

Eat Well

Look Good

Feel Great

Lose Weight



A Healthier Place to Work



Contents

Welcome	5
• The benefits of weight loss	5
• BMI – What is it and how can it help?	6
• Calculate your BMI	6
'A Goal Without a Plan is Just a Wish'	7
• Set your target	7
• Get a plan	8
• Shop smart	9
• Mindful eating	11
• Keeping track	11
'Let's Eat. Right. Now'	12
• Eatwell	12
• The Eatwell Guide	13
• Be calorie smart	14
• Go green	15
• Eating out	16
'Commit to Be Fit'	17
• Get active	17
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:

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

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.

$$\text{Weight (kg)} \div \text{Height (m)} \div \text{Height (m)} = \text{BMI}$$

Example:

$$75\text{kg} \div 1.7\text{m} \div 1.7\text{m} = 25.9$$

To make it even easier, use the chart below, or calculate it online at:

www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx

Weight	lbs	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205	210	215
	kgs	45.5	47.7	50.0	52.3	54.5	56.8	59.1	61.4	63.6	65.9	68.2	70.5	72.7	75	77.3	79.5	81.8	84.1	86.4	88.6	90.9	93.2	95.5	97.7
Height																									
	in	cm																							
5'0"	152.4	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42
5'1"	154.9	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	36	37	38	39	40
5'2"	157.4	18	19	20	21	22	22	23	24	25	26	27	28	29	30	31	32	33	33	34	35	36	37	38	39
5'3"	160.0	17	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	32	32	33	34	35	36	37	38
5'4"	162.5	17	18	18	19	20	21	22	23	24	24	25	26	27	28	29	30	31	31	32	33	34	35	36	37
5'5"	165.1	16	17	18	19	20	20	21	22	23	24	25	25	26	27	28	29	30	30	31	32	33	34	35	35
5'6"	167.6	16	17	17	18	19	20	21	21	22	23	24	25	25	26	27	28	29	29	30	31	32	33	34	34
5'7"	170.1	15	16	17	18	18	19	20	21	22	22	23	24	25	25	26	27	28	29	29	30	31	32	33	33
5'8"	172.7	15	16	16	17	18	19	19	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	32	32
5'9"	175.2	14	16	16	17	17	18	19	20	20	21	22	22	23	24	25	25	26	27	28	28	29	30	31	31
5'10"	177.8	14	15	15	16	17	18	18	19	20	20	21	22	23	23	24	25	25	26	27	28	28	29	30	30
5'11"	180.3	14	14	15	16	16	17	18	18	19	20	21	21	22	23	23	24	25	25	26	27	28	28	29	30
6'0"	182.8	13	14	14	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28	29
6'1"	185.4	13	13	14	15	15	16	17	17	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27	28
6'2"	187.9	12	13	14	14	15	16	16	17	18	18	19	19	20	21	21	22	23	23	24	25	25	26	27	27
6'3"	190.5	12	13	13	14	15	15	16	16	17	18	18	19	20	20	21	21	22	23	23	24	25	25	26	26
6'4"	193.0	12	12	13	14	14	15	15	16	17	17	18	18	19	20	20	21	22	22	23	23	24	25	25	26
		Underweight																							
		Healthy																							
		Overweight																							
		Obese																							
		Extremely obese																							

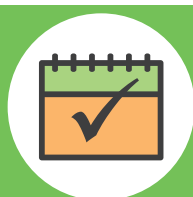
Underweight

Healthy

Overweight

Obese

Extremely obese



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



Get a plan



Get smart shopping



Use mindful eating



Keep track



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.

Start weight		5%	5% goal	
st	lb	lb	st	lb
8	0	6	7	8
8	7	6	8	1
9	0	6	8	8
9	7	7	9	0
10	0	7	9	7
10	7	7	10	0
11	0	8	10	6
11	7	8	10	13
12	0	8	11	6
12	7	8	11	12
13	0	9	12	5
13	7	9	12	12
14	0	10	13	4
14	7	10	13	11
15	0	11	14	3
15	7	11	14	10
16	0	11	15	3

Start weight		5%	5% goal	
st	lb	lb	st	lb
16	7	12	15	9
17	0	12	16	2
17	7	12	16	9
18	0	13	17	1
18	7	13	17	8
19	0	13	18	1
19	7	14	18	7
20	0	14	19	0
20	7	14	19	7
21	0	15	19	13
21	7	15	20	6
22	0	15	20	13
22	7	16	21	5
23	0	16	21	12
23	7	16	22	5
24	0	17	22	11
24	7	17	23	4



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 cooking more than you need 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

Shop smart

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.

Each 1/2 pack serving contains

MED	LOW	MED	HIGH	MED
Calories	Sugar	Fat	Sat Fat	Salt
353	0.9g	20.3g	10.8g	1.1g
18%	1%	29%	54%	18%

of your guideline daily amount

✓ 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 Inform: www.nhsinform.scot/healthy-living/food-and-nutrition/food-packaging/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.

Swap this

For this

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



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 busy 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:

Mindless eating

Eating past full and ignoring your body's signals



Eating when emotions tell you to eat (i.e. sad, bored, lonely)



Eating alone, at random times and places



Eating foods that are emotionally comforting



Eating and multi-tasking



Mindful eating

Listening to your body and stopping when full

Eating when your body tells you to eat (i.e. stomach growling, energy low)

Eating with others, at set times and places

Eating foods that are nutritionally healthy

When eating, just eating

'Let's Eat. Right. Now'

Eatwell

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.



Eatwell



Be calorie smart



Go green



Eating out



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 11lb to 21lbs (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

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
13%	LOW	LOW	HIGH	MED
	4%	7%	38%	15%

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

Choose foods lower in fat, salt and sugars

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.



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

Potatoes, bread, rice, pasta and other starchy carbohydrates

Fruit and vegetables

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

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

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Oil & spreads

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



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

	(Total) Sugars	Fat	Saturated Fat	Salt
What is HIGH per 100g	Over 22.5g	Over 17.5g	Over 5g	Over 1.5g
What is MEDIUM per 100g	Between 5g and 22.5g	Between 3g and 17.5g	Between 1.5g and 5g	Between 0.3g and 1.5g
What is LOW per 100g	5g and below	3g and below	1.5g and below	0.3g and below

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		Best Choices
Fish and Chips	<ul style="list-style-type: none"> × Thin cut chips × Pies × Battered sausages 	▶	<ul style="list-style-type: none"> ✓ Cod and haddock in breadcrumbs instead of batter ✓ Mushy peas
Italian	<ul style="list-style-type: none"> × Large deep pan × Stuffed crust × Triple cheese or pepperoni 	▶	<ul style="list-style-type: none"> ✓ Smaller thin base ✓ Try vegetable, fish or lean meat toppings
Chinese	<ul style="list-style-type: none"> × Sweet and sour sauce × Battered meat × Egg fried rice × Springs rolls × Prawn crackers 	▶	<ul style="list-style-type: none"> ✓ Chicken in black bean sauce ✓ Chicken chop suey ✓ Beef in oyster sauce ✓ Boiled rice or noodles
Indian	<ul style="list-style-type: none"> × Korma or masala dishes × Fried rice × Bhajis or pakoras × Poppadoms 	▶	<ul style="list-style-type: none"> ✓ Vegetable curry ✓ Chicken or prawn madras ✓ Tandoori or bhuna with boiled rice ✓ Dhal
Kebabs and burgers	<ul style="list-style-type: none"> × Large doner kebabs with no salad × Burgers with cheese or mayonnaise 	▶	<ul style="list-style-type: none"> ✓ Chicken shish kebab with pitta bread and salad ✓ Grilled burgers

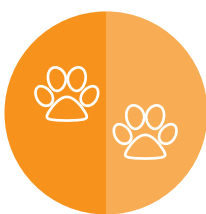
'Commit to Be Fit'

Get active

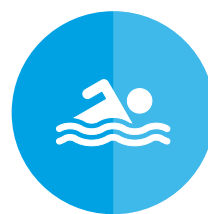
Physical activity is an important part of your weight loss journey, and will be key to managing your weight long term. Try to build up to 150 minutes (2.5 hours) of physical activity each week. You don't need to do it all in one go! Here are some easy ways to get active:



Get off the bus, train or tube one stop earlier



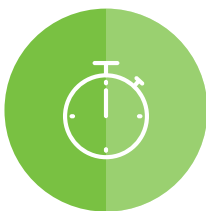
Walk the dog or offer to walk a friend's dog



Find a swimming class or water workout such as aqua aerobics



Go for a walk at lunchtime



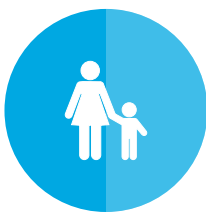
Break up sitting time. Stand up for 10 minutes out of every hour



Use the stairs



Get your bike out and cycle to school or work



Walk your children to school and enjoy extra time with them
Park further away from the shop so you have to walk more



Take up a team sport and make new friends



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



BMI

- www.nhs.uk/Tools/Pages/Healthyweightcalculator.aspx



Weight Loss Toolkit

- www.nhs.uk/livewell/loseweight/pages/loseweighthome.aspx



Take Life On

- www.takelifeon.co.uk



Food Labelling

- www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/food-labelling
- www.nhs.uk/livewell/goodfood/pages/food-labelling.aspx
- www.nhsinform.scot/healthy-living/food-and-nutrition/food-packaging/food-labelling



Eatwell Guide

- www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx



Eat Better Feel Better

- www.eatbetterfeelbetter.co.uk



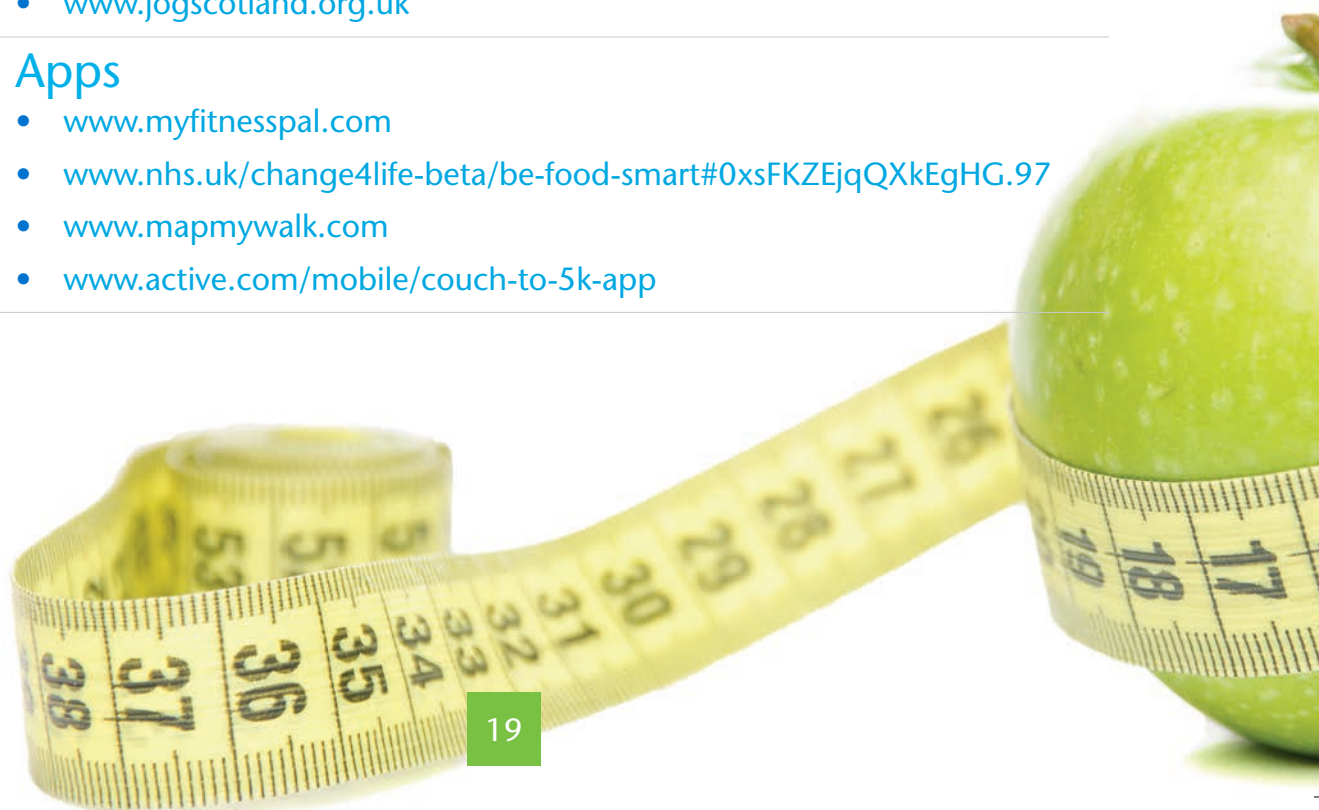
Physical Activity

- www.nhs.gov.uk/getactive
- www.nhs.uk/livewell/fitness
- www.pathsforall.org.uk
- www.jogscotland.org.uk



Apps

- www.myfitnesspal.com
- www.nhs.uk/change4life-beta/be-food-smart#0xsFKZEjqQXkEgHG.97
- www.mapmywalk.com
- www.active.com/mobile/couch-to-5k-app



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A Healthier Place to Work