans and pulses, fish, eggs, meat and other proteins

Beans, pulses, fish, eggs, meat and other proteins

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

Choose unsaturated oils and use in small amounts

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

Eat less often and in small amounts

Eat less

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.

Be calorie smart

Follow these two golden rules to stick to your daily calorie allowance:

**Choose healthier snacks**

Skip the snack aisle in the supermarket. If you don’t have the snacks in the house, you won’t eat them.

If you need to snack, try to have no more than 1-2 per day.

Try to choose low calorie snacks that are 100 calories or less. Instead of chocolate and crisps, try plain popcorn, bread sticks or veggie sticks. If you need to have chocolate, go ‘fun-sized’.

Fruit is a great snack - try something new!

**Everything in moderation**

Try eating off a smaller plate or bowl. You’ll have a smaller portion and still feel satisfied. Avoid having second helpings.

Don’t heap food on your plate and aim for two portions of veg. This helps cover the plate with a low-calorie filling food instead of allowing room for higher-calorie ingredients. Use the Eatwell Guide to help you get the balance right!

**TIP:** If you feel peckish, try a glass of water instead. You may be thirsty instead of hungry.

**TIP:** There is a whole world of online help out there to make changing your diet habits healthier. Eat Better Feel Better is one that has tasty, simple, recipes for you to try.

Visit: www.eatbetterfeelbetter.co.uk
Go green

Traffic light labels help you make healthier choices quickly and easily. Here are some tips to help you go green!

Food label decoder

All measures per 100g

<table>
<thead>
<tr>
<th>(Total) Sugars</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Salt</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH</strong> per 100g</td>
<td>Over 22.5g</td>
<td>Over 17.5g</td>
<td>Over 5g</td>
</tr>
<tr>
<td><strong>MEDIUM</strong> per 100g</td>
<td>Between 5g and 22.5g</td>
<td>Between 3g and 17.5g</td>
<td>Between 1.5g and 5g</td>
</tr>
<tr>
<td><strong>LOW</strong> per 100g</td>
<td>5g and below</td>
<td>3g and below</td>
<td>1.5g and below</td>
</tr>
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</table>

Based on information supplied by Food Standards Agency

Tips

- Opt for sugar-free when possible
- Use spray oil or measure the amount of oil with a teaspoon when cooking
- Be careful with ready meals – lots of hidden fat
- Choose reduced fat dairy products, spreads, mayonnaise and salad creams
- Check the amount of sugar in cereals
- Opt to grill, bake, steam, boil or poach foods instead of frying
- Choose lean cuts of meat
- Cut off excess fat and remove skin from chicken and turkey

**TIP:** Download the Be Food Smart app to find out how much sugar, saturated fat and salt is in your everyday food and drink.
Eating out and takeaways

There is no need to put your social life on hold. By opting for smaller or regular portions and by not having them too often, eating out and takeaways can still be part of your healthier lifestyle.

Here are some smart tips to help you make the right choices

**Plan ahead:** Be prepared when you eat out
- Plan to have lighter meals during that day
- Check online menus, if available, for nutritional information ahead of time
- Avoid ‘super-size’ or ‘go large’ options
- If you’re having dessert, share it and go for something fruit based.

**Ordering:** Adapt your dishes
- Ask for side salad or baked potato instead of chips
- Opt for tomato based sauces instead of creamy sauces
- Stop when you feel full and resign from the ‘clean plate club’.

**The Extras:** Be drink aware
- Stick to recommended guidelines for alcohol, especially if you socialise regularly. Use sugar free mixers
- Don’t forget the calories that drinks can add. If having alcoholic drinks, alternate drinks with sugar-free or water.

### Avoid

**Fish and Chips**
- Thin cut chips
- Pies
- Battered sausages

**Italian**
- Large deep pan
- Stuffed crust
- Triple cheese or pepperoni

**Chinese**
- Sweet and sour sauce
- Battered meat
- Egg fried rice
- Springs rolls
- Prawn crackers

**Indian**
- Korma or masala dishes
- Fried rice
- Bhajis or pakoras
- Poppadoms

**Kebabs and burgers**
- Large doner kebabs with no salad
- Burgers with cheese or mayonnaise

### Best Choices

**Fish and Chips**
- Cod and haddock in breadcrumbs instead of batter
- Mushy peas

**Italian**
- Smaller thin base
- Try vegetable, fish or lean meat toppings

**Chinese**
- Chicken in black bean sauce
- Chicken chop suey
- Beef in oyster sauce
- Boiled rice or noodles

**Indian**
- Vegetable curry
- Chicken or prawn madras
- Tandoori or bhuna with boiled rice
- Dhal

**Kebabs and burgers**
- Chicken shish kebab with pitta bread and salad
- Grilled burgers
‘Commit to Be Fit’

Get active

Physical activity is an important part of your weight loss journey, and will be key to managing your weight long term. Try to build up to 150 minutes (2.5 hours) of physical activity each week. You don’t need to do it all in one go! Here are some easy ways to get active:

- Get off the bus, train or tube one stop earlier
- Walk your children to school and enjoy extra time with them
- Park further away from the shop so you have to walk more
- Get your bike out and cycle to school or work
- Go for a walk at lunchtime
- Walk the dog or offer to walk a friend’s dog
- Find a swimming class or water workout such as aqua aerobics
- Break up sitting time. Stand up for 10 minutes out of every hour
- Use the stairs
- Walk your children to school and enjoy extra time with them
- Park further away from the shop so you have to walk more

TIP: If you are looking to become more active but don’t know where to start, call our physical activity information line on 0141 232 1860 or browse the NHS Greater Glasgow and Clyde website to explore the range of activities in your local area.

Visit: www.nhsggc.org.uk/getactive
### Online Resources

<table>
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<th>URL</th>
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